

On-Campus Events and Activities:

Acrylic Classes Wednesdays at 1:30pm in the Multipurpose Studio. Come learn how to paint with acrylics or bring your own things for open studio.

Advent Services on Wednesdays beginning December 5th at 10:30am in Rodenberg Hall.

Apartment Lobby Christmas Tree Decorating. Please sign up in your apartment lobby to help decorate! The Life Enrichment Department will be focusing on Burges Center and would love to have you join them in decorating the lobby tree. They will be helping with apartment lobbies this year ONLY if you need help, so please sign up if you can decorate your trees otherwise they will be over to help out! THANK YOU!!!

Art with Jenny Owens on Monday, December 10th at 1:30pm. Jenny will demonstrate a watercolor poinsettia using a fun loose technique. She will also be gathering input and feedback for residents for the upcoming 2019 art schedule. Please bring your watercolor paper, favorite brushes and your watercolors. (If you do not have supplies, check the multi-purpose studio for supplies.) **Space limited to 12 people so please sign up!**

Art with Jenny Owens on Monday, December 17th at 1:30pm. Jenny will demonstrate an acrylic painting technique that incorporates cut outs from book pages to add interest and concept to your painting. Please bring a 11x14 size canvas, watercolor, acrylic brushes and acrylic paint. **Space is limited to 12 people so please sign up!**

Burges Center Christmas Decorating on Monday, December 3rd at 10:00am. Come join us in decorating the for the Holidays.

Bingo on Tuesdays and Fridays at 7:00pm in the Narthex. Bring \$1 to play.

Brain Games on Wednesdays at 1:30 in the Card Room. Join us as we learn fun ways to keep our brains sharp!

Bridge: All are invited to play on Thursdays at 1pm in the Card Room. **The sign up binder is located in the Wellness Center Lobby. No BUNCO this month!** Plan on joining us in January for Wine, Cheese & Crackers & BIG PRIZES!!! What night is best for BUNCO?

Christmas Ornament Craft: Wednesday, Dec. 5th at 3:00pm in the Card Room. Come make festive holiday ornaments to put on your own tree, give as a gift, or put on Franke's Christmas Tree. **Cost will be \$5 per person.**

Christmas Eve Communion Service is on Monday, Dec. 24th at 4:00pm in Rodenberg Hall.

Christmas Tea on Friday, December 14th at 11:00am in the Living Room. Join Lisa, Cindy and Myranda for their very first Christmas Tea with Franke at Seaside! Celebrate the Holiday Season with a cup of cheer and a snack with the LE Ladies!

Christmas Movie on Friday, December 21st at 2:00pm in the Board Room. Enjoy popcorn and soft drinks as you watch "Christmas with the Krank's"; a comical spoof based on the John Grisham book, "Skipping Christmas". Comedians Tim Allen and Dan Aykroyd are the lead characters who play neighbors disagreeing over the importance of Christmas. This is a comedy for EVERYONE!!!

Cookie Decorating on Monday, December 17th at 10:00am in the Multipurpose Studio. Join us for cookie decorating to share with family and friends for the holidays. **Please sign up so we have plenty for everyone!**

CPR/First Aid Class in the Board Room on Wednesday, December 12th from 1:00 to 4:00. First 10 people to sign up! \$5 each.

Creative Writing will be on Tuesday, December 4th and 18th at 1:30pm in the Multi-Purpose Room.

Men's Brunch is Friday, December 14th at 10:00am in Rodenberg Hall. All Franke men are invited to join us for a delicious brunch. Our speaker will be Charlie Philips, a life-long historian. His research focuses on Colonial Southeastern Studies with a specialty in land development during the Colonial period. He is currently the Senior Historian at Brockington & Associates.

Hand and Foot on Mondays at 1:30pm in the Card Room. Sign up please on the LE Bulletin Board.

Needles and Things on Fridays at 1:30pm in the Multi-Purpose Studio. Do you enjoy needlepoint, cross stitch, embroidery, knitting, or crochet projects? Contact Nancy Norberg at e-mail njn01@comcast.net, or call 843-856-2874.

Recorders on Fridays at 11:00am in the Card Room. **Ukulele** on Tuesdays at 10:30am in the Card Room.

Storytelling on Thursdays at 9:45am in the Card Room. Join us to share words and stories, written or spoken. Themes for December are the **6th: Stocking Stuffers; 13th: "Memorable Christmas Displays"; 20th: "Holiday Sweets & Treats"; 27th: "Meaningful Gifts"**.

ALC Life Enrichment Outings—December 2018

"A Christmas Carol" at the Dock Street Theatre on Sunday, December 9th departing from Franke at 2:00pm for those who previously reserved tickets. Tickets are \$31 per person. Taking sign up for Wait List ONLY!

Breakfast at Charleston Place: Wednesday, December 5th at 8:30am. Our traditional Christmas breakfast outing in the beautifully decorated Charleston Place. Enjoy a wonderful breakfast, see the train display, and take a peek in the shops after breakfast.

Brookgreen Gardens "Nights Of 1000 Candles" will depart from Franke at 2:00pm on Thursday, December 20th for Myrtle Beach with dinner at 4:30 and the Christmas lights at 6:15pm. **This will be a WALKING TOUR!!!** Cost will be \$35 per person.

Charleston Symphony Orchestra—Bus available for Season Ticket Holders. Please see Lisa for additional tickets on Dec. 4th: "Holiday Brass"; Dec. 6th @ Cathedral of St. John the Baptist "Holy City Messiah"; and/or Dec. 22nd "Holiday POPS". Tickets starting at \$74 each.

Christ Church South Coast Symphony on Friday, December 7th at 6:30. Enjoy an evening of orchestral and choral Christmas music by the South Coast Orchestra combined with a 30 voice choir. Reservations have been made for 22 people.

Shopping at Dillard's: Friday, December 7th departing at 9:30am. Team up with your friends for some last minute shopping and a light lunch at Northwood's Mall. We will arrive back to Franke At Seaside at approximately 1:30pm.

Detyen's Shipyard Tour on Wednesday, December 12th departing at 10:30am and arriving back at 1:30pm. See the history of over 45 years at the Detyen's Shipyards with a guide from their staff who will board our bus and share information from the comfort of your seats. Then join them for a lunch of pizza and a drink before returning home. Please sign up as space is limited.

Dinner Out on Wednesday, December 17th at 4:45pm to Halls Chop House. Join us for USDA prime steaks and fresh seafood at one of Charleston's favorites. Dinner menu will be displayed on the Life Enrichment bulletin board. Space will be limited.

First Baptist Church "The Miracle and Majesty of Christmas" on Saturday, December 8th departing Franke at 6:30pm. The "Celebration Choir" of First Baptist Church in Mt. Pleasant will be presenting this Christmas Concert for the public on Saturday .

James Island Festival of Lights on Monday, December 3rd at 5:00pm. Travel in comfort as we ride thru the Charleston County Park as they celebrate the 29th annual Christmas Festival of Lights viewed by more than four million people. This three mile driving tour boasts more than two million shimmering lights viewed from the comfort of your vehicle. Cost will be \$2 per person.

Long Term Care 101

Lunch at Mill Street Tavern on Wednesday, December 19th at 11:00am. Menu posted on the LE Bulletin Board. Please sign up to join us on this lunch outing with Lisa and our New LE Assistant, Myranda!

Publix: Thursday, Dec. 6th at 1:30 and Walmart: Thursday, Dec. 20th at 1:30. Please sign up as space is limited.

Holiday Performances in Rodenberg Hall

Music Matters: "Saxophone for the Holidays"- Sunday, Dec. 2nd at 3:00pm

Charleston Music Club's Carol Fest - Sunday, Dec. 2nd at 7:00pm



Franke Chorus "Christmas Concert" - Friday, Dec. 14th at 7:00pm
Franke Chorus "Christmas Concert" - Sunday, Dec. 16th at 3:00pm

Miss Emily's Christmas Sing-Along - Thursday; Dec. 20th at 7:00pm

ALC Life Enrichment Dept. Contacts:

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

December 2018

Active Lifestyle Life Enrichment Calendar

Campus Location Key

CR -Card Room BR-Board Room DR-Dining Room O-Outing
 MS-Multi-Purpose Studio RH-Rodenberg Hall
 N-Narthex CL-Cove Lounge HCL-Health Care Lobby

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Sign Up is Required for ALL items in BOLD print Please!			2nd Thursday– Alterations are done in the Activity Center at the Health Care Building Beginning at 11:00am		1 5:30am-8pm Open Swim 9:30-12:00 Open Croquet (CY) 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:00 Men’s Chorus (LR) 11:30-1:00 Lap Swim
2 5:30am-8pm Open Swim 10:30 Holy Comm. (RH) 3:00 Music Matters: “Saxophone for Holidays” (RH) 7:00 “Carol Fest” Community Sing-A-Long (RH)	3 8:00-9:00 Mako Lab (HC Clinic) 10:00 CHRISTMAS DECORATING 10:30 Catholic Service (RH) 11:00 Franke U: Learning Brain (BR) 1:30 Hand & Foot (CR) 5:00 James Island Christmas Lights (O) 7:00 Charleston Men’s Chorus (RH)	4 9:30-12:00 Open Croquet (CY) 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) & Ukulele (CR) 11:00-1:00 Franke Chorus Practice (RH) 12:00-3:30 Men’s Lunch/Poker (CR) 1:30 Creative Writing (MS) 1:30-3:00 Advanced Hearing (CL) 6:30 CSO “Holiday Brass” (O) 7:00 \$1 Bingo (N)	5 8:30 Breakfast at Charleston Place (O) 10:30 Advent Service (RH) 11:00 Franke U: Lost Worlds (MS) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS) 3:00 Christmas Ornament Craft (CR) 6:00 Community Duplicate Bridge (RH)	6 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet (CY) 9:30 Franke U: Skeptics Guide-USA (BR) 9:45 Storytelling (See Reverse) (CR) 11:00 Hand Chime Rehearsal (CR) 11:00 Franke U: Great Symphonic Works (BR) 1:00 Franke U: Life in the World’s Oceans (MS) 1:00 Bridge (CR) 1:30 Publix (O) 6:30 CSO “Holy City Messiah” (O)	7 9:30-1:30 Shopping/Lunch @ Dillard’s (O) 10:00 The Week That Was (BR) 10:30 Bookmobile (Wellness Park Lot) 11:00 Recorders (CR) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 5:30 Christ Church South Coast Symphony (O) 7:00 \$1 Bingo (N)	8 5:30am-8pm Open Swim 9:30-12:00 Open Croquet (CY) 9:30 Ping Pong (WC) 10:30 Palmetto Bronze Handbells (RH) 11:00 Men’s Chorus (LR) 11:30-1:00 Lap Swim 6:30 First Baptist Christmas (O)
9 5:30am-8pm Open Swim 10:30 Holy Comm. (RH) 2:00 “A Christmas Carol” (O)	10 8:00-9:00 Mako Lab (HC Clinic) 10:45 Catholic Mass (RH) 11:00 Franke U: Learning Brain (BR) 1:30 Hand & Foot (CR) 1:30-3:00 Art with Jenny Owens (MS)	11 9:30-12:00 Open Croquet (CY) 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukulele (CR) 12:00-3:30 Men’s Lunch/Poker (CR) 6:30 CSO—Load from Trailside (O) 5:00-7:00 CHRISTMAS GALA	12 10:30 LTC (BR) 10:30 Advent Service (RH) 10:30-1:30 Detyens Shipyard Tour (O) 11:00 Franke U: Lost Worlds (MS) 1:00 CPR/First Aid Class (BR) 1:00-3:00 Franke Chorus Practice (RH) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS)	13 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet (CY) 9:30 Franke U: Skeptics Guide-USA (BR) 9:45 Storytelling (See Reverse) (CR) 11:00 Hand Chime Rehearsal (CR) 11:00 Franke U: Great Symphonic Works (BR) 1:00 Franke U: Life in the World’s Oceans (MS) 1:00 Bridge (CR)	14 10:00 Men’s Brunch: Charlie Philips (RH) 11:00 Recorder (CR) 11:00 Christmas Tea with LE Dept. (LR) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 2:00 The Week That Was (BR) 7:00 Franke Chorus Christmas Concert (RH)	15 5:30am-8pm Open Swim 9:30-12:00 Open Croquet (CY) 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim 7:00 \$1 Bingo (N)
16 5:30am-8pm Open Swim 10:30 Holy Comm. (RH) 3:00 Franke Chorus Christmas Concert (RH)	17 8:00-9:00 Mako Lab (HC Clinic) 10:00 Christmas Cookie Decorating (MS) 10:30 Catholic Service (RH) 11:00 Franke U: Learning Brain (BR) 1:30 Hand & Foot (CR) 1:30-3:00 Art with Jenny Owens (MS) 4:45 Dinner at Halls Chop House (O)	18 9:30-12:00 Open Croquet (CY) 10:00 Franke U: Inventions (BR) 10:30 Kindergarten ChristmasCarols (RH) 10:30 Bible Study (HCC BR) 10:30 Ukulele (CR) 12:00-3:30 Men’s Lunch/Poker (DR) 1:30 Creative Writing (MS) 7:00 \$1 Bingo (N)	19 10:30 Advent Service (RH) 11:00 Lunch at Mill Street Tavern (O) 11:00 Franke U: Lost Worlds (MS) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS) 2:30 Book Club (CR) 5:00 –7:00 Ugly Christmas Sweater @ Happy Hour 6:00 Community Duplicate Bridge (RH)	20 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet (CY) 9:30 Franke U: Skeptics Guide-USA (BR) 9:45 Storytelling (See Reverse) (CR) 11:00 Franke U: Great Symphonic Works (BR) 1:00 Franke U: Life in the World’s Oceans (MS) 1:00 Bridge (CR) 1:30 Wal-Mart (O) 2:00 Brookgreen Garden Festival of Lights (O) 7:00 Miss Emily’s Christmas Sing Along (RH)	21 10:00 The Week That Was (BR) 11:00 Recorder (CR) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 2:00 Christmas Movie & Popcorn (BR) 7:00 \$1 Bingo (N)	22 5:30am-8pm Open Swim 9:30-12:00 Open Croquet (CY) 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim 6:30 CSO “Holiday POPS” (O)
23 5:30am-8pm Open Swim 10:30 Holy Comm. (RH) 30 5:30am-8pm Open Swim 10:30 Holy Comm. (RH)	24 8:00-9:00 Mako Lab (HC Clinic) 1:30 Hand & Foot (CR) 4:00 Christmas Eve Service (RH) 31 8:00-9:00 Mako Lab (HC Clinic) 1:30 Hand & Foot (CR) 5:00-7:00 New Year’s Eve Social	Merry Christmas	26 11:00 Franke U: Lost Worlds (MS) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS) 6:00 Community Duplicate Bridge (RH)	27 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet (CY) 9:45 Storytelling (See Reverse) (CR) 1:00 Bridge (CR)	28 11:00 Recorder (CR) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 7:00 \$1 Bingo (N)	29 5:30am-8pm Open Swim 9:30-12:00 Open Croquet (CY) 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim