




# Active Lifestyle at the Heritage at Lowman September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p><b>September is Fall Prevention Month</b></p>  <p>Please check bulletin boards, mailboxes and email for changes</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 (CYPL) Courtyards Parking Lot (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>	<p><b>1 Edith Turns 105</b> 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR) 2:30 Cornhole Tournament (PP) Please sign up in Fitness Center</p>	<p><b>2</b> 9:00 WalMart Shopping (Pick up at your home) Must sign up for time slot by calling Mary, 803-451-7420 2:30 Tailgate Happy Hour and Cornhole Finals (HG) Please sign up in WC mailroom</p>	<p><b>3</b> Puzzles and Coloring Pages (BCR) College Football Gameday (BCR) Game times vary Fun Fit Games (AERO) 3:00 Open Swim with Volunteer (POOL)</p>
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<p><b>4</b> 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR) Fun Fit Games (AERO)</p>	<p><b>5 Labor Day Holiday</b> 11:30 Handbell Choir Practice (CLASS) 2:00 Bridge Club (FDR) Call Nancy to join 801-557-3179</p>	<p><b>6</b> 8:45 Hamricks Shopping Trip (BB) Call Mary know 803-451-7420 1:00 Young's Hearing Aid Service (BEAUTY) Free hearing aid checks and cleanings 2:00-3:00 Open Swim with Volunteer 2:00 Sit and Knit (115 Hummingbird Community Room) 4:00 Pastor Kathleen's Bible Study (HG)</p>	<p><b>7</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Holy Communion Service (NLC) 2:00 Bridge Club (PDR) Call Betty, 749-5402 for information</p>	<p><b>8</b> 9:00-11:00 Richland County "Books to You" Program—Call Mary for information or to schedule a visit 803-451-7420 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR)</p>	<p><b>9</b> 9:00 Publix Shopping (Pick up at your home) Must sign up for time slot by calling Mary, 803-451-7420 2:30 Active Lifestyle Resident Meeting (HG)</p>	<p><b>10</b> Puzzles and Coloring Pages (BCR) College Football Gameday (BCR) Game times vary Fun Fit Games (AERO) 3:00 Open Swim with Volunteer (POOL)</p>
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<p><b>11 Patriot Day</b></p>  <p>10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR) 3:00 Music with Friends Concert (NLC)</p>	<p><b>12</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Mystery Ride (BB) Sign up in WC Mailroom 2:00 Bridge Club (FDR) Call Nancy to join 801-557-3179 3:30 Arthritis and Balance Exercise (BCR)</p>	<p><b>13</b> 10:00 Harbison Shopping (BB&amp;CYPL) Call Mary, 803-451-7420 2:00-3:00 Open Swim with Volunteer (POOL) 4:00 Pastor Kathleen's Bible Study (HG)</p>	<p><b>14</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Holy Communion Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information 4:00 Chat with Chaplain (BCR)</p>	<p><b>15</b> 9:30 Active Lifestyle Trip to Columbia Greek Festival (WC) Please sign up on clipboard in WC Mailroom 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR) 3:00 Getting to Know You Happy Hour (HG)</p>	<p><b>16</b> 9:00 Food Lion Shopping (Pick up at your home) Must sign up for time slot by calling Mary, 803-451-7420 3:00 BINGO for Prizes (HG)</p>	<p><b>17</b> Puzzles and Coloring Pages ((BCR) College Football Gameday (BCR) Game times vary Fun Fit Games (AERO) 3:00 Open Swim with Volunteer (POOL)</p>
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<p><b>18</b> 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR) Fun Fit Games (AERO)</p>	<p><b>19</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Bridge Club (FDR) Call Nancy to join 801-557-3179 3:30 Arthritis and Balance Exercise (BCR)</p>	<p><b>20</b> 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Sit and Knit (115 Hummingbird Community Room) 4:00 Pastor Kathleen's Bible Study (HG)</p>	<p><b>21 Wellness Wednesday</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Holy Communion Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information 3:00 Wellness Wednesday "Healthy Snacking" (HG)</p>	<p><b>22 First Day of Fall</b> 8:45 Active Lifestyle Trip to NC Mountains for Apples (WC) Please sign up in WC Mailroom 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR)</p>	<p><b>23</b> 9:00 WalMart Shopping (Pick up at your home) Call Mary, 803-451-7420 1:30 Movie Matinee "The Blind Side" (HG) 3:00 Pleasures of Poetry (ACT)</p>	<p><b>24</b> Puzzles and Coloring Pages (BCR) College Football Gameday (BCR) Game times vary Fun Fit Games (AERO) 3:00 Open Swim with Volunteer (POOL)</p>
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<p><b>25</b> 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR) Fun Fit Games (AERO)</p>	<p><b>26 Therapy Education</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 2:00 Bridge Club (FDR) Call Nancy to join 801-557-3179 3:30 Arthritis and Balance Exercise (BCR) 4:00 Therapy Education "Defying Gravity: Fall Prevention" (HG) 6:00 Game Night (FDR)</p>	<p><b>27</b> 2:00-3:00 Open Swim with Volunteer (POOL) 4:00 Pastor Kathleen's Bible Study (HG)</p>	<p><b>28</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Holy Communion Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p><b>29</b> 8:45 Active Lifestyle Trip to NC Mountains for Apples (WC) Please sign up in WC Mailroom 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR)</p>	<p><b>30</b> 9:00 Publix Shopping (Pick up at your home) Call Mary 803-451-7420 2:30 Penny Auction (HG)</p>	
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