
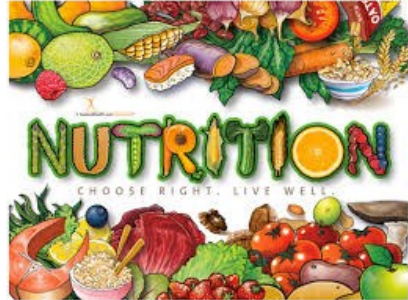





# Active Lifestyle at the Heritage at Lowman March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>MARCH IS NATIONAL NUTRITION MONTH*</b></p> <p>Activities are subject to change, please look at bulletin boards and mailboxes for changes.</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 (DR) Bistro Dining Room in WC (FIT) Fitness Center in WC	(FLAG) Flagpole in front of Wellness Center (FDR) Formal Dining Room (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 (TTCL) Tom Tuten Computer Lab in the Boliek Basement (WC) Wellness Center		<b>1</b> 8:30 Wal-Mart Shopping (BB) Call Dalton 451-7411	<b>2</b> 3:00 Cards, Games and Puzzles (BCR)
<b>3</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>4</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:00 Wii Bowling with Dalton (BCR) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR)	<b>5</b> <i>Mardi Gras</i> 1:00 Young's Hearing Aid Service (CLASS) 4:00 Chat with Chaplain (BCR) 5:00 Pancake Dinner Buffet (DR) Please sign up on the clipboards by Friday March 1st. 7:00 Mardi Gras Concert with Carl Payne Big Band (HG)	<b>6</b> <i>Ash Wednesday</i> 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: with distribution of Ashes and Holy Communion (NLC) 3:00 Arthritis and Balance Exercise (BCR)	<b>7</b> 8:00 ROMEO Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Balance Class (BCR) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Paths of Hope for Dementia Caregivers (CLASS) 6:00 Bible Study with Jim Reed (ACT)	<b>8</b> 9:00 Food Lion Shopping (BB) Call Mary, 451-7420 2:30 DaySpring Association Meeting (HG) 6:00 BINGO for Prizes (HG)	<b>9</b> 10:00 Cards, Games and Puzzles (BCR)
<b>10</b>  10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>11</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 2:30 Arthritis Exercise (BCR) 4:00 Ealain Photography Class (HG)	<b>12</b> 9:45 Harbison Shopping (BB) Call Mary 451-7420 2:00 Tea on Tuesday with Old Time Music by Carol (BCR) 4:45 Out to Dinner to Tonella's (BB) One bus going, please sign up in Boliek 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)	<b>13</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 "Life of Christ" Lenten Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)	<b>14</b> 8:00 JULIET Breakfast (DR) 8:00-3:00 Beautician Available (BEAUTY) 9:30 Balance Class (BCR) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Rocking the Oldies with Michael on Guitar (HG) 6:00 Bible Study with Jim Reed (ACT)	<b>15</b> 9:00-4:00 Manicures Available (BEAUTY) Please make appointment with Pam 1:00 Movie Matinee "Seven Brides for Seven Brothers" (CLASS) 3:00 Pleasures of Poetry (ACT)	<b>16</b> 3:00 Cards, Games and Puzzles (BCR)
<b>17</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR) 3:00 Sundays at Lowman (NLC) Sarah Land & Ryan Knott, Violin & Cello	<b>18</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR) 5:00 Potluck Dinner with Cube Steak (HG) Please sign up on the clipboards by Thursday March 14th March 14th	<b>19</b> 9:15 Active Lifestyle Trip to One Eared Cow (WC) One bus going, sign up in Wellness Center 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)	<b>20</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 "Life of Christ" Lenten Service (NLC) 2:30 Wellness Wednesday "All about Fiber" (HG) 3:30 Arthritis and Balance Exercise (BCR)	<b>21</b> 8:00-3:00 Beautician Available (BEAUTY) 9:30 Balance Class (BCR) 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 (ACT)	<b>22</b> 9:00 Publix Shopping (BB) Call Mary 451-7420 4:00 BINGO for Quarters (HG)	<b>23</b> 3:00 Cards, Games and Puzzles (BCR)
<b>24/31</b> 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)	<b>25</b> 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis Exercise (BCR) 6:00 Game Night (FDR) Bring your favorite game!	<b>26</b> 8:45 Active Lifestyle Trip to Fire Museum and Azalea Gardens (WC) Please sign up in the WC Mailroom 6:00 Pastor's Bible Study Dining with the Divine" (FDR)	<b>27</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 "Life of Christ" Lenten Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)	<b>28</b> 8:00-3:00 Beautician Available (BEAUTY) 9:30 Balance Class (BCR) 10:00 Book Club "The Chamomile" By Susan Craft (ACT) 2:00 Bridge Club (BCR) 3:00 Current Events Club (ACT) 4:00 Therapy Education Series: "Eating for a Sharper Mind" (FIT) 6:00 Bible Study with Jim Reed (ACT)	<b>29</b> 9:15 Lexington Place Shopping (BB) Call Mary, 451-7420 4:00 Ealain Photography Showcase and Cocktail Reception (HG)	<b>30</b> 3:00 Cards, Games and Puzzles (BCR)