



Active Lifestyle at the Heritage at Lowman December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>December IS A GIFT!</i></p> <p>Activities are subject to change Please check bulletin boards, clipboards, and mailboxes for changes.</p>		(ACT) Activity Room (AERO) Aerobic Room (BEAUTY) Beauty Shop (BB) Boliek Building (BCR) Boliek Community Room (CLASS) Classroom (DR) Bistro Dining Room (EXAM) Massage & Exam	(FIT) Fitness Center (FDR) Formal Dining Room (Halti1) Haltiwanger 1st floor (Halti2) Haltiwanger 2nd floor (HCC) Healthcare and Rehabilitation Center (HG) Hoefler Gallery (MR) Music Room	(NLC) New Life Chapel (PP) Picnic Pavilion (PORCH) Haltiwanger Porch (PUB) Pub (TTCL) Tom Tuten Computer Lab in the Boliek Basement (WC) Wellness Center		1 3:00 Cards, Games and Puzzles (BCR)
2 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	3 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR)	4 9:00 Hamrick's Shopping (BB) Please call Mary, 451-7420 1:00 Young's Hearing Aid Service (CLASS) 4:00 Chat with Chaplain (BCR) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)	5 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) 5:45 Saluda Shoals Christmas Lights on the River (WC) Please sign up in the Wellness Center Mailroom	6 8:00 ROMEO Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (AERO) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Paths of Hope for Dementia Caregivers (CLASS)	7 9:00 Wal-Mart Shopping (BB) Call Mary, 451-7420 2:00 Movie Matinee "It's a Wonderful Life" (CLASS)	8 3:00 Cards, Games and Puzzles (BCR)
9 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR) 4:00 Christmas Handbell Choir Concert (HG)	10 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:15 Handbell Choir Warmup (HG) 2:00 The Heritage at Lowman's Handbell Choir and Christmas Chorus Concert (HG) 3:00 Arthritis Exercise (BCR) 6:00 Janette Park's Student Recital (NLC)	11 9:15 Harbison Shopping (BB) Call Mary to sign up, 451-7420 2:00 Tea on Tuesday with Old Time Music by Carol (BCR) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR) 6:00 SC Christian Dance Christmas Dance Recital (HG)	12 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)	13 8:00-3:00 Beautician Available (BEAUTY) 8:00 JULIET Breakfast (DR) 9:30 Better Balance (AERO) 10:00 Book Club "Seven Stories of Christmas Love" by Leo Buscaglia (Class) 11:00-2:00 Resident Record Update Drop In (FDR) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 6:00 Dawn Smith Jordan Student Recital (NLC)	14 9:00 Publix Shopping (BB) Call Mary, 451-7420 2:30 Sing along with Carol (Halti2) 5:00 DaySpring Christmas Party (HG)	15 10:00-12:00 Pet Visits with Dina and Sue (Halti1) 3:00 Cards, Games and Puzzles (BCR)
16 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	17 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:30 Chapin Chirpers Christmas Concert (HG) 4:00 Arthritis Exercise (BCR) 6:00 White Elephant Christmas Gift Exchange (HG)	18 10:00 Christmas Aromatherapy and Reminiscing (ACT) 3:00 Christmas Scavenger Hunt (HG)	19 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)	20 8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (AERO) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Therapy Education Series: Holiday Safety (FIT)	21 9:00-4:00 Manicures available (BEAUTY) Appointment necessary 9:00 Food Lion Shopping (BB) Call Mary 451-7420 4:00 BIG BINGO for Prizes and More (HG)	22 3:00 Mt Tabor Lutheran Church Christmas Cantata (NLC)
23 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR) 11:00-1:30 Christmas Buffet (DR) Reservations required by Wednesday Dec 19th, Call 451-7426	24 6:00 Christmas Eve Service and Holy Communion (NLC)	25  <p>Afternoon visits with family and friends</p>	26 9:00 Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:30 Chapel Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)	27 9:30 Better Balance (AERO) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT)	28 2:00 Sing-a-long with Carol (Halti2)	29 3:00 Cards, Games and Puzzles (BCR)
30 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	31 New Year's Eve 2:00 It's Midnight Somewhere Party (HG)				Activities are subject to change Please check bulletin boards, clipboards, and mailboxes for changes.	