



# Active Lifestyle at the Heritage at Lowman September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>10:00 Worship Service (NLC)</b> <b>11:00 First Baptist TV Service (BCR)</b>	<b>2 Labor Day</b> <b>10:30 What's My Job? (BCR)</b>	<b>3</b> <b>1:00-2:00 Young's Hearing Aid Service (CLASS)</b> <b>4:00 Chat with Chaplain (BCR)</b> <b>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</b>	<b>4</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>9:30 BeWell Blood Pressure Checks (BCR)</b> <b>10:30 Chapel Service (NLC)</b> <b>3:00 Arthritis and Balance Exercise (BCR)</b>	<b>5</b> <b>8:00 ROMEO Breakfast (DR)</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:30 Better Balance (BCR)</b> <b>2:00 Bridge Club (BCR)</b> <b>3:00 Current Events Club (ACT)</b> <b>4:00 Paths of Hope for Dementia Caregivers (CLASS)</b> <b>6:00 Bible Study with Jim Reed (ACT)</b>	<b>6</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:00 Wal-Mart Shopping (BB) Call Mary 451-7420</b> <b>1:30 Movie Matinee "One Flew Over the Cuckoo's Nest" (CLASS)</b>	<b>7</b> <b>3:00 Cards, Games and Puzzles (BCR)</b>
<b>8</b> <b>10:00 Worship Service (NLC)</b> <b>11:00 First Baptist TV Service (BCR)</b>	<b>9</b> <b>9:30 Rummikub (Halti2)</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>9:30 Walk and Roll Walking Club with Kayla (BCR)</b> <b>1:00 Mystery Ride (WC) One bus, please sign up in Boliek</b> <b>4:00 Arthritis Exercise (BCR)</b>	<b>10</b> <b>2:00 Tea on Tuesday with Old Time Music by Carol (BCR)</b> <b>4:30 Out to Dinner to Olive Garden (BB) One bus, sign up in Boliek</b> <b>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</b>	<b>11</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>9:30 BeWell Blood Pressure Checks (BCR)</b> <b>10:30 Chapel Service (NLC)</b> <b>1:00 Food Lion Shopping (BB) Call Mary 451-7420</b> <b>4:00 Arthritis and Balance Exercise (BCR)</b>	<b>12</b> <b>8:00 JULIET Breakfast (DR)</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:30 Better Balance (BCR)</b> <b>2:00 Bridge Club (BCR)</b> <b>3:00 Current Events Club (ACT)</b> <b>6:00 Bible Study with Jim Reed (ACT)</b>	<b>13</b> <b>9:00-3:00 Manicures available (BEAUTY) Please make your appointment with Pam</b> <b>2:30 DaySpring Association Meeting (HG)</b>	<b>14</b> <b>3:00 Cards, Games and Puzzles (BCR)</b>
<b>15</b> <b>10:00 Worship Service (NLC)</b> <b>11:00 First Baptist TV Service (BCR)</b>	<b>16</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>3:00 Arthritis and Balance Exercise (BCR)</b> <b>5:00 Pot Luck Dinner: BBQ Chicken (HG) Please sign up by Thursday, and indicate your side dish or dessert</b>	<b>17</b> <b>8:15-Noon Podiatrist Appointments for DaySpring and Boliek (BEAUTY) Call Dana, 732-8800 for appointment</b> <b>9:40 Harbison Shopping (BB) Call Mary 451-7420</b> <b>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</b>	<b>18</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>9:30 BeWell Blood Pressure Checks (BCR)</b> <b>10:30 Chapel Service (NLC)</b> <b>11:15 St Andrew's Lutheran Church Luncheon (WC) Please call Mary, 451-7420</b> <b>4:00 Arthritis and Balance Exercise (BCR)</b>	<b>19</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:30 Better Balance (BCR)</b> <b>2:00 Bridge Club (BCR)</b> <b>3:00 Current Events Club (ACT)</b> <b>4:00 Alzheimer's Support Group (CLASS)</b> <b>6:00 Bible Study with Jim Reed (ACT)</b>	<b>20</b> <b>8:00-3:00 Manicures available (BEAUTY) Please make appointment with Pam</b> <b>9:45 Columbia's Greek Festival (WC) One bus going, sign up in WC Mailroom</b> <b>3:00 Pleasures of Poetry (ACT)</b> <b>4:00 BINGO for Prizes (HG)</b>	<b>21</b> <b>3:00 Cards, Games and Puzzles (BCR)</b>
<b>22</b> <b>Active Aging Week</b>	<b>23</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Walk and Roll Walking Club with Kayla (BCR)</b> <b>2:00 Fall into Fitness with Kayla (HG)</b> <b>4:00 Arthritis and Balance Exercise (BCR)</b>	<b>24</b> <b>9:00 Active Lifestyle Trip to Flat Rock and Apple Picking (WC)</b> <b>6:00 Pastor's Bible Study "Dining with the Divine" (FDR)</b>	<b>25</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>9:30 BeWell Blood Pressure Checks (BCR)</b> <b>10:30 Chapel Service led by Bridge Builders (NLC)</b> <b>3:00 Poker Walk (BCR) Two routes, one in DaySpring one in Boliek. Start in Boliek for both!</b> <b>4:00 Poker Walk Happy Hour (HG)</b>	<b>26 Fall Prevention Day</b> <b>8:00-3:00 Beautician available (BEAUTY)</b> <b>9:30 Better Balance (BCR)</b> <b>10:00 Book Club "The Last Sale" by Reagan Teller Facilitated by Author (ACT) Please note different location</b> <b>2:00 Bridge Club (BCR)</b> <b>3:00 Current Events Club (ACT)</b> <b>4:00 Therapy Education Series "Defying Gravity" (FIT)</b> <b>6:00 Bible Study with Jim Reed (ACT)</b>	<b>27</b> <b>9:00 Publix Shopping (WC) Call Mary 451-7420</b> <b>9:30 Walk and Roll Walking Club with Kayla (Halt1)</b> <b>4:00 BINGO for Quarters (HG)</b>	<b>28</b> <b>3:00 Cards, Games and Puzzles (BCR)</b>
<b>29</b> <b>10:00 Worship Service (NLC)</b> <b>11:00 First Baptist TV Service (BCR)</b>	<b>30</b> <b>9:00 Tai Chi (AERO)</b> <b>9:30 Beginner Tai Chi (AERO)</b> <b>1:30 Handbell Practice (CLASS)</b> <b>3:00 Arthritis and Balance Exercise (BCR)</b> <b>3:30 Pool Volleyball (POOL)</b> <b>6:00 Game Night (FDR)</b>		<b>(ACT) Activity Room</b> <b>(AERO) Aerobic Room</b> <b>(BEAUTY) Beauty Shop</b> <b>(BB) Boliek Building</b> <b>(BCR) Boliek Community Room</b> <b>(CLASS) Classroom</b> <b>(DR) Bistro Dining Room</b> <b>(FIT) Fitness Center</b> <b>(FLAG) Flagpole in front of Wellness Center</b>	<b>(FDR) Formal Dining Room</b> <b>(Halt1) Haltiwanger 1st floor</b> <b>(Halti2) Haltiwanger 2nd floor</b> <b>(HCC) Rehab and Healthcare Center</b> <b>(HG) Hoefler Gallery</b> <b>(NLC) New Life Chapel</b> <b>(POND) Walking Trail at the Pond</b> <b>(PG) Putting Green</b>	<b>(PP) Picnic Pavilion</b> <b>(POOL) Fitness Center Pool</b> <b>(PORCH) Haltiwanger Porch</b> <b>(PUB) Pub</b> <b>(TTCL) Tom Tuten Computer Lab in the Boliek Basement</b> <b>(WC) Wellness Center</b>	<p style="text-align: center;"><b>September is Healthy Aging Month</b></p> <p style="text-align: center;"><i>Activities are subject to change. Please check bulletin boards, mailboxes, and calendars for changes.</i></p>