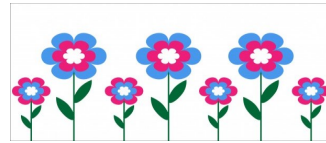





Active Lifestyle at the Heritage at Lowman May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May Is National Senior Health and Fitness Month</p> <p><i>Activities are subject to change. Please check bulletin boards, mailboxes, and calendars for changes.</i></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 Wellness Center (FDR) Formal Dining Room (Halti1) Haltiwanger 1st floor</p>	<p>(Halti2) Haltiwanger 2nd floor (HCC) Healthcare and Rehab Center (HG) Hoefler Gallery (NLC) New Life Chapel (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 (WC) Wellness Center</p>	<p>1 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) 10:00 Trip to the Fireflies Game (WC) One bus going, please sign up in the WC Mailroom 10:30 Chapel Service (NLC) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p>2 8:00 ROMEO Breakfast (DR) 8:00-3:00 Beautician available (BEAUTY) 9:30 Better Balance (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 "Pray Like This: The Babylonian Prayer" (ACT) 6:00 Caregivers Series: The Cost of Caregiving (HG) Reserve your spot with Dana</p>	<p>3 9:00 Wal-Mart Shopping (BB) Call Mary 451-7420 2:00 Movie Matinee "Godspell" (CLASS)</p>	<p>4 2:00 Open Swim with Volunteer (POOL) 3:00 Cards, Games and Puzzles (BCR)</p>
<p>5 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)</p>	<p>6 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 10:00 Chair Yoga (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis and Balance Exercise (BCR)</p>	<p>7 9:00 Active Lifestyle Trip to Edisto Gardens (WC) One bus Going, please sign up in WC Mailroom 1:00-2:00 Young's Hearing Aid Service (CLASS) 2:00 Open Swim with Volunteer (POOL) 4:00 Chat with Chaplain (BCR) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>8 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) 3:30 Golf Cart Rides (BB)</p>	<p>9 8:00 JULIET Breakfast (DR) 8:00-3:00 Beautician available (BEAUTY) 9:30 Better Balance (BCR) 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 "Pray Like This: The Raising of Lazarus" (ACT) 6:00 Caregivers Series: Understanding Dementia (HG) Reserve your spot with Dana</p>	<p>10 9:00-4:00 Manicures available (BEAUTY) Please make appointment with Pam 9:00 Publix Shopping (BB) Call Mary 451-7420 2:30 DaySpring Association Meeting (HG)</p>	<p>11 2:00 Open Swim with Volunteer (POOL) 3:00 Cards, Games and Puzzles (BCR)</p>
<p>12  Mother's Day 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR) 11:00-1:30 Mother's Day Brunch Buffet (DR) Reservations Required by Wednesday May 8th. Please call 451-7426</p>	<p>13 9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 10:00 Pet Visits with Kelvin & Steyer (Halti1) 10:00 Chair Yoga (AERO) 1:00 It's Not a Mystery Ride: Strawberries (WC) One bus, please sign up in Boliek 1:30 Handbell Choir Practice (CLASS) 4:00 Arthritis Exercise (BCR)</p>	<p>14 9:45 Harbison Shopping (BB) Call Mary 451-7420 2:00 Tea on Tuesday with Old Time Music by Carol (BCR) 2:00 Open Swim with Volunteer (POOL) 4:30 Out to Dinner to Social Grill (BB) One bus, sign up in Boliek 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>15 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>16 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 Alzheimer's Support Group (CLASS) 6:00 Bible Study with Jim Reed "Pray Like This: David's Desire to Build a Temple" (ACT) 6:00 Caregivers Series: Helping Persons with Dementia Eat and Drink (HG) Reserve your spot with Dana</p>	<p>17 3:00 Pleasures of Poetry (ACT) 4:00 BINGO for Prizes (HG)</p>	<p>18 2:00 Open Swim with Volunteer (POOL) 3:00 Cards, Games and Puzzles (BCR)</p>
<p>19 10:00 Worship Service (NLC) 10:45 The Church Has Left the Building BINGO (HG) 11:00 First Baptist TV Service (BCR) 3:00 Columbia Flute Studio Recital (NLC)</p>	<p>20 9:00 Tai Chi (AERO) 9:00 Life Trail Walking (POND) Call Dalton, 451-7411 if you need a ride 9:30 Beginner Tai Chi (AERO) 10:00 Chair Yoga (AERO) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis and Balance Exercise (BCR) 6:00 Game Night (FDR) Please note different night!</p>	<p>21 Red Cross Blood Drive 10:00 Shuffleboard Tournament (Heidelberg Circle) Call Dalton if you need a ride! 10:00-3:00 Red Cross Blood Drive (HG) Please call Mary for appointment 2:00 Open Swim with Volunteer (POOL) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>22 Triathlon 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) 1:30-3:00 Triathlon (FIT) 4:00 Triathlon Happy Hour (FDR)</p>	<p>23 8:00-3:00 Beautician available (BEAUTY) 10:00 Book Club "Murder in Madden" by Reagan Teller (ACT) 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 Therapy Education Series "Sleep from A to Z's" (FIT) 6:00 Bible Study with Jim Reed "Pray Like This: Paul's Redirection" (ACT) 6:00 Caregivers Series: Navigating Hospitalizations (HG) Reserve your spot with Dana</p>	<p>24 9:00 Food Lion Shopping (BB) Call Mary 451-7420 4:00 BINGO for Quarters (HG)</p>	<p>25 2:00 Open Swim with Volunteer (POOL) 3:00 Cards, Games and Puzzles (BCR)</p>
<p>26 10:00 Worship Service (NLC) 11:00 First Baptist TV Service (BCR)</p>	<p>27  9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 10:00 Chair Yoga (AERO) 10:45 Prayer at the Pole (WC) 1:30 Handbell Choir Practice (CLASS) 3:00 Arthritis and Balance Exercise (BCR) 5:00 Memorial Day Picnic (PP or HG) Please sign up by Wednesday May 22nd, and indicate your side dish and/or dessert</p>	<p>28 8:30 Active Lifestyle Trip to Lancaster (WC) Please sign up in WC Mailroom 2:00 Open Swim with Volunteer (POOL) 6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</p>	<p>29 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>30 8:00-3:00 Beautician available (BEAUTY) 9:30 Better Balance (BCR) 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 (ACT) 6:00 Caregivers Series: I Am Still Here (HG) Reserve your spot with Dana</p>	<p>31 9:45 Stein Mart, Tuesday Morning and Food Lion Shopping (BB) Please call Mary 451-7420 2:00 Penny Auction (HG)</p>	<p> shutterstock - 316202471</p>