





# Active Lifestyle at the Heritage at Lowman April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>April is National Garden Month</b></p> <p><i>Activities are subject to change. Please check bulletin boards, clipboards, and mailboxes for changes.</i></p>	<p><b>1</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR)</p>	<p><b>2</b> 10:15 Mt Horeb Luncheon (WC) Please call Dalton, 451-7411, if you would like to attend 1:00-2:00 Young's Hearing Aid Service (CLASS) 4:00 Chat with Chaplain (BCR) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p><b>3</b> 8:00-3:00 Beautician Available (BEAUTY) 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:30 "Life of Christ" Lenten Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p><b>4</b> 8:00 ROMEO Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (BCR) 11:00 Good Shepherd Luncheon (WC) Please call Dalton, 451-7411, if you would like to attend. 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Paths of Hope for Dementia Caregivers (CLASS) 6:00 Bible Study with Jim Reed (ACT)</p>	<p><b>5</b> 8:30 Wal-Mart Shopping (BB) Call Dalton 451-7411</p>	<p><b>6</b> 3:00 Cards, Games and Puzzles (BCR) 4:30 Chapin Golden Eagle Evening (WC) Please call Dalton, 451-7420, to attend</p>
<p><b>7</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)</p>	<p><b>8</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:00 Mystery Ride: (WC) One bus going, please sign up in Boliek 1:30 Handbell Choir Practice (CLASS) 4:00 Arthritis Exercise (BCR)</p>	<p><b>9</b> 9:15 Hamricks Shopping (BB) Call Mary 451-7420 to attend 2:00 Tea on Tuesday (BCR) 4:30 Out to Dinner "Fatz Cafe" (BB) One bus, please sign up in Boliek 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p><b>10</b> 8:00-3:00 Beautician Available (BEAUTY) 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:30 "Life of Christ" Lenten Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p><b>11</b> 8:00 JULIET Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:00 Food Lion Shopping (BB) Call Mary 451-7420 9:30 Better Balance (BCR) 11:15 St. Peter Luncheon (WC) Call Mary 451-7420 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 6:00 Bible Study with Jim Reed (ACT)</p>	<p><b>12</b> 8:45 Midlands Plant and Flower Show (WC) One bus going, please sign up in WC Mailroom 9:00-4:00 Manicures available (BEAUTY) Please make appointment with Pam 2:30 DaySpring Association Meeting (HG) 6:00 BINGO for Prizes (HG)</p>	<p><b>13</b> 9:15-11:30 Operation In-as-Much Car Wash and Yardwork (See flyer, sign up in Wellness Center) 3:00 Cards, Games and Puzzles (BCR)</p>
<p><b>14</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)</p>	<p><b>15</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR)</p>	<p><b>16</b> 9:00-11:00 The Heritage (at Lowman) Classic Golf Tournament (PG) Please sign up for your tee time in the WC Mailroom 2:00 Triathlon Training-Swimming (POOL) 4:00 Golf Tournament Happy Hour (HG) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p><b>17</b> 8:00-3:00 Beautician Available (BEAUTY) 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 3:00 Arthritis and Balance Exercise (BCR) 3:30 Golf Cart Rides Boliek (BB)</p>	<p><b>18 Maundy Thursday</b> 8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (BCR) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Alzheimer's Support Group (CLASS) 6:00 Maundy Thursday Service (NLC)</p>	<p><b>19 Good Friday</b> 12:30 Movie Matinee "Passion of Christ" (CLASS) 2:30 Cross Walk (WC) 3:00 Pleasures of Poetry (CLASS) 6:00 Good Friday Service (NLC)</p>	<p><b>20</b> 3:00 Cards, Games and Puzzles (BCR)</p>
<p><b>21</b>  10:00 Easter Sunday Service (NLC) 11:00-1:30 Easter Buffet (DR) Reservations required before Tuesday April 16</p>	<p><b>22</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR) 4:00 Chair Volleyball (HG)</p>	<p><b>23</b> 2:00 Triathlon Training-Biking (FIT) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p><b>24</b> 8:00-3:00 Beautician Available (BEAUTY) 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:30 Chapel Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p><b>25</b> 8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (BCR) 10:00 Book Club "Black Mingo Creek" by Chuck Walsh (CLASS) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Therapy Education Series: "Rusty Hinges" Dealing with Arthritis (FIT) 6:00 Bible Study with Jim Reed (ACT)</p>	<p><b>26</b> 9:00 Publix Shopping (BB) Call Mary 451-7420 4:00 BINGO for Quarters (HG)</p>	<p><b>27</b> 3:00 Cards, Games and Puzzles (BCR)</p>
<p><b>28</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)</p>	<p><b>29</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR) 6:00 Game Night (FDR)</p>	<p><b>30</b> 8:30 Active Lifestyle Trip to Moore Farms Botanical Gardens (WC) One bus going, please sign up in WC Mailroom 2:00 Triathlon Training-Walking (BB) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>		<p>(ACT) Activity Room in WC (AERO) Aerobic Room in Fitness Center (BEAUTY) Beauty Shop in WC (BB) Boliek Building (BCR) Boliek Community Room (CLASS) Classroom in WC (DR) Bistro Dining Room in WC (FIT) Fitness Center in WC</p>	<p>(FLAG) Flagpole in front of Wellness Center (FDR) Formal Dining Room (Halt1) Haltiwanger 1st floor (Halt2) Haltiwanger 2nd floor (HCC) Health Care Center (HG) Hoefler Gallery in WC (NLC) New Life Chapel in WC (POND) Walking Trail at the Pond</p>	<p>(PG) Putting Green (PP) Picnic Pavilion (POOL) Fitness Center Pool (PORCH) Haltiwanger Porch (PUB) Pub (TTCL) Tom Tuten Computer Lab in the Boliek Basement (WC) Wellness Center</p>