

Active Lifestyle at the Heritage at Lowman

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>October Is National Physical Therapy Month</p> <p><i>Activities are subject to change. Please check bulletin boards, mailboxes, and calendars for changes</i></p>				<p>1 Morning Email From Mary 11:00-Noon Lunch Delivered to your home 1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411) Afternoon Delivery of Weekend Menus</p>	<p>2 <i>Nosy Neighbor Notebook</i> Morning Email From Mary 11:00-Noon Lunch Delivered to your home 2:00-3:30 Nosy Neighbor Notebook—Be outside on your porch to see three golf carts ride past your home. Take really good notes, like a Nosy Neighbor would, and submit your log to Mary. Most descriptive log will win</p>	<p>3 Puzzles and Activities from Friday's Email 11:00-Noon Lunch Delivered to your home</p>
<p>4 Brain Teasers available in the Mailroom 11:00-Noon Lunch Delivered to your home</p>	<p>5 Morning Email From Mary 9:00 Zoom Tai Chi with Mary 10:00 Zoom Arthritis Exercise Level 1 11:00-Noon Lunch Delivered to your home Afternoon Individual Exercise from Weekly sheet from Kayla Afternoon Delivery of Menus</p>	<p>6 Morning Email From Mary 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>7 Morning Email From Mary 9:00 Zoom Tai Chi with Mary 10:00 Zoom Arthritis Exercise Level 1 10:00-1:00 Communion Available in the New Life Chapel 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus Resident shopping orders due by Noon</p>	<p>8 Morning Email From Mary 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>9 Morning Email From Mary 11:00-Noon Lunch Delivered to your home 2:30 Drive In Trivia and Happy Hour (Wellness Center Parking Lot) Arrive between 2:00-2:30, approach under Portico from Boliek to pick up your refreshments and Trivia Sheets</p>	<p>10 Puzzles and Activities from Friday's Email 11:00-Noon Lunch Delivered to your home</p>
<p>11 Brain Teasers available in the Mailroom 11:00-Noon Lunch Delivered to your home</p>	<p>12 10:00 Zoom Arthritis Exercise Level 1 11:00-Noon Lunch Delivered to your home Afternoon Individual Exercise from Weekly sheet from Kayla Afternoon Menu delivery</p>	<p>13 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>14 10:00-1:00 Communion Available in the New Life Chapel 10:00 Zoom Arthritis Exercise Level 1 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus 3:30 Zoom Wellness Wednesday "Take Your Blood Pressure to Heart" Call Kayla, 451-7411 with any questions Resident shopping orders due by Noon</p>	<p>15 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>16 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus 2:30 Ice Cream Delivery (Must be on front porch or near front door. Weather Permitting)</p>	<p>17 Puzzles and Activities from Friday's Email 11:00-Noon Lunch Delivered to your home</p>
<p>18 Brain Teasers available in the Mailroom 11:00-Noon Lunch Delivered to your home</p>	<p>19 Morning Email From Mary 9:00 Zoom Tai Chi with Mary 10:00 Zoom Arthritis Exercise Level 1 11:00-Noon Lunch Delivered to your home Afternoon Menu delivery</p>	<p>20 Morning Email From Mary 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>21 <i>Pumpkin orders due</i> Morning Email From Mary 9:00 Zoom Tai Chi with Mary 10:00 Zoom Arthritis Exercise Level 1 10:00-1:00 Communion Available in the New Life Chapel 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus Resident shopping orders due by Noon</p>	<p>22 Morning Email From Mary 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>23 Morning Email From Mary 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus 2:30 Pumpkin Delivery—Orders need to be in by Wednesday Oct 21st at Noon) These pumpkins need to be decorated and returned by Monday Oct 26th</p>	<p>24 Puzzles and Activities from Friday's Email 11:00-Noon Lunch Delivered to your home</p>
<p>25 Brain Teasers available in the Mailroom 11:00-Noon Lunch Delivered to your home</p>	<p>26 Morning Email From Mary 9:00 Zoom Tai Chi with Mary 10:00 Zoom Arthritis Exercise Level 1 11:00-Noon Lunch Delivered to your home Afternoon Menu delivery</p>	<p>27 Morning Email From Mary 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>28 Morning Email From Mary 10:00-1:00 Communion Available in the New Life Chapel 9:00 Zoom Tai Chi with Mary 10:00 Zoom Arthritis Exercise Level 1 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus Resident shopping orders due by Noon 3:30 Virtual Wellness Wednesday "Osteoporosis: The Thin Bone Disease" Using Zoom Call Kayla, 451-7411 with any questions</p>	<p>29 Morning Email From Mary 9:00 Zoom Yoga 10:00 Zoom Chair Yoga 11:00-Noon Lunch Delivered to your home 1:30 Zoom Arthritis Exercise Level 2 Afternoon Delivery of Menus</p>	<p>30 Morning Email From Mary 11:00-Noon Lunch Delivered to your home Afternoon Delivery of Menus 2:00 Halloween Golf Cart Parade around Campus</p>	<p>31 <i>Happy Halloween</i></p>