

SPRING 2020



BLRC SENIOR SPOTLIGHT

Exclusive newsletter for an active older adult ages 50+

The Bees Landing Recreation Center is located at 1580 Ashley Gardens Blvd in the Grand Oaks subdivision off of Bees Ferry Rd. For programs and classes that require a fee, please register for programs in person. For programs and classes that don't require a fee, you can register by calling 843-402-4571.

BLRC SENIOR PROGRAMS

Acoustic Music Group

Join a fun jam session with other musicians and vocalists. All levels can attend.

Thursdays 10:30am-12:30pm

Canasta

A card game played in the form of Rummy. Join in on the fun! Free.

Fridays 1:00-4:00pm

Bridge

Enjoy the game of Bridge! Please call Chuck Tremann at 843-343-0808 to make reservations to play.

Not for beginners. Free.

Wednesdays 9:30am-12:00pm

Mah Jongg

Mah Jongg is a game of skill, strategy, and calculation.

Not for beginners. Free.

Tuesdays 1:00-3:00pm

Book Club

Join our book club led by Herd/St Andrews Regional Library librarian Laura Gramling. A limited amount of books are available for pick up at the library.

**1st Monday of each month.
1:00-2:30 pm.**

Learn to Play Mah Jongg

Learn how to play the game of Mah Jongg! Advanced registration is required; spaces are limited. Must join at the beginning of the month. Free.

Tuesdays 3:00-4:30pm

BLRC SENIOR FITNESS

All fitness classes are for ages 18+ and cost \$5 each. If it is your first time trying a class, please arrive 15 minutes beforehand to complete the proper paperwork.

Pilates

Improve flexibility, build strength, and develop control and endurance in the whole body. Places emphasis on alignment, breathing and improving coordination and balance. \$5 per participant.

Tuesdays 6:30pm

Gentle Yoga

Designed to gently work the body to relax, increase flexibility and strength, as well as calming the mind and increasing the ability to focus. \$5 per participant.

Tuesdays and Thursdays

9:00am

Multi-Level Kripalu

Wednesdays @6:30pm

Pickleball

Pickleball is a racquet sport, which combines elements of badminton, tennis, and table tennis. Games are recreational and are not played at a competitive level. \$1 per player.

***Mondays, Wednesday & Fridays
10:30am-12:30pm***

Pickleball for Beginners

Pickleball is both fun and a great exercise. The rules are simple and easy to learn. This time slot is reserved for Beginners only. \$1 per player.

Wednesdays 9:30-10:30 am

Zumba Gold

Fusion of Latin and International music that creates a dynamic and exciting experience. \$5 per participant.

Mondays 9:30am, Wednesdays 8:45am and Friday 9:30am

Zumba Fitness

Fusion of Latin and International music that creates a dynamic and exciting fitness experience. \$5 per participant.

Mondays 6:30pm, Wednesdays 6:00 and Saturdays 9:00am

BLRC SENIOR EVENTS

BLRC Senior Golden Games

Come and compete in the Bees Landings Senior Golden Games!
The games are held twice a year, once in the Fall and Spring.

Seniors age 50+ may compete in one or multiple events such as bocce, corn hole, basketball, volleyball, pickleball, Mah-Jongg, and a baking contest!

The cost is \$8 for the regular events, \$15 for pickleball participants.
Registration includes the lunch of legends and a lanyard with corresponding pins.
Pre-registration is required to secure your spot!

Morning games at 8:00am
Lunch of Legends at 11:30am
Afternoon games at 12:30pm

Fall Games: September 17, 2020
Spring Games: May 14, 2020



BLRC SENIOR TRIPS

Registration begins January 1st until full. Trips are limited to the first 13 registrants.

Dock Street Theater

Join us for a trip to the Dock Street Theater to see the play "Our Town." The characters in this play move through their lives dealing with love, time and mortality, and learning the beauty and blessedness of ordinary, everyday life.

February 13th
\$30 per person
6:00pm-10:30pm

History & Movie Tour in Beaufort

Learn about historic homes in The Point, on The Bluff and The Old Commons. Explore where many famous authors and actors/actresses have found their inspiration!

March 19th
\$20 per person
8:00am-3pm

Deep Water Vineyard

Charleston South Carolina's only vineyard and winery; providing tastings, a tour, 50 acres to explore, animals and a garden.

April 22nd
\$15 per person
10:00am-2:00pm

Culinary Tour

On this downtown culinary tour you will visit 4-5 different restaurants that will combine elements of a historical tour with a culinary adventure. Tour will be 2.5 hours.

May 20th
\$60.00 per person
9:00am-2:00pm