


February 2020

ALC Life Enrichment Department Contacts:

Lisa: 843-375-5011 Cindy: 843-375-5023 Myranda: 843-216-2219

Active Lifestyle Life Enrichment Calendar

Campus Location Key
 BR-Board Room DR-Dining Room O-Outing
 RH-Rodenberg Hall N-Narthex CL-Cove Lounge CF-Cove Fitness
 N-Narthex HCL-Health Care Lobby HCCR-Health Care Conference Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2nd Thursday—Alterations are done in the Activity Center at the Health Care Building beginning at 11am the second Thursday of every month!	All items in BOLD require a SIGN-UP please! Thank You!			1 9:30 Ping Pong 10:00 Open Croquet 10:00 Fitness Walk 11:30 Lap Swim 12:00 Met Opera Live! (O) “Wozzeck”
2 10:30 Worship Service with Communion (RH)	3 8:00-9:00 East Cooper Lab (HC Clinic) 11:00 History of CIA (BR) 1:00 Downtown Charleston (O) 1:30 Hand & Foot (CF) 3:00-5:10 Movie “Harriett” (RH)	4 10:00 Open Croquet 10:00 History of CIA (BR) 10:30 Bible Study (HCCR) 11:00 Ukulele (Narthex) 12:00-3:30 Men’s Lunch/Poker (RH) 1:30 Creative Writing (#104 Waterside) 3:00 Franke Chorus Choir Practice (RH) 7:00 \$1 Bingo (N)	5 9:30 Dollar Tree-Clements Ferry (O) 10:00 Intro to Croquet 1:30 Quarterly Resident Council Meeting (RH) 5:30 Laura Albert’s (O) 6:00 Comm. Duplicate Bridge (RH)	6 9:45 Storytelling (HCCR) 10:00 Open Croquet 1:00 Bridge (Narthex) 2:30 Great Decisions: American Constitution (BR)	7 10:00 Week That Was (BR) 1:00 Mah Jongg (DR) 1:30 Crafts (Fishburne’s) 6:30 CSO Masterworks (O) “Conrad Tao Plays Brahms”	8 9:30 Ping Pong 10:00 Open Croquet 10:00 Fitness Walk 11:30 Lap Swim 3:00 Mark Mason Guitar (RH) 6:30 “Junk” (O)
9 10:30 Worship Service with Communion (RH) 1:00-3:15 Oyster Roast (O) 3:00 Music Matters: (RH) Kammer Sax Studio	10 8:00-9:00 East Cooper Lab (HC Clinic) 11:00 The Mustard Seed (O) 11:00 History of CIA (BR) 1:30 Hand & Foot (CF) 3:00-5:00 Spoleto Ticket Sales (BR)	11 10:00 Open Croquet 10:00 History of CIA (BR) 10:30 Bible Study (HCCR) 11:00 Ukulele (Narthex) 12:00-3:30 Men’s Lunch/Poker (RH) 3:00 Franke Chorus Choir Practice (RH) 6:30 Tony Bennett Tour (O) 7:00 \$1 Bingo (N)	12 10:00 Intro to Croquet 1:00 Brain Games (CL) 2:30 Arizona Rummy (CL) 1:00 Marshall’s/TJ Maxx (O) 5:00 Valentine’s Happy Hour Social 6:00 Comm. Duplicate Bridge (RH)	13 9:45 Storytelling (HCCR) 10:00 Open Croquet 11:00 Franke U: Composers & Their Works (BR) 1:00 Bridge (Narthex) 1:30 Publix (O)	14 10:00 Quarterly Brunch (RH) Speaker, Terry Sack 1:00 Mah Jongg (DR) 1:30 Needles & Things	15 9:30 Ping Pong 10:00 Open Croquet 10:00 Fitness Walk 11:30 Lap Swim
16 10:30 Worship Service with Communion (RH) 3:00 Remington: (RH) The Four Top Notes	17 8:00-9:00 East Cooper Lab (HC Clinic) 10:45 Catholic Mass (RH) 11:00 History of CIA (BR) 1:00 Wando Mt. Pleasant Library (O) 1:30 Hand & Foot (CF) 3:00 Costco (O)	18 10:00 Open Croquet 10:00 History of CIA (BR) 10:30 Bible Study (HCCR) 11:00 Ukulele (Narthex) 12:00-3:30 Men’s Lunch/Poker (RH) 1:30 Creative Writing (#104 Waterside) 2:00 Alzheimer’s Support Group (HCCR) 3:00 Franke Chorus Choir Practice (RH) 7:00 \$1 Bingo (N)	19 10:00 Loss & Grief Support Grp (CL) 10:00 Intro to Croquet 10:30 Allegro Charter School of Music (RH) 1:00 Brain Games (CL) 2:30 Arizona Rummy (CL) 3:00 Iris Brown Gospel Sing Along (RH) 3:15 Book Club (#104 Waterside) 4:30 World Affairs Council (O) 5:30 Laura Albert’s (O)	20 9:45 Storytelling (HCCR) 10:00 Open Croquet 11:00 Franke U: Composers & Their Works (BR) 1:00 Bridge (Narthex) 2:30 Great Decisions: American Constitution (BR) 4:45 “Founding Mothers” (O)	21 9:30 Episcopal Church Serv. 10:00 Week That Was (BR) 1:00 Mah Jongg (DR) 1:30 Crafts (Norberg’s) 6:30 “Our Town” (O) 7:00 \$1 Bingo (N)	22 9:30 Ping Pong 10:00 Open Croquet 10:00 Fitness Walk 11:30 Lap Swim
23 10:30 Worship Service with Communion (RH) 2:00 Stingrays Game (O)	24 8:00-9:00 East Cooper Lab (HC Clinic) 11:00 History of CIA (BR) 1:30 Hand & Foot (CF) 3:00-4:15 Movie “Argo” (RH)	25 10:00 Open Croquet 10:00 History of CIA (BR) 10:30 Bible Study (HCCR) 11:00 Ukulele (Narthex) 11:00 Mustard Seed (O) 12:00-3:30 Men’s Lunch/Poker (RH) 3:00 Franke Chorus Choir Practice (RH)	26 9:45-11:00 iPhone/iPad with Marie (BR) 10:00 Intro to Croquet 1:00 Brain Games (CL) 2:30 Arizona Rummy (CL) 3:00 Ash Wednesday Service (RH) 6:00 Community Duplicate Bridge (RH)	27 9:45 Storytelling (HCCR) 10:00 Open Croquet 11:00 Franke U: Composers & Their Works (BR) 1:00 Bridge (Narthex) 1:30 WalMart (O)	28 10:00 Week That Was (BR) 1:00 Mah Jongg (DR) 1:30 Needles & Things (Norberg’s) 6:30 CSO Masterworks (O) “Scheherazade” 7:00 \$1 Bingo (N)	29 9:30 Ping Pong 10:00 Open Croquet 10:00 Fitness Walk 11:30 Lap Swim 12:00 Met Opera Live! (O) “Porgy & Bess”