




Active Lifestyle at the Heritage at Lowman *March* 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>2</p> <p>1:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>3</p> <p>1:00-2:00 Young's Hearing Aid Service (CLASS)</p> <p>4:00 Chat with Chaplain (BCR)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>4</p> <p>8:00-3:00 Beautician available (BEAUTY)</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>10:30 Chapel Lenten Service "Betraying Eyes" (NLC)</p> <p>2:00 Active Lifestyle Town Hall Meeting (HG)</p> <p>3:30 Arthritis and Balance Exercise (BCR)</p>	<p>5</p> <p>8:00 ROMEO Breakfast (DR)</p> <p>8:00-3:00 Beautician available (BEAUTY)</p> <p>9:30 Better Balance (BCR)</p> <p>1:30 Bridge Club (BCR)</p> <p>3:00 Current Events (ACT)</p> <p>6:00 Bible Study with Jim Reed (ACT)</p>	<p>6</p> <p>9:00 Wal-Mart Shopping (BB) Call Mary 451-7420</p> <p>2:00 Movie Matinee "Sweet Home Alabama" (CLASS)</p>	<p>7</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>8</p>  <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>9</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>1:30 Handbell Choir Practice (CLASS)</p> <p>1:00 Mystery Ride (WC) Please sign up in Boliek</p> <p>4:00 Arthritis Exercise (BCR)</p>	<p>10</p> <p>2:00 Tea on Tuesday with Music by Carol (BCR)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>11</p> <p>8:00-3:00 Beautician available (BEAUTY)</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>10:30 Chapel Lenten Service "Sleepy Eyes" (NLC)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>4:30 Out to Dinner to Olive Garden (BB) Please sign up in Boliek</p>	<p>12</p> <p>8:00 JULIET Breakfast (DR)</p> <p>8:00-3:00 Beautician available (BEAUTY)</p> <p>9:30 Better Balance (BCR)</p> <p>1:30 Bridge Club (BCR)</p> <p>3:00 Current Events (ACT)</p> <p>6:00 Bible Study with Jim Reed (ACT)</p>	<p>13 <i>Gorgeous Grandma Day</i></p> <p>9:00 Publix Shopping (BB) Call Mary 451-7420</p> <p>9:00 -4:00 <i>Gorgeous Grandma Facials and Makeup Sessions (BEAUTY) Please sign up in the WC Mailroom, or see Mary for appt.</i></p> <p>2:00 Movie Matinee "Mamma Mia" (CLASS)</p> <p>2:30 DaySpring Association Meeting (HG)</p>	<p>14</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>15</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>16</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>1:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>17 <i>Happy St Patrick's Day</i> <i>Wear Green or get pinched!</i></p> <p>9:45 Harbison Shopping (BB) Call Mary 451-7420</p> <p>4:00 St Patrick's Day Happy Hour (PUB)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>18 <i>Wellness Wednesday</i></p> <p>8:00-3:00 Beautician available (BEAUTY)</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>10:30 Chapel Lenten Service "Denying Eyes" (NLC)</p> <p>3:00 Wellness Wednesday "Nutrition Needs as We Age" presented by Lexington Medical Center (HG)</p> <p>4:00 Arthritis and Balance Exercise (BCR)</p>	<p>19</p> <p>8:00-3:00 Beautician available (BEAUTY)</p> <p>9:30 Better Balance (BCR)</p> <p>1:30 Bridge Club (BCR)</p> <p>3:00 Current Events (ACT)</p> <p>4:00 Alzheimer's Support Group (CLASS)</p> <p>6:00 Bible Study with Jim Reed (ACT)</p>	<p>20 <i>Ealain Art Immersion</i></p> <p>1:30 Movie Matinee "Under the Tuscan Sun" (CLASS)</p> <p>3:00 Pleasures of Poetry (ACT)</p> <p>5:00 Ealain Art Immersion Cocktail Reception and Sculpting Class (HG) Please sign up for Reception and Class on the clipboards</p>	<p>21</p> <p>10:00-Noon Pet Visits with Dina and Sue (Halti1 or PORCH)</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>22</p> <p>10:00 Worship Service (NLC)</p> <p>11:00 First Baptist TV Service (BCR)</p>	<p>23</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>10:00 Coffee and Chats with Veterans (FDR) Veterans are invited to attend!</p> <p>1:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>5:00 Potluck Dinner "Salmon" (HG) Please sign up on the clipboards and indicate your side dish and/or dessert</p>	<p>24 <i>Intramurals Day</i></p> <p>8:15-Noon Podiatrist Appointments for DaySpring and Boliek (Beauty) Please call Dana, 732-8800</p> <p>10:45 Active Lifestyle Trip to Epworth Children's Home (WC) Please sign up in WC Mailroom</p> <p>3:30 Lowman Intramurals "Walker Soccer" (HG)</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>25</p> <p>8:00-3:00 Beautician available (BEAUTY)</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>10:30 Chapel Lenten Service "Murderous Eyes" (NLC)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p>	<p>26</p> <p>8:00-3:00 Beautician available (BEAUTY)</p> <p>9:30 Better Balance (BCR)</p> <p>10:00 Book Club "Before We Were Yours" by Lisa Wingate (CLASS)</p> <p>1:30 Bridge Club (BCR)</p> <p>3:00 Current Events (ACT)</p> <p>4:00 Therapy Education "Eating Healthy; The Inflammation Connection" (FIT)</p> <p>6:00 Bible Study with Jim Reed (ACT)</p>	<p>27</p> <p>9:00 Food Lion (WC) Call Mary, 451-7420</p> <p>1:30 Movie Matinee "Erin Brokovich" (CLASS)</p> <p>4:00 Big BINGO for Prizes and More (HG)</p>	<p>28</p> <p>3:00 Cards, Games and Puzzles (BCR)</p>
<p>29</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)</p>	<p>30</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>1:30 Handbell Choir Practice (CLASS)</p> <p>3:00 Arthritis and Balance Exercise (BCR)</p> <p>6:00 Game Night (FDR)</p>	<p>31</p> <p>10:15 Mt Horeb Church Luncheon (WC) Limited Spots available, please call Mary 451-7420</p> <p>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>(ACT) Activity Room</p> <p>(AERO) Aerobic Room</p> <p>(BEAUTY) Beauty Shop</p> <p>(BB) Boliek Building</p> <p>(BCR) Boliek Community Room</p> <p>(CLASS) Classroom</p> <p>(DR) Bistro Dining Room</p> <p>(FIT) Fitness Center</p> <p>(FLAG) Flagpole in front of Wellness Center</p>	<p>(FDR) Formal Dining Room</p> <p>(Halti1) Haltiwanger 1st floor</p> <p>(Halti2) Haltiwanger 2nd floor</p> <p>(HCC) Rehab and Healthcare Center</p> <p>(HG) Hoefler Gallery</p> <p>(NLC) New Life Chapel</p> <p>(POND) Walking Trail at the Pond</p> <p>(PG) Putting Green</p>	<p>(PP) Picnic Pavilion</p> <p>(POOL) Fitness Center Pool</p> <p>(PORCH) Haltiwanger Porch</p> <p>(PUB) Pub</p> <p>(TTCL) Tom Tuten Computer Lab in the Boliek Basement</p> <p>(WC) Wellness Center</p>	<p>March Is National Nutrition Month</p> <p><i>Activities are subject to change. Please check bulletin boards, mailboxes, and calendars for changes.</i></p>