

# ACTIVITIES CALENDAR: November 15 – November 21

For more information, call: [Britt Lock 843-406-6555](tel:843-406-6555) | [Emily Tucker 843-406-6647](tel:843-406-6647)

PLEASE REMEMBER MASKS MUST BE WORN AT ALL EVENTS

## Sunday, November 15

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
10:30 AM	Chapel	Sunday Service: reservations required, please call Caitie Murphy at 843-406-2467. For your convenience, the service is also live streamed each Sunday at 10:30 on BG life and available for viewing any time after the service.
7:00 PM	Polly's Pub	Sunday Movie "My Octopus Teacher", a filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of the world. 1h 25m (N)

## Monday, November 16

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Intermediate Level Core Solutions with Elizabeth
9:00 AM	Blackmer Hall	High Intensity Interval Training (HIIT) Intermediate Level with Kelly- NEW
10:00 AM	Blackmer Hall	Strength Training Intermediate Level with Kelly
10:45 AM	Blackmer Hall	Body Fit with Elizabeth
11:30 AM	Blackmer Hall	Body Fit with Elizabeth
1:30 PM	Mappus Card RM	Italian Lessons. It's good for you, from pizza to lasagna and gelato. You know those words. Wouldn't you like to learn that language? Prof. Kiki Anderson teaches Italian, and a lot more.
1:30 PM	Anderson Cons.	Knots & Needles: All stitchers welcome!
2:00 PM	Blackmer Hall	Europe from Above: "The Netherlands", take an aerial journey revealing the innovations that made the tiny Netherlands a technological powerhouse. Flying high over historic windmills, and modern turbines we reveal their battle for space. 45m
4:00 PM	Croquet Court	Croquet Mentor Program – Introduction to Golf Croquet. Learn the basics, including ball striking, the order of the game and fundamental strategies.

## Tuesday, November 17

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Intermediate Yoga with Kelly
10:00 AM	Blackmer Hall	Tai Chi with Lester Pittman
11:00 AM	Conservatory	Village Shop Christmas Preview
11:00 AM	Blackmer Hall	Balance and Posture with Kelly
3:00 PM	Polly's Pub	CSO Pops: Once Upon a Time in the West –Maestro Yuriy has rounded up the best music of the wild wild west. Get ready to hear iconic numbers from Cowboys, Oklahoma, Copland's Rodeo, The Good, The Bad, and The Ugly, and many more



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## Wednesday, November 18

8:00 AM	Blackmer Hall	Intermediate Level Core Solutions with Elizabeth
9:00 AM	Blackmer Hall	High Intensity Interval Training (HIIT) HIIT Intermediate Level with Nathan
10:00 AM	Blackmer Hall	Sit and Stretch with Kelly
10:00 AM	Virtual Meeting	Resident Update
10:45 AM	Blackmer Hall	Body Fit with Elizabeth
11:30 AM	Blackmer Hall	Body Fit with Elizabeth
1:00 PM	Front Commons	McLeod Plantation, established in 1851, is a 37-acre Gullah/Geechee heritage site that has been carefully preserved in recognition of its cultural and historical significance. Explore the lives of people who once resided there through a walking tour of the grounds. Please wear comfortable shoes & sign up to attend
2:00 PM	Blackmer Hall	Gentle Yoga with Elizabeth
4:00 PM	Croquet Court	Men's and Women's open play. Registration is not required.

## Thursday, November 19

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Intermediate Yoga with Kelly
10:00 AM	Blackmer Hall	Tai Chi with Lester Pittman
11:00 AM	Blackmer Hall	Balance and Posture with Kelly
1:30 PM	Miller Art Loft	Art Class: Pen & Ink Drawing: Step outside with your pens and sketch pad, to practice sketching the natural beauty around us using techniques such as hatching and cross hatching. This class will meet inside the Art Loft first, then walk a short distance outside on BG campus.
4:30 PM	Palm Court	Happy Hour: Join us outside for live piano music, with Maggie Worsdale for a musical journey down Broadway while sipping on a cocktail. She will be singing all your favorite showstoppers from All That Jazz to Cabaret. Please sign-up to attend.

## Friday, November 20

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Core Solutions Intermediate Level- Elizabeth
9:00 AM	Polly's Pub	iPad and Mac class with Curtis Wise
9:00 AM	Blackmer Hall	High Intensity Interval Training (HIIT) Intermediate Level with Nathan
10:00 AM	Blackmer Hall	Strength Training Intermediate Level with Kelly
10:45 AM	Blackmer Hall	Body Fit with Elizabeth



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11:30 AM	Blackmer Hall	Body Fit with Elizabeth
1:00PM	Front Commons	The Birds of Prey Center: Experience birds of prey in a natural setting and to learn more about avian science and environmental conservation. This will be a private tour, please sign up to attend.
1:30 PM	Miller Art Loft	Open Studio: Take some time in a creative space for independent work-study or try something new.

## Saturday, November 21

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
10:00 AM	Community Garden	Come visit the garden anytime, and enjoy all the beautiful fall flowers and colors. It's a great place to sit and read a book.

**Bishop Gadsden COVID-19  
Community Level of  
Operation  
YELLOW**

**Village Shop Hours:**

Today through November 17: 12:00 - 2:00  
 November 18 through 30: 11:30 - 2:30  
 Saturdays 12:00 – 2:00

**It May Not be an Allergy!** We are finding that positive individuals are experiencing symptoms that they believe may be a cold or allergy. Please be very cognizant of your health. Per the CDC, here are symptoms that have been attributed to COVID-19. If you experience ANY of the below symptoms, please be courteous and safe by staying in your residence. If you need health care assistance, please call the Putman Clinic at 843.406.2362, do not personally visit, or if you need additional support, please contact our Social Services Coordinator, Kay Jenkins at 843.406.2454.

**Eliza's Attic Hours:**  
 Thursday and Friday 12:00-3:00

**New Testing Resource**  
 Beginning **Monday, November 16**, Bishop Gadsden will be partnering with MUSC to offer testing on a five-day a week schedule, with results being received in a matter of hours. Testing will be held in the same location and will not require an appointment. We ask that you do not come at the very beginning of a testing time to avoid a line. These times will replace any testing appointments you previously made.

We are still asking residents to test every two weeks

Monday/Wednesday/Friday: 7:30 AM – 11:00 AM  
 Tuesday/Thursday: 2:00 PM – 5:00 PM

<b>COVID-19 Symptoms</b>	<b>Emergency Warning Signs for COVID-19</b>
<i>Symptoms may appear 2-14 days after exposure.</i>	<i>Press your pendant or call 911 immediately</i>
Fever or chills	Trouble breathing
Cough	Persistent pain or pressure in the chest
Shortness of breath or difficulty breathing	New confusion
Fatigue	Inability to wake or stay awake
Muscle or body aches	Bluish lips or face
Headache	
Loss of taste or smell	
Sore throat	
Congestion or runny nose	
Nausea, vomiting, diarrhea	