

On-Campus Events and Activities:

Acrylic Classes on Wednesdays, May 8th, 15th, 22th & 29th, at 1:30pm in the Multipurpose Studio. All are welcome!

Art with Jenny on May 6th, 13th & 20th will be Watercolor & Acrylic/All levels welcome. “Unleash your creative spirit!” A variety of reference photos will be offered for inspiration. Individualized guidance will be offered.

Arizona Rummy continues on Wednesdays, May 8th, 15th, 22th & 29th, @ 2:30 in the Card Room for ANYONE that enjoys playing cards!

Audiologist Informational Meeting on Thursday, May 9th @ 2:30pm in Rodenberg Hall

BINGO is held in the Narthex every Tuesday and Friday evening @ 7:00pm. Please bring \$1 to play. **Note—Game is cancelled due to the Franke Choir Concert on May 3rd!**

Bocce Ball is back beginning Wednesdays @ 9:30am in the Courtyard. Come out and enjoy the game, the SC weather and have fun with your friends!

Book Club will be held in the Burges Library on Wednesday, May 15th @ 2:30pm.

Bookmobile will be in the Wellness Parking Lot on Friday, May 10th and 24th @ 10:30am.

Brain Games played on Wednesdays, May 8th, 15th, 22th & 29th, @ 1:30pm in the Cardroom. Join us as we learn fun ways to keep our brains sharp.

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

BUNCO is on Thursday, May 30th @ 7:00pm in the Card Room. You won't want to miss the laughter, competition and fun snacks. Please sign up!

Creative Writing will be held on Tuesday, May 14th and 28th @ 1:30 in the Multipurpose Studio.

Hand and Foot is played Mondays, May 6th, 13th & 20th @ 1:30 in the Card Room. Everyone is welcome. Please sign up on the bulletin board in the Multipurpose Studio.

Introduction to Croquet continues on Wednesday mornings @ 10:00am. Dr. Fred Jones will be offering instruction to anyone interested in learning or seeking guidance on their game.

IPad/iPhone Class with Marie on Wednesday, May 8th in the Board Room at 9:30. Please join Marie to discuss “Family Chats plus, What’s New”!

Just Craftin’ Around with Myranda will be held on Fridays, May 3, 17 & 31 @ 1:00 in the Multipurpose Studio.

Ladies’ Gathering is on Wednesday, May 15th at 10:00 in Rodenberg Hall. All Franke Ladies please join us for brunch and to hear our Speaker, Morgan Smith from Reading Partners. She will share with us how Reading Partners works to combat the “Education Crisis”.

Line Dancing on Wednesday, May 1st @ 11:00am in the Multipurpose Studio. Don't miss our guest instructor Linda Johnson (Cindy’s Sister), an experienced instructor, who dances regularly in Tucson, Arizona and Denver, Colorado.

Men’s Brunch will be held on Friday, May 10th at 10:00 in Rodenberg Hall. All Franke men are invited to join us for our Speaker, Duncan Tyson III, Financial Advisor. Mr. Duncan will be discussing “How Likely is a Recession?” and “Tax Free Investing”.

Mild Cognitive Impairment: Strategies for Coping & Technological Advances by Cynthia Akerman will be held on Tuesday, May 14th in the Board Room from 10:30am to 11:30am. Please sign up so we have plenty of supplies for all!

National Day of Prayer on Thursday, May 2nd @ 3:00pm in the courtyard.

National Senior Health & Fitness Day is Wednesday, May 29th—Please visit the Wellness Center for the Days Events!

Piccolo Spoleto Discussion on Thursday, May 2nd @ 2:00pm regarding your options for attending different events.

Please meet with Cindy in the Multipurpose Studio to talk about the different options available for the various events and how we can decide which to attend together! **Piccolo Spoleto Festival programs will be available in the Library, the Living Room and the LE Office for your review prior to the meeting!**

Recorders will practice on Fridays in the Card Room @ 10:00am. Anyone is welcome!

Storytelling is going to be on Thursday mornings @ 9:45am with your topics being OPEN this month! You choose!

Ukulele Practice will continue on Tuesdays, May 14 & 28 @ 10:30am in the Card Room. All are welcome!

Witchy Poo Gifts is a Mother’s Day Sales Event that will be held Friday, May 3rd from 11:00am to 4:00pm in the Narthex. All are invited to shop all the jewelry, scarves, gifts and more...

Needles and Things will be on a break throughout May and June.

ALC Life Enrichment Outings—May 2019

Afternoon Tea One-In-Three “Linda Floyd Forum on Women’s Cancer” will be at Founders Hall in Charles Towne Landing on Wednesday, May 1st. Space is limited, so sign up is required. Depart Franke at 3:00 and return approximately 6:30pm. (Free)

Beach Trip will be on Monday, May 6th from 10:00am to noon.

Behind the Lines Musical Tribute to America’s Heroes on Saturday, May 18th, 1:00pm at The Charleston Music Hall. Experience the emotional words of our fighting men and women from the Revolution, Civil War, WWI and II, Korea, Vietnam, Desert Storm, Iraq, and Afghanistan. Hear the words. Feel the music. (\$35).

Breakfast @ Okra Grill on Thursday, May 9th @ 8:30am. It is a favorite, let’s sign up and enjoy breakfast together!

Caw Caw Interpretive Center Walk will be on Friday, May 17th departing Franke at 9:30am. Following the lunch we will have a box lunch to sit down and eat before returning. Everyone bring your water bottle!!! Sign up required.

Charleston Fun Park, let’s all “be a kid again” and go to the local Fun Park for Putt-Putt Golf, Mini Bowling, Arcades and More.....On Thursday, May 16th we will depart Franke @ 1:30 and return approximately 5:00. **BRING CASH!!!**

Grace Church Cathedral Tea Room, Gift Shop & Church Mouse Boutique on Tuesday, May 28th, 11:00am. Please bring cash.

“Hollywood” is at the Woolfe Street Playhouse on Friday, May 10th. This is a real life Hollywood whodunit! The bus will leave the Burges Center at 6:30pm. Tickets range from \$25 to \$35 each.

Mt. Pleasant Farmers’ Market trip will be on Tuesday, May 21st departing Franke @ 4:00pm. The Market has reopened for the season in Mt. Pleasant on Coleman Blvd. Come stroll through and pick up some local fresh fruits and veggies, homemade jellies and jams, or even pick up some eye-catching flowers.

Publix Shopping on Thursday, May 9th at 1:30, COSTCO Shopping, Monday, May 20th at 3:00, Walmart Shopping on Thursday, May 23rd at 1:30. PLEASE BE SURE TO SIGN UP SO WE HAVE A LARGE ENOUGH VEHICLE!

RiverDogs Baseball Game on Sunday May 19th departing Franke @ 4:00pm. Come cheer on the Dogs, have a hotdog and a beer. Sign up for your ticket for only \$15.

Sewee Nature Center Walk is taking place on Friday, May 31st. We will depart Franke at 10:00am and return at approximately noon.

Tavern & Table for dinner on Monday, May 13th departing Franke at 5:30pm. Sign up right away so you don't miss out on dinner at Shem Creek.

Rodenberg Chapel Activities for May

May 3rd @ 7:00pm Franke Choir Concert

May 5th @ 3:00pm Franke Choir Concert

May 26th @ 3:00pm Piccolo Spoleto:
“Man Treble & the Singing Doctors”

ALC Life Enrichment Department Contacts:

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

May 2019

Active Lifestyle Life Enrichment Calendar

Campus Location Key

BR-Board Room CL-Cove Lounge CR -Card Room CY-Courtyard
 DR-Dining Room MS-Multipurpose Studio N-Narthex O-Outing
 RH-Rodenberg Hall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	ALTERATIONS are done on the 2nd Thursday @ 11:00am in the Activity Center at the Health Care Building each month.	ALL items in BOLD Require a Sign – Up Please! Thank you!	1 8:00 East Cooper Lab (HC Clinic) 9:30 Bocce Ball (CY) 10:00 Introduction to Croquet 11:00 Franke U: Lost Worlds (BR) 11:00 Line Dancing with Linda (MS) 1:30 Residents’ Assoc. Mtg. (RH) 3:00 Afternoon Tea/One-In-Three (O) 4:00 Franke U: Wines of Italy (BR) 6:00 Community Duplicate Bridge (RH)	2 8:00-9:00 Mako Lab (HR Clinic) 8:00 - 3:00 Open Croquet 9:45 Storytelling (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Handchime Rehearsal (CR) 1:00 Bridge (CR) 2:00 Piccolo Spoleto Fest. Discuss (MS) 3:00 National Day of Prayer (CY)	3 10:00 The Week That Was (BR) 10:00 Recorder Practice 11:00-4:00 Witchy Poo “Gifts” (N) 1:00 Mah Jongg (CR) 1:00 Just Craftin” Around (MS) 7:00 Franke Spring Chorus Concert (RH)	4 5:30am-8:00pm Open Swim 8:00-10:30 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim (WC)
5 5:30 am-8:00pm Open Swim 10:30 Holly Communion (RH) 3:00 Franke Spring Chorus Concert (RH)	6 8:00-9:00 Mako Lab (HR Clinic) 10:00-12:00 Beach (O) 11:00 Franke U: Aging Brain (BR) 1:00-3:00 Art with Jenny (MS) 1:30 Hand and Foot (CR)	7 8:00– 3:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 12:00 Men’s Lunch/Poker (DR) 1:00pm Six Mile Comm.Presentation(RH) 1:30- 3:00 Advanced Hearing (CL) 7:00 \$1 Bingo (N)	8 9:30 Bocce Ball (CY) 9:30-10:45 IPad/iPhone Family Chats (BR) 10:00 Introduction to Croquet 11:00 Franke U: Lost Worlds (BR) 1:30 Acrylic Painting (MS) 1:30 Brain Games (CR) 2:30 Arizona Rummy (CR) 4:00 Franke U: Wines of Italy (BR) 6:00 Community Duplicate Bridge (RH)	9 8:00- 3:00 Open Croquet 8:30 Breakfast @ Okra Grill (O) 9:45 Storytelling (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Handchime Rehearsal (CR) 1:00 Bridge (CR) 1:30 Publix (O) 2:30 Great Discussions (BR) 2:30 Audiologist Informational Mtg (RH)	10 10:00 Men’s Brunch (RH) 10:00 Recorder Practice 10:30 Bookmobile (Wellness Parking Lot) 1:00 Mah Jongg (CR) 2:00 The Week That Was (BR) 6:30 “Hollywood” (O) 7:00 \$1 Bingo (N)	11 5:30am-8:00pm Open Swim 8:00-10:30 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim (WC)
12 Mother’s Day 5:30 am-8:00pm Open Swim 10:30 Holy Communion (RH)	13 8:00-9:00 Mako Lab (HR Clinic) 11:00 Franke U: Aging Brain (BR) 10:45 Catholic Mass (RH) 1:00-3:00 Art with Jenny (MS) 1:30 Hand and Foot (CR) 1:30 Trader Joe’s 5:30 Tavern & Table (O)	14 8:00– 3:00 Open Croquet 9:00-10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukulele Practice (CR) 10:30-11:30 Strategies for Coping (BR) 12:00 Men’s Lunch/Poker (DR) 1:30 Creative Writing (MS) 5:45 Alzheimer’s Support (RH) 7:00 \$1 Bingo (N)	15 9:30 Bocce Ball (CY) 10:00-11:00 Grief Support Group (CL) 10:00 Ladies’ Gathering (RH) 10:00 Introduction to Croquet 11:00 Franke U: Lost Worlds (BR) 1:30 Acrylic Painting (MS) 1:30 Brain Games (CR) 2:30 Arizona Rummy (CR) 2:30 Book Club (Library) 4:00 Franke U: Wines of Italy (BR) 6:00 Community Duplicate Bridge (RH)	16 8:00 -3:00 Open Croquet 9:45 Storytelling (CR) 11:00 Franke U: Understand Opera (BR) 11:00 Handchime Rehearsal (CR) 1:00 Bridge (CR) 1:30 Charleston Fun Park (O)	17 9:00 Episcopal Church Service (RH) 9:30 Caw Caw Interpretive Center (O) 10:00 The Week That Was (BR) 10:00 Recorder Practice 1:00 Mah Jongg (CR) 1:00 Just Craftin” Around (MS)	18 5:30am-8:00pm Open Swim 8:00-10:30 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim (WC) 1:00 “Behind the Lines” (O)
19 5:30 am-8:00pm Open Swim 10:30 Holy Communion (RH) 4:00 Charleston RiverDogs (O)	20 8:00-9:00 Mako Lab (HR Clinic) 11:00 Franke U:Aging Brain (BR) 1:00-3:00 Art with Jenny (MS) 1:30 Hand and Foot (CR) 3:00 COSTCO Shopping	21 8:00– 3:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 12:00 Men’s Lunch/Poker (DR) 4:00 Mt. Pleasant Farmers’ Market (O) 7:00 \$1 Bingo (N)	22 9:30 Bocce Ball (CY) 10:00 Introduction to Croquet 10:00 Grief Support Group (CL) 11:00 Franke U: Lost Worlds (BR) 1:30 Acrylic Painting (MS) 1:30 Brain Games (CR) 2:30 Arizona Rummy (CR) 4:00 Franke U: Wines of Italy (BR) 6:00 Community Duplicate Bridge (RH)	23 8:00 -3:00 Open Croquet 9:45 Storytelling (CR) 11:00 Franke U:Understand Opera (BR) 11:00 Handchime Rehearsal (CR) 1:00 Bridge (CR) 1:30 Walmart (O) 2:30 Great Discussions (BR)	24 10:00 The Week That Was (BR) 10:00 Recorder Practice 10:30 Bookmobile (Wellness Parking Lot) 1:00 Mah Jongg (CR) 7:00 \$1 Bingo (N)	25 5:30am-8:00pm Open Swim 8:00-10:30 Open Croquet 9:30 Ping Pong (WC) 10:30 Bingo (N) 11:30-1:00 Lap Swim (WC)
26 5:30 am-8:00pm Open Swim 10:30 Holy Communion 3:00 Piccolo Spoleto: Man Treble & the Singing Doctors (RH)	27 Memorial Day 10:00 Arizona Rummy (CR) 11:30-1:30 Memorial Day Picnic 3:30 Movie “9 to 5” (BR)	28 8:00– 3:00 Open Croquet 10:00 Franke U: Inventions (BR) 10:30 Bible Study (HCC BR) 10:30 Ukulele Practice (CR) 10:30 Grace Episcopal Tea Room (O) 12:00 Men’s Lunch/Poker (DR) 1:30 Creative Writing (MS) 7:00 \$1 Bingo (N)	29 Natl. Sr. Health & Fitness Day 9:30 Bocce Ball (CY) 10:00 Introduction to Croquet 11:00 Franke U: Lost Worlds (BR) 1:30 Acrylic Painting (MS) 1:30 Brain Games (CR) 2:30 Arizona Rummy (CR) 4:00 Franke U: Wines of Italy (BR) 6:00 Community Duplicate Bridge (RH)	30 8:00 - 3:00Open Croquet 9:45 Storytelling (CR) 11:00 Handchime Rehearsal (CR) 1:00 Bridge (CR) 7:00 Bunco (CR)	31 10:00 The Week That Was (BR) 10:00 Recorder Practice 10:00 Sewee Nature Center Walk 1:00 Mah Jongg (CR) 1:00 Just Craftin” Around (MS) 7:00 \$1 Bingo (N)	There will not be a Men’s Brunch or Ladies’ Gathering in June or July. Beginning in August these two events will be combined for a quarterly brunch on the 2nd Friday. Everyone mark your calendars for 10am on August 9 and November 8.