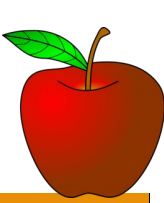


Active Lifestyle at the Heritage at Lowman



2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>September Is Active Aging 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</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Menus</p>	<p>2 Morning Email From Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p>	<p>3 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Weekend Menus</p>	<p>4 <i>Neighborhood Scavenger Hunt Begins</i></p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>2:30 Chicken Soup for the Soul Delivery</p>	<p>5 Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p>6</p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p>7 "Walk the Coast" walking challenge starts</p> <p>Morning Email From Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Individual Exercise from Weekly sheet from Kayla</p> <p>Afternoon Delivery of Menus</p>	<p>8 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Menus</p>	<p>9 Morning Email From Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>Resident shopping orders due by Noon</p>	<p>10 Morning Email From Mary</p> <p>9:30 Shuffleboard (Call Kayla for time slot)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions)</p>	<p>11 <i>Patriot Day</i></p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>2:30 Red, White and Blue Happy Hour (Must be on front porch or near front door. Weather permitting)</p> <p><i>Turn in Neighborhood Scavenger Hunt List to Mary</i></p>	<p>12 Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p>13</p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p>14 Wellness BINGO cards distributed</p> <p>Morning Email from Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Individual Exercise from Weekly sheet from Kayla</p> <p>Afternoon Menu delivery</p>	<p>15 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Menus</p>	<p>16 Morning Email From Mary</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>3:00 Virtual Wellness Wednesday "Improve Your Sleep" Using Zoom Call Kayla, 451-7411 with any questions</p> <p>Resident shopping orders due by Noon</p>	<p>17 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Weekend Menus</p>	<p>18</p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>2:30 Ice Cream Delivery (Must be on front porch or near front door. Weather Permitting)</p>	<p>19 Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p>20</p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p>21 Morning Email From Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Individual Exercise from Weekly sheet from Kayla</p> <p>Afternoon Menu delivery</p>	<p>22 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Menus</p>	<p>23 Morning Email From Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>Resident shopping orders due by Noon</p>	<p>24 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Weekend Menus</p>	<p>25 <i>Nosy Neighbor Notebook</i></p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>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 a prize.</p> <p>Afternoon Delivery of Menus</p>	<p>26 Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p>27</p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p>28 Morning Email From Mary</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Individual Exercise from Weekly sheet from Kayla</p> <p>Afternoon Delivery of Menus</p>	<p>29 Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>Afternoon Delivery of Menus</p>	<p>30 Morning Email From Mary</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>10:00 Virtual Exercise via Zoom (Call Kayla with questions 803-451-7411)</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>Resident shopping orders due by Noon</p>			