

## ***On-Campus Events and Activities:***

**Arizona Rummy: Wednesday, January 2nd at 3pm in the Card Room** come learn a new version of the old standard game of “Rummy” with Lisa as your hostess. This challenging game of rummy will keep you on your toes right up until the 11th hand and the lowest score WINS! We will continue to play on Wednesdays at 3:00pm if you enjoy this game....**January 9th, 23rd and 30th!**

**Art with Jenny/Watercolor on Jan. 7th from 1:30-3:00pm.** Join Jenny as she demonstrates painting simple flowers using wax resist. Bring watercolor paper (Arches is best 140 lb cold press), watercolors (Cotman, Winstor Newton or other quality brands) and your pallet and watercolor brushes. The art room has paint to share if you don’t have some. Jenny will bring the wax. **ALL ART CLASSES WITH JENNY WILL BE LIMITED TO 12 SEATS PER CLASS. WE WILL DO OUR BEST TO GET EVERYONE IN 1 or 2 CLASSES PER MONTH!**

**Art with Jenny/Watercolor on Jan. 14th from 1:30-3:00pm.** Jenny returns to demonstrate and teach a creative way of painting winter bare trees into the landscape using “backruns”. Bring watercolor paper (Arches is best 140 lb cold press), watercolors (Cotman, Winstor Newton, Grumbacher or other quality brand) and your pallet and watercolor brushes. The art room has paint to share.

**Art with Jenny/Acrylic on Jan. 21st from 1:30-3:00pm.** Ideal for the beginner who wants to paint realistically. Jenny will demonstrate and teach a tonal technique that allows the artist to create a soft painting that can be “erased” and re-worked. Bring a small 8 X10 canvas board, Liquitex acrylic paint, (there is some available in the art room to share) small and medium acrylic SOFT brushes.

**Art with Jenny/Watercolor on Jan. 28th from 1:30-3:00pm.** Jenny returns to demonstrate a “wet into wet” watercolor method in painting animals. This splashy technique helps the artist stay loose while adding excitement to your painting. Jenny will bring pictures of farm animals for you to try this method with. Create our own “barnyard”... right at Franke. Bring your supplies.

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

**Book Club will be on Wednesday, January 16th at 2:30 PM.** January Book is “Woman in the Window” @ \$19 each. Orders for the book can be placed with Cindy in the LE Department.

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

**Bridge:** Join us on Thursdays in the Card Room at 1:00pm. The sign up binder is located in the Wellness Center Lobby.

**BUNCO is BACK! Life Enrichment is hosting our first night of the New Year on Monday, January 28th at 7:00pm.** Please sign up to join us for an evening of fun with BUNCO, wine, crackers and cheese, and **BIG PRIZES!** You DON’T want to miss it!

**CPR/First Aid Classes Offered in the Board Room for \$5 on Thursday, Jan. 31st @ 1:00pm.** Please sign up. Space is limited.

**Creative Writing will be held on January 8th and 22nd at 1:30 in the Multi-Purpose Studio. No need to sign up, just join us!**

**Croquet Court Dedication on Friday, January 4th at 10:30am courtside.** Please join us courtside for Bloody Mary’s and Mimosas to commemorate the dedication of our new croquet court! Join the excitement!

**DIY—Do It Yourself Kitchen Towels...**Myranda will lead this workshop on Wednesday, January 9th at 10:00am in the Multi-Purpose Studio. Please sign up so that she can purchase supplies for your kits. Cost for this craft is \$7 each. Enjoy the fun with a friend!

**Franke U Classes (CONTINUING): Classes will return from break beginning January 7th—They Include:** “The Learning Brain” on Monday at 11:00am in the BR. The 7th will be “Introduction to Working Memory”; the 14th “Components of Working Memory”; 21st “The Neural Basis of Working Memory” and 28th “Training Your Working Memory”. **Jan. 8th** at 10:00am in the BR will be “Inventions”. **Jan. 9th** at 11:00am in the MS will be “The Lost Worlds”. And on **Jan. 10th** at 1:00pm in the MS will be “Life in the World’s Ocean’s”. **“Skeptics Guide”** will be replaced with new classes beginning in February!

**Franke U Classes (NEW): Please sign up for the new class beginning the week of January 24th.** “How to Understand and Listen to Opera” will be held on Thursdays at 1:00pm in the Boardroom.

**Hand and Foot:** All hand and foot players are invited to play on Mondays at 1:30 PM in the Card Room. Sign Up Sheet is on the Multi-Purpose Studio Bulletin Board!

**iPhone/iPad with Marie on January 29th at 2pm and 31st at 10am in the Boardroom.** Please sign up to save your seat.

**Ladies Gathering will be Wednesday, January 16th at 10:00am in Rodenberg Hall.** Ladies please join us for brunch and fellowship!

**Men’s Brunch: Friday, January 11th at 10am in Rodenberg Hall.** Judge Condon speaking on “Estate Workshops”.

**Movie on Saturday, January 5th at 2pm is “The Shack” with Tim McGraw, Octavia Spencer and Sam Worthington.** Please join us in the Boardroom for this New York Times best-selling novel, “The Shack” as it takes us on a father’s transformative spiritual journey. Read the novel ahead of time if you can and Lisa will lead a discussion group following the movie!!!

**Needles and Things on Fridays at 1:30 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.

**Preparing For Epiphany—BELLS, STARS & KINGS on Wednesday, January 2nd @ 10:00am in the Multi-Purpose Studio and Card Room with Cindy.** Join us as we continue celebrating the 12 days of Christmas and prepare for the season of Epiphany with music, games, activities, readings, stories, crafts and snacks.

**Scrabble on Wednesday, January 2nd at 2pm in the Multi-Purpose Studio.** Ramp up your dictionary, the competition is on with a fun game of scrabble with your friends at Franke!

**Storytelling: Jan. 3rd—**“A New Year’s Resolution” (One that you fulfilled). **Jan. 10th—**“Snowy Days” (What did you do on snowy days?). **Jan. 17th—**“School Days” (Reminisce about good/funny school memories). **Jan. 24th—**“Fright or Flight” (First time on an airplane). **Jan. 31st—**“Abroad” (Your first time out of the country). Myranda will be your Hostess for this event in 2019!

## ***ALC Life Enrichment Outings—January 2019***

**Breakfast at Sea Biscuit Café on Wednesday, January 9th.** We will depart from Franke at 8:30am for the Isle of Palms to enjoy breakfast with your friends. Please note that the Sea Biscuit Café is a **CASH ONLY** Restaurant!

**Charleston Stingrays Hockey Game on Sunday, January 13th departing at 1:45pm.** \$15 seats “End Level” for the Charleston Stingrays versus the Jacksonville Icemen. Seats are limited!

**Charleston Symphony Orchestra is on Friday, January 4th departing @ 6:30pm for “Beethoven’s 5th” at the Gaillard.** Please mark your sign up sheet with NEED a Ticket, HAVE a Ticket, NEED a Ride on the Bus, and we will do our very best to accommodate everyone!!! Tickets are \$75. **Charleston POP’s “Around the World in 80 Minutes” on Thursday, January 17th departing @ 6:30pm with tickets in our favorite seats beginning at \$75.**

**College of Charleston Basketball Game on Saturday, January 26th @ 3:00pm** depart for College of Charleston Basketball game versus William & Mary. Tickets are \$20 each.

**Francis Marion Park Walk on Friday, January 18th @ 11am.** Join Sherry from the Wellness Center and one of your Life Enrichment Team for a 1.5 mile walk on the “Sewee Shell Ring Trail” at the Francis Marion National Forest. We will bring a box lunch to enjoy after our hike so please sign up and don’t forget your water bottles!

**Health & Wellness at Gaillard on Tuesday, January 15th @ 9:30am.** Catch a ride to see the many exhibits of over 100 vendors that will be sharing their health and wellness information for 2019.

**Lunch @ Taziki’s Mediterranean on Wednesday, January 23rd departing @ 11am!** Please see the LE bulletin board for the menu or do not hesitate to ask the LE Ladies to share a copy with you! Sign up before the bus fills up as seats are limited!

**“Number the Stars” on Saturday, January 19th.** Depart Franke @ 2:00pm for Dock Street Theatre to watch as German troops begin to “relocate” all the Jews of Denmark, 10-year-old Annemarie Johansen’s family takes in Annemarie’s best friend Ellen Rosen. Through Annemarie’s eyes, audiences watch a Danish resistance help almost any Jewish population of Denmark – more than 7,000 souls – escape across the sea to Sweden. Tickets are \$31 each and the seats are limited!

**Sunrise Presbyterian Oyster Roast on Saturday, January 19th at 5:30pm.** Bring \$20 entry fee for all you can eat oysters, hamburgers, hot dogs and macaroni! Seats Limited!

**Shopping at Publix on Thursday, January 3rd at 1:30 and Walmart on Thursday, January 17th at 1:30pm weather permitting!**

## **January Programs in Rodenburg Hall**

**Sunday, January 6th at 3:00pm Music Matters: “Solo Cello Recital” with Mairead Flory**

**Sunday, January 13th at 3:00pm Music Matters: “Solo Harp Recital” with Abigail Kent**

**Monday, January 21st at 7:30pm Charleston Music Club: “Charleston Eclipse Ensemble”**

***Wishing You a Blessed New Year!***

ALC Life Enrichment Department Contacts:

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

January 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
<p><b>2nd Thursday—Alterations are done in the Activity Center at the Health Care Building beginning at 11am the second Thursday of each month!</b></p>	<p><b>ALL BOLD ITEMS REQUIRE SIGNING UP PLEASE !</b></p>	<p><b>1</b></p> <p><b>Happy New Year!</b></p>	<p><b>2</b></p> <p>10:00 "Preparing for Epiphany" (MS)</p> <p>1:30 Scrabble (MS)</p> <p>3:00 Arizona Rummy (CR)</p>	<p><b>3</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      9:30-12:00 Open Croquet (CY)                      9:45 Storytelling (See Reverse) (CR)                      11:00 Hand Chime Rehearsal (CR)                      12:00-3:30 Lunch/Men's Poker (DR)                      1:00 Bridge (CR)  <b>1:30 Publix (O)</b></p>	<p><b>4</b></p> <p><b>10:00 Croquet Court Dedication</b>                      11:00 Recorder (CR)                      1:00 Mah Jongg                      1:30 Needles &amp; Things                      2:00 The Week That Was (BR)</p> <p><b>6:30 CSO Beethoven's 5th (O)</b></p>	<p><b>5</b></p> <p>5:30am-8:00pm Open Swim                      9:30-12:00 Open Croquet                      9:30 Ping Pong (WC)                      10:30 Bingo (N)                      11:30 Lap Swim                      2:00 Movie Matinee—"The Shack" (BR) with Discussion to Follow</p>
<p><b>6</b></p> <p>5:30am-8:00pm Open Swim</p> <p>10:30 Holy Comm. (RH)</p> <p>3:00 Music Matters:                      Solo Cello Recital (RH)</p>	<p><b>7</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      10:30 Catholic Service (RH)                      11:00 Franke U: Learning Brain (BR)  <b>1:30-3:00 Jenny's Art /Water Color (MS)</b>  <b>1:30 Hand &amp; Foot (CR)</b></p>	<p><b>8</b></p> <p>9:30-12:00 Open Croquet (CY)                      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                      7:00 \$1 Bingo (N)</p>	<p><b>9</b></p> <p><b>8:30 Breakfast @ Sea Biscuit Cafe (O)</b>  <b>10:00 Crafts with Myranda (MS)</b>                      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)</p>	<p><b>10</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      9:30-12:00 Open Croquet (CY)                      9:45 Storytelling (See Reverse) (CR)                      11:00 Hand Chime Rehearsal (CR)                      12:00-3:30 Lunch/Men's Poker (DR)                      1:00 Bridge (CR)                      1:00 Franke U: Life In the World's Oceans (MS)</p>	<p><b>11</b></p> <p>10:00 Men's Brunch: Judge Condon                      10:30 Bookmobile (Wellness Parking Lot)                      11:00 Recorder (CR)                      1:00 Mah Jongg                      1:30 Needles &amp; Things                      2:00 The Week That Was (BR)</p>	<p><b>12</b></p> <p>5:30am-8:00pm Open Swim                      9:30-12:00 Open Croquet                      9:30 Ping Pong (WC)                      10:30 Bingo (N)                      11:30 Lap Swim</p>
<p><b>13</b></p> <p>5:30am-8:00pm Open Swim</p> <p>10:30 Holy Comm. (RH)</p> <p><b>1:45 Stingrays vs. Jacksonville (O)</b></p> <p>3:00 Music Matters:                      Solo Harp Recital (RH)</p>	<p><b>14</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      10:45 Catholic Mass (RH)                      11:00 Franke U: Learning Brain (BR)  <b>1:30-3:00 Jenny's Art-Watercolor (MS)</b>  <b>1:30 Hand &amp; Foot (CR)</b></p>	<p><b>15</b></p> <p>9:30-12:00 Open Croquet (CY)  <b>9:30 Health &amp; Wellness Show-Gaillard (O)</b>                      10:00 Frankie U: Inventions (BR)                      10:30 Bible Study (HCC BR)                      10:30 Ukelele (CR)                      12:00-3:30 Men's Lunch/Poker (DR)</p> <p>7:00 \$1 Bingo (N)</p>	<p><b>16</b></p> <p>10:00 Ladies Gathering (RH)                      11:00 Franke U: Lost Worlds (MS)                      1:30 Brain Games (CR)                      1:30 Acrylic Class (MS)                      2:30 Book Club (CR)</p> <p>6:00 Community Duplicate Bridge (RH)</p>	<p><b>17</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      9:30-12:00 Open Croquet (CY)                      9:45 Storytelling (See Reverse) (CR)                      11:00 Hand Chime Rehearsal (CR)                      12:00-3:30 Lunch/Men's Poker (DR)                      1:00 Bridge (CR)                      1:00 Franke U: Life in the World's Ocean (MS)  <b>1:30 Wal-Mart (O)</b>  <b>6:30 CSO "Around the World in 80 Mins" (O)</b></p>	<p><b>18</b></p> <p>10:00 The Week That Was (BR)                      11:00 Recorder  <b>11:00 Francis Marion Park Walk (O)</b>                      1:00 Mah Jongg (CR)                      1:30 Needles &amp; Things (MS)                      7:00 \$1 Bingo (N)</p>	<p><b>19</b></p> <p>5:30am-8:00pm Open Swim                      9:30-12:00 Open Croquet                      9:30 Ping Pong (WC)                      10:30 Bingo (N)                      11:30 Lap Swim  <b>2:00 "Number the Stars" (O)</b>  <b>5:30 Sunrise Presb. Oyster Roast (O)</b></p>
<p><b>20</b></p> <p>5:30am-8:00pm Open Swim</p> <p>10:30 Holy Comm. (RH)</p>	<p><b>21</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      10:30 Catholic Service (RH)                      11:00 Franke U: Learning Brain (BR)  <b>1:30-3:00 Jenny's Art /Water Color (MS)</b>  <b>1:30 Hand &amp; Foot (CR)</b></p> <p>7:30 Charleston Music Club                      "Charleston Eclipse Ensemble" (RH)</p>	<p><b>22</b></p> <p>9:30-12:00 Open Croquet (CY)                      10:00 Frankie 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)</p>	<p><b>23</b></p> <p>11:00 Franke U: Lost Worlds (MS)  <b>11:00 Lunch @ Taziki's Mediterranean (O)</b>                      1:30 Brain Games (CR)                      1:30 Acrylic Class (MS)                      3:00 Arizona Rummy (CR)                      6:00 Community Duplicate Bridge (RH)</p>	<p><b>24</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      9:30-12:00 Open Croquet (CY)                      9:45 Storytelling (See Reverse) (CR)                      11:00 Hand Chime Rehearsal (CR)                      12:00-3:30 Lunch/Men's Poker (DR)                      1:00 Bridge (CR)                      1:00 Franke U: How to Listen to Opera (BR)                      1:00 Franke U: Life in the World's Ocean (MS)</p>	<p><b>25</b></p> <p>9am-12noon Wellness Fair (RH)                      10:00 The Week That Was (BR)                      11:00 Recorder (CR)                      1:00 Mah Jongg (CR)                      1:30 Needles &amp; Things (MR)</p> <p>7:00 \$1 Bingo</p>	<p><b>26</b></p> <p>5:30am-8:00pm Open Swim                      9:30-12:00 Open Croquet                      9:30 Ping Pong (WC)                      10:30 Bingo (N)                      11:30 Lap Swim  <b>3:00 College of Charleston BB vs. William &amp; Mary</b></p>
<p><b>27</b></p> <p>5:30am-8:00pm Open Swim</p> <p>10:30 Holy Comm. (RH)</p>	<p><b>28</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      10:30 Catholic Service (RH)                      11:00 Franke U: Learning Brain (BR)  <b>1:30-3:00 Jenny's Art-Mix Media (MS)</b>  <b>1:30 Hand &amp; Foot (CR)</b></p> <p><b>7:00 Bunco (CR)</b></p>	<p><b>29</b></p> <p>9:30-12:00 Open Croquet (CY)                      10:00 Frankie U: Inventions (BR)                      10:30 Bible Study (HCC BR)                      10:30 Ukelele (CR)                      12:00-3:30 Men's Lunch/Poker (DR)                      2:00 iPhone with Marie (BR)</p> <p>7:00 \$1 Bingo (N)</p>	<p><b>30</b></p> <p>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)</p>	<p><b>31</b></p> <p>8:00-9:00 Mako Lab (HC Clinic)                      9:30-12:00 Open Croquet (CY)                      9:45 Storytelling (See Reverse) (CR)                      10:00 iPad with Marie (BR)                      11:00 Hand Chime Rehearsal (CR)                      12:00-3:30 Lunch/Men's Poker (DR)                      1:00 Bridge (CR)                      1:00 Franke U: Life in the World's Ocean (MS)  <b>1:00-4:00 CPR/First Aid Training (BR)</b></p>	<p><b>Upcoming Talent Show— Make plans with Friends, Family, Neighbors, Co-Workers for a Mardi Gras to Remember!!!</b>                      *****  <b>Tentatively—March 5th</b></p>	