



ACTIVITIES CALENDAR: - January 9 – January 15, 2022

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

Please remember to wear your mask during events.

Sunday, January 9

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
9:45 AM	Chapel	Choir Rehearsal
10:30 AM	Recorded	Chapel Service, Holy Eucharist, Rite I. Chapel Service can be viewed on Wellzesta.
6:45 PM	Blackmer Hall	Compline Service: Music for meditation starting at 6:45 and the service will be held at 7:00pm
7:00 PM	<i>Polly's Pub</i>	Sunday Movie: "Going in Style" cheated out of their pensions, three lifelong friends hatch a plot to rob a bank. But they have to stay one step ahead of the FBI. 1h 36m – Masks are required

Monday, January 10

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Wellness Studio	Strength and Alignment---Sherry
9:00 AM	Wellness Studio	Intermediate Yoga---Alyssa
10:00 AM	Pool	Water Aerobics – Sherry
11:00 AM	Wellness Studio	Body Fit ---Alyssa
1:30 PM	Mappus Card room	Italian Lessons with Kiki Anderson, resumes. Beginners and all levels welcomed.
1:30 PM	Conservatory	Knots and Needles: All stitchers welcome!
3:30 PM	Conservatory	Afternoon Tea
4:30 PM	Blackmer Hall	Table Trivia – Join us for a fun game of trivia, while testing your knowledge and competing against your neighbors. Trivia will take a short winter break. See you soon

Tuesday, January 11

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Wellness Studio	Circuit Training—Nathan
9:00 AM	Wellness Studio	Core Solutions
10:00 AM	Wellness Studio	Tai Chi –Lester
10:00 AM	Pool	Supervised Aquatic Exercise
10:30 AM	Quay Pond	BGYC RC Sailboat Racing.
11:00 AM	Wellness Studio	Balance and Posture
1:00 PM	Mappus Card Room	Mah Jongg: Come even if you have never played and we will teach you. Masks are required



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2:00 PM	Polly's Pub	In the Footsteps of Vincent van Gogh: Strap on virtual shoes and go for an immersive walk through the works of a master. Discover the secrets behind the life and work of one of the most recognized, yet misunderstood, artists of the modern world, Vincent van Gogh. Along the way, you will gain fresh insight and a deepened appreciation for the brilliant artist.
3:30 PM	Mappus Card Rm	Catholic Eucharist Service
3:30 PM	Recorded	Finance Town Hall will be available on Wellzesta
3:00 PM	Croquet Court	Wicket Women: Coordinator Char Strickland

Wednesday, January 12

8:15 AM	Wellness Studio	Interval Training
9:00 AM	Wellness Studio	Intermediate Yoga
9:30 AM	Mappus Card Rm	BG Men's Weekly Bible Study- Masks are required
9:30 AM	Middleton Dining Room	Gods Gals – Join us for a weekly Bible Study, for more information contact Carol Galvan.
10:00 AM	Miller Art Loft	Flower Guild: Join us preparing fresh flower vases and arrangements; no experience needed. Flowers brighten our common spaces.
10:00 AM	Pool	Water Aerobics -Sherry
10:00 AM	Wellness Studio	Bend and Stretch—Elizabeth
11:00 AM	Wellness Studio	Body Fit
12:45 PM	Middleton Dining	Duplicate Bridge: Canceled
3:00 PM	Polly's Pub	America's National Parks "Everglades" the Everglades have been called a river of grass, hosting an assortment of fascinating habitats and species. Investigate these remarkable creature's lives, explore how they cope with threats from aggressive invasive species, and survive in the dynamic environment of the park.
3:00 PM	Croquet Court	Mallet Men: Ed Hay, coordinator

Thursday, January 13

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Wellness Studio	Intermediate Yoga---Alyssa
9:00 AM	Wellness Studio	Core Solutions--- Elizabeth
10:00 AM	Pool	Supervised Aquatic Exercise –Sherry
10:00 AM	Wellness Studio	Tai Chi----Lester
10:00 AM	Front Commons	Grocery Shopping at Harris Teeter



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10:30 AM	Quay Pond	BGYC RC Sailboat Racing
11:00 AM	Wellness Studio	Balance and Posture – Nathan
10:00 AM	Wellness Studio	Intermediate Tai Chi----Lester
12:45 PM	Mappus Card Room	Canasta is a card game of the rummy family of games. Join your neighbors for a game
1:30 PM	Miller Art Loft	Winter Whites" learn how to use the white of paper as a natural background while using water color paints and various materials.
2:00 PM	Pool	Water Volleyball
4:30 PM	Polly's Pub	Happy Hour enjoy a cocktail before dinner and special musical guest Nathan Calhoun.

Friday, January 14

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:15 AM	Wellness Studio	Circuit Training--- Sherry
9:00 AM	Wellness Studio	Intermediate Yoga--- Elizabeth
9:30 AM	Polly's Pub	IPad and Mac help with Curtis Wise
10:00 AM	Pool	Water Aerobics----Sherry
11:00 AM	Wellness Studio	Body Fit---- Elizabeth
1:30 PM	Miller Art Loft	Open Studio: Take some time in a creative space for independent work-study
3:30 PM	Chapel	Centering Prayer with Colton Smith

Saturday, January 15

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
10:00 AM	Trail Entry	Trail Walks- Enjoy a walk through the woods. The group meets at the signboard at the North Trail
10:00 AM	Mappus Card Rm	Mah Jongg: Come even if you have never played and we will teach you.
1:00 PM	Polly's Pub	Opera Club: Mozart's The Magic Flute This allegorical tale is entertaining, and to say the least, very colorful. Furthermore this two act opera runs just over two hours.

Culinary Notes:

Welcome our 2022 Culinary Committee:

Please remember to return your To-Go Containers to the Market Place Cafe when you are through with them.

Stuart Dawson – Chair
 Edie Dixon – Secretary
 Bob Cowles
 Karen Davis
 Barbara DeMarco

Nancy Edwards
 Arnie Marcus
 Carolina MacMillan
 MP Wilkerson
 Peggy Buchanan