



Active Lifestyle at the Heritage at Lowman

AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>August is National Wellness Month</p>  <p>Please check bulletin boards, mailboxes and email for changes</p>	<p>1 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Bridge Club (FDR) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p>2 8:45 Hamrick's Shopping (BB&CYPL) Call Mary 803-451-7420 1:00 Young's Hearing Aid Service (BEAUTY) Free Service to check and clean your hearing aids 2:00 Sit and Knit (115 Hummingbird Community Room) 4:00 Pastor Kathleen's Bible Study (NLC) 6:00 Active Lifestyle Trip to Lake Murray and Purple Martins (WC) Sign up on clipboard in WC Mailroom</p>	<p>3 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (PDR) Call Betty, 749-5402 for information</p>	<p>4 11:00 Active Lifestyle Trip to the Movies "Where the Crawdads Sing" (WC) 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR)</p>	<p>5 9:00 WalMart Shopping (Pick up at your home) Must sign up for time slot by calling Mary, 803-451-7420 1:30 Movie Matinee " Soul Surfer" (HG)</p>	<p>6 Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>7 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>8 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 2:00 Bridge Club (FDR) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p>9 2:00-3:00 Open Swim with Volunteer 4:00 Pastor Kathleen's Bible Study (NLC)</p>	<p>10 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (PDR) Call Betty, 749-5402 for information 4:00 Chat with Chaplain (BCR)</p>	<p>11 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) 4:00-7:00 Heritage at Lowman's Family Day Festival (HCC Parking Lot)</p>	<p>12 9:00 Food Lion Shopping Call Mary 803-451-7420 to reserve your spot 2:30 Active Lifestyle Resident Meeting (HG)</p>	<p>13 Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>14 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>15 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 2:00 Mystery Ride (BB) Sign up in WC Mailroom 2:00 Bridge Club (FDR) 3:30 Arthritis and Balance Exercise (BCR)</p>	<p>16 10:00 Harbison Shopping (BB&CYPL) Call Mary, 803-451-7420 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 (NLC) 6:00 Active Lifestyle Trip to Lake Murray and Purple Martins (WC) Sign up on clipboard in WC Mailroom</p>	<p>17 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p>18 10:45 Active Lifestyle Trip to Columbia Museum of Art (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>19 9:00 Publix Shopping (Pick up at your home) Must sign up by calling Mary, 803-451-7420 3:00 BINGO for Prizes (HG)</p>	<p>20 Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>21 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>22 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 2:00 Bridge Club (FDR) 3:30 Arthritis and Balance Exercise (BCR)</p>	<p>23 2:00-3:00 Open Swim with Volunteer (POOL) 4:00 Pastor Kathleen's Bible Study (NLC) 6:00 Active Lifestyle Trip to Lake Murray and Purple Martins (WC) Sign up on clipboard in WC Mailroom</p>	<p>24 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information 3:00 Wellness Wednesday "Foot Solutions: The Importance of Footwear" (FIT)</p>	<p>25 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>26 9:00 Food Lion Shopping (Pick up at your home) Must sign up by calling Mary, 803-451-7420 3:00 Pleasures of Poetry (ACT)</p>	<p>27 Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>28 10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>29 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 2:00 Bridge Club (FDR) 3:00 Arthritis and Balance Exercise (BCR) 4:00 Therapy Education "Understanding a Stroke" (HG)</p>	<p>30 2:00-3:00 Open Swim with Volunteer (POOL) 4:00 Pastor Kathleen's Bible Study (NLC)</p>	<p>31 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</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>