




Active Lifestyle at the Heritage at Lowman January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>January is New Year New You Month</p> <p><i>Activities are subject to change Please check bulletin boards, clipboards, and mailboxes for changes.</i></p>	 <p>NEW YEAR, NEW YOU</p>	<p>1 <i>Happy New Year</i></p> <p>10:00 Mind Teasers with Ashley (BCR)</p>	<p>2</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) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p>3</p> <p>8:00-3:00 Beautician Available (BEAUTY) 8:00 ROMEO Breakfast (DR) 9:30 Better Balance (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Paths of Hope for Dementia Caregivers (CLASS)</p>	<p>4</p> <p>9:00 Wal-Mart Shopping (BB) Call Mary 451-7420</p> <p>2:00 Movie Matinee "When Harry Met Sally" (CLASS)</p>	<p>5</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>6</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>7</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 3:00 Arthritis Exercise (BCR)</p>	<p>8</p> <p>9:45 Harbison Shopping (BB) Call Mary, 451-7420</p> <p>2:00 Tea on Tuesday with Old Time Music with Carol (BCR)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>9 <i>Wellness Wednesday</i></p> <p>8:00-3:00 Beautician Available (BEAUTY) 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>10:30 Chapel Service (NLC)</p> <p>2:00 Wellness Wednesday "New Year, New You" (HG) 4:00 Arthritis and Balance Exercise (BCR)</p>	<p>10</p> <p>8:00-3:00 Beautician Available (BEAUTY) 8:00 JULIET Breakfast (DR) 9:00 Matter of Balance Exercise (Halti2) 9:30 Better Balance (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 3:30 Crafting with Genie (Halti2) 6:00 Bible Study "The Prodigal God" with Jim Reed (ACT)</p>	<p>11</p> <p>9:00 Food Lion Shopping (BB) Call Mary, 451-7420</p> <p>2:30 DaySpring Association Meeting (HG)</p> <p>2:30 Sing-a-long with Carol (Halti2)</p> <p>6:00 BINGO for Prizes (HG)</p>	<p>12</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>13</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p> <p>3:00 Sundays at Lowman Concert Series (NLC) Capital City Brass Quintet</p>	<p>14 <i>New Year, New You Week 1 Challenge</i></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 2:00 Handbell Choir Practice (CLASS) 4:00 Arthritis Exercise (BCR)</p>	<p>15</p> <p>4:00 Out to Dinner to Blue Ocean (BB) Two Buses going, please sign up in the Wellness Center</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>16</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>17</p> <p>8:00-3:00 Beautician Available (BEAUTY)</p> <p>9:30 Better Balance (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Alzheimer's Support Group (CLASS) 6:00 Bible Study "The Prodigal God" with Jim Reed (ACT)</p>	<p>18</p> <p>10:45 Lunch and a Movie (WC) One bus going, please sign up in the WC mailroom</p> <p>3:00 Pleasures of Poetry (CLASS)</p>	<p>19</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>20</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>21 <i>New Year, New You Week 2 Challenge</i></p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR)</p> <p>5:00 Potluck Dinner (HG) Please sign up on the clipboards by Thursday Jan 17th</p>	<p>22</p> <p>9:45 Steinmart Shopping (BB) Call Mary, 451-7420</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>23</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)</p> <p>10:30 Chapel Service (NLC)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>6:00 Masterpieces and Mimosas (HG) Please sign up to either paint, or to watch.</p>	<p>24</p> <p>8:00-3:00 Beautician Available (BEAUTY) 10:00 Book Club "The Stone Necklace" by Carla Damron (CLASS) 9:30 Better Balance (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT)</p> <p>4:00 Therapy Education Series: : Enjoying the Benefits of Purposeful Movement (FIT) 6:00 Bible Study "The Prodigal God" with Jim Reed (ACT)</p>	<p>25</p> <p>9:00-4:00 Manicures Available (BEAUTY) See Pamela for appointment</p> <p>9:00 Publix Shopping (BB) Call Mary 451-7420</p> <p>4:00 BINGO for Quarters (HG)</p>	<p>26</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>27</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>28 <i>New Year, New You Week 3 Challenge</i></p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR) 6:00 BUNCO Game Night (FDR)</p>	<p>29</p> <p>9:00 Active Lifestyle Trip to Fort Jackson (WC) Two buses going, please sign up in the Wellness Center Mailroom</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>30</p> <p>8:00-3:00 Beautician Available (BEAUTY)</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>10:30 Chapel Service (NLC)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>31</p> <p>8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (BCR)</p> <p>2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 New Year, New You Happy Hour (HG) 6:00 Bible Study "The Prodigal God" with Jim Reed (ACT)</p>	<p>(ACT) Activity Room (AERO) Aerobic Room (BEAUTY) Beauty Shop (BB) Boliek Building (BCR) Boliek Community Room (CLASS) Classroom (DR) Bistro Dining Room (FIT) Fitness Center (FLAG) Flagpole in front of WC (FDR) Formal Dining Room (Halti1) Haltiwanger 1st floor (Halti2) Haltiwanger 2nd floor</p>	<p>(HG) Hoefler Gallery (MR) Music Room (NLC) New Life Chapel (PG) Putting Green (PP) Picnic Pavilion (POND) Pond (PORCH) Haltiwanger Porch (PUB) Pub (TTCL) Tom Tuten Computer Lab in the Boliek Basement (WC) Wellness Center</p>