

On-Campus Events and Activities:

ALC Resident Council Meeting on Wednesday, February 6th at 1:30 PM in RH. All residents are encouraged to attend!

Acrylic Class with Nancy on Wednesdays at 1:30pm in the Multi-Purpose Studio and new artists are always welcome! No sign-up necessary!

Arizona Rummy will be held on Wednesday @ 3pm on the 13th and the 27th. Join us for the this fun, new card game!

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

Book Club will be on Wednesday, Feb. 20th @ 2:30pm in the Card Room.

Brain Games is on Wednesdays @ 1:30pm and EVERY is WELCOME! Sharpen your word and memory skills with friends!

Bridge is open to everyone on Thursdays in the Card Room at 1:00pm. The sign up binder is located in the Wellness Center Lobby.

Chocolate Workshop with Sue on Tuesday, Feb. 12th @3pm. Come learn how to melt and mold chocolate with Sue Parsons (sister of Cindy Sommers). Sue has been making chocolate candies and lollipops for over 30 years. Space is limited. Melt and Make yours for just \$5 to take home to your Valentine!

Chorus Practice Begins for the Spring Concert on February 5th from 3pm to 4:30pm in Rodenberg Chapel. Calling ALL Singers!!!

Creative Writing is scheduled for Tuesday, Feb. 5th and 19th @ 1:30pm in the Multi-Purpose Studio. Please join us!

Franke U: Learning Brain Class Topics are February 4th “How Motivation Affects Learning”; February 11th “How Stress & Emotion Affect Learning”; February 18th “How Sleep Affects Learning; and on February 25th “How Aging Affects Learning”. You won’t want to miss it!

Hand and Foot: Please sign-up on the sheet posted on the MS Bulletin Board to join us each Monday at 1:30pm. Join the FUN!

“Just Craftin’ Around” with Myranda’s Craft Club! Something New this year we hope to have twice each month! On **Feb. 6th @ 10am** she will be sharing how to use the Cricut machine to decorate glass blocks for Valentine’s Day. Cost is approx. \$15. And on **Feb. 20th** she will be working with you on a “Do It Yourself” Embroidery Hoop Wreath. Cost is approx. \$12.

Jenny/Feb. 4th Watercolor (Experienced)...Explore gradation watercolor backgrounds. Bring watercolor paper, watercolors, and brushes (including at least 1 large). The art room has paint to share if needed. Limited to 12 seats.

Jenny/Feb. 11th Watercolor (Beginning)...Created especially for those new to watercolor. Jenny uses a step-by-step method to demonstrate key watercolor fundamentals. Students will create a “sky” focused painting. Bring your supplies. Limited to 12 seats!

Jenny/Feb. 18th Watercolor (Experienced)...Jenny demonstrates and teaches loose background washes and reverse painting. This technique is ideal for floral and landscapes. You will be given reference photos to paint from. Bring your supplies. Only 12 seats!

Jenny/Feb. 25th Acrylic (Ideal for Beginners or those wanting to paint realistically)...Jenny continues teaching a tonal technique and students will be introduced to drawing using a grid. Bring a 8x10 canvas board, acrylic paints and medium acrylic SOFT brushes. Only 12 seats available.

Lenten Fair will be held on Wednesday Feb. 27th @10 in the Card Room & Multi-Purpose Studio. The season of Lent begins on Ash Wednesday, March 6th; and is a time of reflection and preparation before the celebration of Easter. Why do we wear ashes? What’s the legend of the dogwood tree? What’s the story behind the Lenten pretzel? Come experience foods, crafts and activity centers to learn more about the traditions and symbols of the Lenten Season. Please sign-up so we have an idea how much to prepare!

Men’s Brunch on Friday, February 8th @10am with speaker Chaplain Richard Grimble. He is the Chaplain of the Charleston Port & Seafare’s Society.

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

Recorders will continue practices on Fridays @ 10am. Let’s get ready for the Talent Show!

Saturday Matinee on Feb. 9th @ 2pm is “Yours, Mine & Ours”. Lisa will join you for this original 1968 comedy with Lucille Ball and Henry Fonda. Join her for popcorn and laughter!

Sing-Along with Sue on Tuesday, Feb. 12th @1pm. Sue Parsons (Sister of Cindy Sommers) is the organist/choir director at St. Ann’s Episcopal Church in Windham, Maine. Also a retired French Teach. She will be visiting and has volunteered to play some familiar tunes for a good old fashion Sing-Along.

Super Bowl LIII on Sunday, Feb. 3rd, beginning @ 5pm in the Dining Room! Join us for the game on the **BIG SCREEN**, contests, food & fun!!! Cheer on your favorite team as we watch the Super Bowl 2019!

ALC Life Enrichment Outings—February 2019

Alicia’s Seafood, Soulfood & BBQ will be for lunch on Feb. 27th departing @ 10:30am. We will share the menu on the LE bulletin board for your review. After a leisurely lunch we can stroll around the Summerville shops in the area, weather permitting.

Burtens Grill in Mount Pleasant Towne Centre for dinner on Wednesday, Feb. 6th @ 6pm. Sign-up to reserve your spot for a delicious steak!

Charleston Symphony Orchestra Masterworks “Fireworks” on Friday, Feb. 1st departing @ 6:30pm. Limited seating available at \$75 per ticket.

College of Charleston Basketball versus Northeastern will be playing on Saturday, Feb., 16th. We will depart from Franke at 3pm and tickets are \$20 each.

Publix Shopping will be on Thursday, Feb. 14th at 1:30pm. Please sign-up!

“Songs of Love” Internationally acclaimed vocalist, Diane Schuur, performs songs from the “Great American Songbook” by Cole Porter, Billie Holiday and others. Schuur is accompanied by the fabulous 18 piece swing band “The Charleston Jazz Orchestra”. She has performed at Carnegie Hall, the White House and the Kennedy Center with a wide variety of artists and symphony orchestras. Show is **Saturday, Feb. 19th departing Franke @ 4pm** for the Charleston Music Hall. Tickets are \$55 each.

The Gibbes Museum of Art & Out to Lunch will be on Wednesday, Feb. 13th departing Franke @ 10am. Enjoy leisure time at the museum and the group can choose lunch at the museum or a nearby restaurant. Admission is \$13.

Village Concert Series on Friday, Feb. 1st departs @ 6:30pm for the Free Concert at Mt. Pleasant Presbyterian Church. This event includes Jenny Weiss, violin; Regina Helcher Yost, flute; and Irina Pevzner, piano. Concert features music by Vivaldi, Handel, Mozart and Francaix.

Wal-Mart Shopping will be on Thursday, Feb. 28th at 1:30pm. Please sign-up!

Wando High School Show Choir & Bella Voce: Concerto Speciale at the East Cooper Baptist Church on Monday, Feb. 18th.

We will **depart from Franke at 6:15pm** to see the Wando Show Choir in Concert with Wingate University from 7-9pm. Space is limited!



February Events At Rodenberg Chapel

Wednesday, Feb. 6th @ 1:30pm will be the ALC Residents Quarterly Association Meeting. Please plan to attend!

Sunday, Feb. 10th @ 3pm Music Matters: “Solo Recital” by Caleb Borick

Wednesday, Feb. 20th @ 1pm See the Documentary, “A Voice Returns”. A special ETV series event...a 30 minute video followed by a discussion on a SC Vietnam War veteran of a Japanese boy adopted from an orphanage by American.

Sunday, Feb. 24th @ 3pm St. Matthew’s Annual WELCA Tea. Join us in Rodenberg Chapel for the Women of the Evangelical Lutheran Church in America Annual Tea.

***Mark your Calendars for the Mardi Gras Celebration & Evening of Talent on March 5th @ 5pm.....**

This is an evening for everyone to share in the fun. Need some new ideas? Visit with the LE Department about some exciting opportunities for solo or group skits!

ALC Life Enrichment Dept. Contacts:


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

February 2019

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 |
|---|--|---|--|--|---|---|
| | | 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 10:00 The Week That Was (BR) 10:00 Recorder (CR) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 6:30 Village Concert Series (O) 6:30 CSO "Fireworks" (O) 7:00 \$1 Bingo (N) | 2 5:30am-8:00pm Open Swim 9:30am-12:00 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30 Lap Swim |
| 3 5:30am-8:00pm Open Swim 10:30 Holy Comm. (RH) 5:00 Super Bowl LIII (DR) | 4 8:00-9:00 Mako Lab (HC Clinic) 10:30 Catholic Service (RH) 11:00 Learning Brain –See Reverse (BR) 1:30-3:00 Jenny/Watercolor Exp. (MS) 1:30 Hand & Foot (CR) | 5 9:30-12:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukelele (CR) 12:00-3:30 Men’s Lunch/Poker (DR) 1:30 Creative Writing (MS) 1:30-3:00 Advanced Hearing (CL) 3:00-4:30 Franke Chorus Practice (RH) 7:00 \$1 Bingo (N) | 6 10:00-11:00 Just Craftin’ Around (MS) 11:00 Franke U: Lost Worlds (MS) 1:30 ALC Residents Assoc. Mtg. (RH) 6:00 Burton’s Grill (O) 6:00 Community Duplicate Bridge (RH) | 7 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet 9:45 Story Telling “Siblings” (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Hand Chime Rehearsal (CR) 1:00 Bridge (CR) 1:00 Franke U: The World’s Oceans (MS) | 8 10:00 Men’s Brunch (RH) 10:00 Recorder (CR) 10:30 Bookmobile (WC Park Lot) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 2:00 The Week That Was (BR) 7:00 \$1 Bingo (N) | 9 5:30am-8:00pm Open Swim 9:30am-12:00 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30 Lap Swim 2:00 Movie “Yours, Mine & Ours” (BR) |
| 10 5:30am-8:00pm Open Swim 10:30 Holy Comm. (RH) 3:00 Music Matters: “Solo Piano Recital” by Caleb Borick (RH) | 11 8:00-9:00 Mako Lab (HC Clinic) 10:45 Catholic Mass (RH) 11:00 Learning Brain-See Reverse (BR) 1:30-3:00 Jenny/Watercolor Beg. (MS) 1:30 Hand & Foot (CR) | 12 9:30-12:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukelele (CR) 12:00-3:30 Men’s Lunch/Poker (DR) 1:00 Sing-Along with Sue (Library) 3:00 Season Affective Disorder (BR) 3:00 Chocolate Workshop with Sue (MS) 3:00-4:30 Franke Chorus Practice (RH) | 13 10:00 The Gibbes Museum of Art (O) 11:00 Franke U: Lost Worlds (MS) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS) 3:00 Arizona Rummy (CR) 6:00 Community Duplicate Bridge (RH) | 14 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet 9:45 Story Telling “Love” (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Hand Chime Rehearsal (CR) 1:00 Bridge (CR) 1:00 Franke U: The World’s Oceans (MS) 1:30 Publix (O) 2:30 Great Discussions (BR) | 15 9:00 Episcopal Church Serv. (RH) 10:00 The Week That Was (BR) 10:00 Recorder (CR) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 7:00 \$1 Bingo (N) | 16 5:30am-8:00pm Open Swim 9:30am-12:00 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30 Lap Swim 3:00 College of Charleston vs. Northeastern (O) |
| 17 5:30am-8:00pm Open Swim 10:30 Holy Comm. (RH) 3:00 Remington Concert (RH) Rex Cpnnor, violin Janet Elshazly, piano | 18 8:00-9:00 Mako Lab (HC Clinic) 10:30 Catholic Service (RH) 11:00 Learning Brain-See Reverse (BR) 1:30-3:00 Jenny/Watercolor Exp. (MS) 1:30 Hand & Foot (CR) 3:00-4:30 Franke Chorus Practice (RH) 6:15 Wando Chorus Show Choir (O) | 19 9:30-12:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukelele (CR) 12:00-3:30 Men’s Lunch/Poker (DR) 1:30 Creative Writing (MS) 7:00 \$1 Bingo (N) | 20 10:00 Just Craftin’ Around (MS) 10:00-11:00 Grief Support Group (CL) 11:00 Franke U: Lost Worlds (MS) 1:00 Documentary - ETV Special (RH) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS) 2:30 Book Club (CR) 6:00 Community Duplicate Bridge (RH) | 21 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet 9:45 Story Telling “Funny Stories” (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Hand Chime Rehearsal (CR) 1:00 Bridge (CR) 1:00 Franke U: The World’s Oceans (MS) | 22 10:00 The Week That Was (BR) 10:00 Recorder (CR) 10:30 Bookmobile (WC Park Lot) 1:00 Mah Jongg (CR) 1:30 Needles & Things (MS) 7:00 \$1 Bingo (N) | 23 5:30am-8:00pm Open Swim 9:30am-12:00 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30 Lap Swim 4:00 “Songs of Love” (O) |
| 24 5:30am-8:00pm Open Swim 10:30 Holy Comm. (RH) 3:00 St. Matthews Annual WELCA Tea (RH) | 25 8:00-9:00 Mako Lab (HC Clinic) 10:30 Catholic Service (RH) 11:00 Learning Brain See Reverse (BR) 1:30-3:00 Jenny/Acrylic See Reverse (MS) 1:30 Hand & Foot (CR) 3:00-4:30 Franke Chorus Practice (RH) | 26 9:30-12:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukelele (CR) 12:00-3:30 Men’s Lunch/Poker (DR) 7:00 \$1 Bingo (N) | 27 10:00-11:30 Lenten Fair (CR) & (MS) 10:30 Alicia’s Lunch (O) 11:00 Franke U: Lost Worlds (BR) 1:30 Brain Games (CR) 1:30 Acrylic Class (MS) 3:00 Arizona Rummy (CR) 6:00 Community Duplicate Bridge (RH) | 28 8:00-9:00 Mako Lab (HC Clinic) 9:30-12:00 Open Croquet 9:45 Story Telling “Open Topics” (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Hand Chime Rehearsal (CR) 1:00 Bridge (CR) 1:00 Franke U: The World’s Oceans (MS) 1:30 Wal-Mart (O) 2:30 Great Discussions (BR) 6:30 Ballet Show (RH) 7:00 BUNCO (CR) | |  |