




Active Lifestyle at the Heritage at Lowman February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>February is Heart Health Month</i></p> <p><i>Activities are subject to change. Please check bulletin boards, clipboards, and mailboxes for changes.</i></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 (Halti1) Haltiwanger 1st floor (Halti2) 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>		<p>1 8:45 Wal-Mart Shopping (BB) Call Mary 451-7420</p> <p>2:00 Movie Matinee "Forks Over Knives" (CLASS)</p>	<p>2 3:00 Cards, Games and Puzzles (BCR)</p>
<p>3</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>4</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO)</p> <p>2:00 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis Exercise (BCR) 5:00 Breakfast for Dinner (DR) Please sign up on the clipboards</p>	<p>5</p> <p>4:00 Chat with Chaplain (BCR)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>6</p> <p>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)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>7</p> <p>8:00 ROMEO Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Balance Class (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT)</p> <p>4:00 Paths of Hope for Dementia Caregivers (CLASS) 6:00 Bible Study with Jim Reed (ACT)</p>	<p>8</p> <p>9:00 Food Lion Shopping (BB) Call Mary, 451-7420</p> <p>2:30 DaySpring Association Meeting (HG)</p> <p>6:00 BINGO for Prizes (HG)</p>	<p>9</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>10</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p> <p>3:00 Sundays at Lowman (NLC) Huiyan Liang & Miguel Hijer, Piano & Flute</p>	<p>11</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO)</p> <p>1:00 Mystery Ride (WC) One bus going, please sign up in Boliek</p> <p>2:00 Handbell Choir Practice (CLASS)</p> <p>4:00 Arthritis Exercise (BCR)</p>	<p>12</p> <p>2:00 Tea on Tuesday with Old Time Music by Carol (BCR)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>13</p> <p>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)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>14 <i>Valentine's Dinner</i></p> <p>8:00 JULIET Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Balance Class (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT)</p> <p>Valentines Dinner (DR) Seatings at 5:00 5:20 and 5:40 Please fill out reservation card and return to Mary</p>	<p>15</p> <p>9:00-4:00 Manicures Available (BEAUTY) Please make appointment with Pam</p> <p>10:00 Active Lifestyle Trip to Riverbanks Zoo "Free Fridays" (WC) One bus going, please sign up in Wellness Center</p> <p>3:00 Pleasures of Poetry (ACT)</p>	<p>16</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>17</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>18</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO)</p> <p>1:00 Wii Bowling with Dalton (BCR) 2:00 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis Exercise (BCR)</p>	<p>19</p> <p>9:15 Hamrick's (BB) Call Mary 451-7420</p> <p>4:30 Out to Dinner to Zorba's (BB) One bus going, please sign up in Boliek</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>20</p> <p>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)</p> <p>3:00 Arthritis and Balance Exercise (BCR) 4:00 Heart Health Jeopardy Happy Hour (HG)</p>	<p>21</p> <p>8:00-3:00 Beautician Available (BEAUTY)</p> <p>9:30 Balance Class (BCR)</p> <p>2:00 Bridge Club (BCR)</p> <p>3:00 Current Events Club (ACT) 4:00 Alzheimer's Support Group (CLASS)</p>	<p>22</p> <p>9:00 Publix Shopping (BB) Call Mary 451-7420</p> <p>4:00 BINGO for Quarters (HG)</p>	<p>23</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>24</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>25</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO)</p> <p>2:00 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis Exercise (BCR) 6:00 Game Night (FDR) Bring your favorite game and a snack to share!</p>	<p>26</p> <p>8:15-Noon Podiatrist Appointments for DaySpring and Boliek (BEAUTY) Please call Dana, 732-8800, for your appointment. \$40 payment due at time of service 9:20 Active Lifestyle Trip to Sonoco Recycling (WC) 20 people maximum, please sign up in Wellness Center</p> <p>6:00 Pastor's Bible Study Dining with the Divine" (FDR)</p>	<p>27</p> <p>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)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>28</p> <p>8:00-3:00 Beautician Available (BEAUTY) 10:00 Balance Class (BCR) 10:00 Book Club "Of Sun and Rain" By Millie West (ACT)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Therapy Education Series: "When the Beat is Irregular" (FIT) 6:00 Bible Study with Jim Reed (ACT)</p>	<p>March 1st</p> <p>8:30 Wal-Mart Shopping (BB) Call Dalton, 451-7411, if you would like to go</p> 