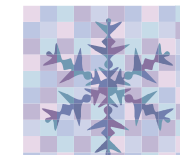


# Active Lifestyle at the Heritage at Lowman



2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p><b>2 Brain Teaser Week One</b></p> <p>Pick up Brain Teaser in WC Mailroom, complete and return to Mary</p>	<p><b>3</b></p> <p>8:45 Hamricks Shopping (BB&amp;CYPL) Call Mary 803-451-7420</p> <p>1:00 Young's Hearing Aid Service (BEAUTY)</p> <p>2:00-3:00 Open Swim with Volunteer</p> <p>2:00 Sit 'n Knit Club (ACT) Note the new location! Bring your project, and check out the group!</p> <p>4:00 Pastor Kathleen's Bible Study (HG)</p>	<p><b>4</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>10:00 Chapel Service (NLC)</p> <p>2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p><b>5</b></p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p>	<p><b>6</b></p> <p>9:00 WalMart Shopping (Pick up at your home) Call Mary, 803-451-7420</p> <p>1:30 Movie Matinee "Must Love Dogs " (HG) Movie runs 1hr 38 mins</p>	<p><b>7</b></p> <p>Puzzles and Coloring Pages (BCR)</p> <p>3:00 Open Swim with Volunteer</p>
<p><b>8</b></p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p><b>9 Brain Teaser Week Two</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>11:30 Handbell Choir Practice (CLASS)</p> <p>2:00 Mystery Ride (WC) Sign up in Mailroom</p> <p>3:30 Arthritis and Balance Exercise (BCR)</p> <p>7:30 College Football Playoff National Championship Game on ESPN</p>	<p><b>10 Podiatrist</b></p> <p>9:00-Noon and 1:00-?? Podiatrist Appointments (BEAUTY) Call Mariah for appointment 803-732-8800</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>4:00 Pastor Kathleen's Bible Study (HG)</p>	<p><b>11</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>10:00 Chapel Service (NLC)</p> <p>2:00 Bridge Club (PDR) Call Betty, 749-5402 for information</p> <p>4:00 Chat with Chaplain (BCR)</p>	<p><b>12</b></p> <p>9:00-11:00 Richland County "Books to You" Program—Call Mary for information or to schedule a visit 803-451-7420</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p> <p>3:00 Getting to Know You Happy Hour (HG)</p>	<p><b>13</b></p> <p>9:00 Food Lion Shopping (Pick up at your home) Call Mary, 803-451-7420</p> <p>2:30 Active Lifestyle Association Meeting (HG)</p>	<p><b>14</b></p> <p>Puzzles and Coloring Pages (BCR)</p> <p>3:00 Open Swim with Volunteer</p>
<p><b>15</b></p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p><b>16 New Beginner Tai Chi Brain Teaser Week Three</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 NEW Beginner Tai Chi (AERO)</p> <p>11:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>5:00 Potluck Dinner (HG) <u>RESIDENTS ONLY</u> Must sign up in WC Mailroom and indicate side dish and/or dessert to be shared</p>	<p><b>17</b></p> <p>10:00 Harbison Shopping (BB&amp;CYPL) Call Mary, 803-451-7420</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Sit 'n Knit Club (ACT) Please note new location! Come and check out the group. Bring your knitting project</p> <p>4:00 Pastor Kathleen's Bible Study (NLC)</p>	<p><b>18</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>10:00 Chapel Service (NLC)</p> <p>2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p><b>19</b></p> <p>10:45 Active Lifestyle Trip Lunch and a Movie (WC) Please sign in the Mailroom</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p>	<p><b>20</b></p> <p>9:00 Publix Shopping (Pick up at your home) Call Mary, 803-451-7420</p> <p>3:00 BINGO for Prizes (HG)</p>	<p><b>21</b></p> <p>Puzzles and Coloring Pages (BCR)</p> <p>3:00 Open Swim with Volunteer</p>
<p><b>22</b></p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p><b>23 Brain Teaser Week Four</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>11:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>4:00 Therapy Education "What Can Therapy Do for You?" (HG) Come Meet our Therapy Department</p>	<p><b>24 Podiatrist</b></p> <p>9:00-?? Podiatrist Appointments (BEAUTY) Call Mariah for appointment 803-732-8800</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>4:00 Pastor Kathleen's Bible Study (NLC)</p>	<p><b>25</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>10:00 Chapel Service (NLC)</p> <p>2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p> <p>4:00 Wellness Wednesday "Exploring Mindfulness" (HG) Please sign up!</p>	<p><b>26</b></p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p> <p>3:00 Brain Teaser Happy Hour (HG)</p>	<p><b>27</b></p> <p>9:00 Food Lion Shopping (Pick up at your home) Call Mary, 803-451-7420</p> <p>3:00 Pleasures of Poetry (HG)</p>	<p><b>28</b></p> <p>Puzzles and Coloring Pages (BCR)</p> <p>3:00 Open Swim with Volunteer</p>
<p><b>29</b></p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p><b>30</b></p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>11:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>6:00 Game Night (HG) Games, Drinks, Fun! Please sign up!</p>	<p><b>31</b></p> <p>10:00 Active Lifestyle Trip Little Mountain Antiques and Cafe (WC) Please sign up in the Mailroom</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>4:00 Pastor Kathleen's Bible Study (HG)</p>	<p>(ACT) Activity Room in WC (AERO) Aerobic Room (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 (FLAG) Flagpole in front of Wellness Center (FDR) Formal Dining Room</p>	<p>(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 (PG) Putting Green (PP) Picnic Pavilion (POOL) Fitness Center Pool (PORCH) Haltiwanger Porch (PUB) Pub (WC) Wellness Center</p>	<p>In New England</p>	<p>Activities are subject to change, please check email, bulletin boards and mailboxes for changes.</p>