



# Active Lifestyle at the Heritage at Lowman June 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>June is Safe Driving Month</i></p> <p><i>Activities are subject to change. Please check bulletin boards, clipboards, and mailboxes for changes.</i></p>		(ACT) Activity Room (AERO) Aerobic Room (BEAUTY) Beauty Shop (BB) Boliek Building (BCR) Boliek Community Room (CLASS) Classroom (DR) Bistro Dining Room (EXAM) Massage & Exam	(FIT) Fitness Center (FDR) Formal Dining Room (FLAG) Flag Pole in front WC (Halt1) Haltiwanger 1st floor (Halt2) Haltiwanger 2nd floor (HCC) Healthcare and Rehabilitation Center (HG) Hoefler Gallery	(NLC) New Life Chapel (PP) Picnic Pavilion (PORCH) Haltiwanger Porch (PUB) Pub (TTCL) Tom Tuten Computer Lab in the Boliek Basement (WC) Wellness Center		<b>1</b> 3:00 Cards, Games and Puzzles (BCR)
<b>2</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>3</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:00 Mystery Ride (WC) One bus going, please sign up in Boliek 1:30 Handbell Choir Practice (CLASS) 4:00 Arthritis Exercise (BCR)	<b>4</b> 8:15-noon Podiatrist appointments (BEAUTY) Please call Dana for appointment 1:00 Young's Hearing Aid Service (CLASS) 2:00 Open Swim with Volunteer (POOL) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)	<b>5</b> 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 CPE Commissioning Service (NLC) 3:00 Arthritis and Balance Exercise (BCR) 3:30 Golf Cart Rides (BB)	<b>6</b> 8:00 ROMEO Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Better Balance (BCR) 2:00 Bridge Club (BCR) 2:00 Open Swim with Volunteer (POOL) 3:00 Current Events Club (ACT) 4:00 Paths of Hope for Dementia Caregivers (CLASS) 6:00 Bible Study with Jim Reed "Grace Changes Everything" (ACT)	<b>7</b> 9:00-4:00 Manicures available (BEAUTY) Appointment necessary 9:00 Wal-Mart Shopping (BB) Call Mary, 451-7420 2:00 Movie Matinee "Patch Adams" (CLASS)	<b>8</b> 3:00 Cards, Games and Puzzles (BCR)
<b>9</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>10</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 2:30 Chapin Chirpers "Birds of a Feather Sing Together" (HG) 4:00 Arthritis Exercise (BCR)	<b>11</b> 9:15 Hamricks Shopping (BB) Call Mary to sign up, 451-7420 2:00 Tea on Tuesday with Old Time Music by Carol (BCR) 2:00 Open Swim with Volunteer (POOL) 4:45 Out to Dinner "El Poblano (BB) Please sign up in Boliek 6:00 Bible Study "Dining with the Divine" (FDR)	<b>12</b> 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) 9:30-11:30 Golf Cart Clinic (WC Parking Lot) 10:30 Chapel Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)	<b>13</b> 8:00-3:00 Beautician Available (BEAUTY) 8:00 JULIET Breakfast (DR) 8:30 AARP Safe Driving Course (CLASS) Cost \$15/AARP members or \$20/non-members Please sign up 9:30 Better Balance (BCR) 2:00 Open Swim with Volunteer (POOL) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 3:30 Farewell to Ashley Jean Drop In (HG) 6:00 Bible Study with Jim Reed "Grace Changes Everything" (ACT)	<b>14</b> 9:00 Publix Shopping (BB) Call Mary, 451-7420 2:30 DaySpring Association Meeting (HG)	<b>15</b> 3:00 Cards, Games and Puzzles (BCR)
<b>16 Happy Fathers Day</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>17</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 3:00 Arthritis Exercise (BCR) 6:00 Game Night "Bunco" (FDR)	<b>18 Health Fair</b> 10:00-1:00 BeWell Health and Wellness Fair (HG) 2:00 Open Swim with Volunteer (POOL) 6:00 Bible Study "Dining with the Divine" (FDR)	<b>19</b> 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) 11:00 Redeemer Lutheran Luncheon (WC) Please call Mary to attend 4:00 Arthritis and Balance Exercise (BCR)	<b>20</b> 8:00-3:00 Beautician Available (BEAUTY) 9:00-11:00 Therapy Education Series: Car Fit Clinic (Behind Boliek) 9:30 Better Balance (BCR) 2:00 Open Swim with Volunteer (POOL) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Alzheimer's Support Group (CLASS) 6:00 Bible Study with Jim Reed "Grace Changes Everything" (ACT) 7:00 Columbia Summer Band Concert (HG)	<b>21 First Day of Summer</b>  4:00 BINGO for Prizes (HG)	<b>22</b> 3:00 Cards, Games and Puzzles (BCR)
<b>23/30</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>24</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 3:00 Arthritis Exercise (BCR) 5:00 Lowcountry Boil (WCLawn or HG) Please sign up on clipboards before Wed June 19th	<b>25</b> 9:00 Active Lifestyle Trip to McBee for Peaches, Lunch and Car Museum (WC) Please sign up in WC Mailroom 2:00 Open Swim with Volunteer (POOL) 6:00 Bible Study "Dining with the Divine" (FDR)	<b>26</b> 9:00 Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:30 Chapel Service (NLC) 3:00 Arthritis and Balance Exercise (BCR) 4:00 Donuts and Driving Safety with Richland County Sheriff's Dept. (HG)	<b>27</b> 9:30 Better Balance (BCR) 10:00 Book Club "Joy Lost...and Found" by Joy Courtney Brown (Class) Facilitated by Barbara Thomas 11:00 Pilgrim Lutheran Luncheon (WC) Please call Mary to attend 2:00 Open Swim with Volunteer (POOL) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 6:00 Bible Study with Jim Reed "Grace Changes Everything" (ACT)	<b>28</b> 9:00 Food Lion Shopping (BB) Call Mary 451-7420 4:00 BINGO for Quarters (HG)	<b>29</b> 3:00 Cards, Games and Puzzles (BCR)