




| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---|--|---|--|--|---|---|--|----------|--|--------|--|---|---|
| <div>March 2024</div> <div>Active Lifestyle at the Heritage at Lowman</div> <div>Activities are subject to change. Please check your email, mailbox, clipboard, and bulletin boards. If you have any questions, please contact Danielle Trykowski at 803-451-7420. Thank you!</div> | | | | | | | | | | | | <div>1</div> <div>9:00am WalMart Shopping (BB) Please Sign up with Danielle at 803-451-7420 10:00am Book Club Meeting (ACT) 2:00pm Volunteer REFRESH Event (HG) 4:00pm-5:30pm Superlative Happy Hour (HG)</div> | <div>2</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>3:00pm Open Swim with Volunteer (POOL)</div> |
| <div>3</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>10:00am Worship Service (NLC)</div> | <div>4</div> <div>11:30am Handbell Choir Practice (CLASS) 1:30pm Monday Movie Matinee: Mama Mia! (1 hr 49 min) PG-13 (CLASS) 2:00pm Active Lifestyle Mystery Ride 4:00pm Riddle Me This...(FDR)</div> | <div>5</div> <div>12:00pm Lunch with Chaplain (FDR) 1:00pm Young's Hearing Aid Service (BEAUTY) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 3:00pm Movie Song Trivia (FDR) 4:00pm Pastor Sue's Bible Study (ACT)</div> | <div>6</div> <div>9:30am BeWell Blood Pressure Checks (BCR) 1:00pm Board Game Hour (ACT) Board Games are located in the cabinet. 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information 3:00pm Lent Service (NLC)</div> <div>Danielle at SCAPA</div> | <div>7</div> <div>8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard. 1:00pm MahJong Club (FDR) 2:00pm Let's Play Poker (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL)</div> <div>Danielle at SCAPA</div> | <div>8</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>10:00am Book Club Meeting (ACT)</div> <div>2:30pm Active Life Association Meeting (HG)</div> <div>Danielle at SCAPA</div> | <div>9</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>3:00pm Open Swim with Volunteer (POOL)</div> | | | | | | | |
| <div>10</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>10:00am Worship Service (NLC)</div> | <div>11</div> <div>11:30pm Handbell Choir Practice (CLASS) 1:30pm Monday Movie Matinee: James Bond: Gold Finger (1hr 50 minute) PG (CLASS) 3:30pm Slogan Trivia (FDR) 5:00pm Potluck Dinner (HG) RESIDENTS ONLY Please Sign up on the Clipboard.</div> | <div>12</div> <div>9:00am Trip to Thrift Store (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 12:00pm Lunch with Chaplain (FDR) 1:00pm Chat with Chaplin (BCR) 2:00pm Sit and Knit (BCR) 2:00pm Alzheimer's Association Caregiver Support Group (ACT) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm Pastor Sue's Bible Study (ACT)</div> | <div>13</div> <div>9:30am BeWell Blood Pressure Checks (BCR) 11:00am Wellness Wednesday: "Your Kidney and You" Presentation with the National Kidney Foundation (HG) 1:00pm Board Game Hour (ACT) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information 2:30pm Sudoku Challenge (PUB) 3:00pm Lent Service (NLC)</div> | <div>14</div> <div>8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard. 9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment. 1:00pm MahJong Club (FDR) 2:00pm Let's Play Poker (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm Pub Trivia Week #1 (PUB)</div> | <div>15</div> <div>9:00am Food Lion Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 10:00am to 5:00pm Luck of Lowman Pot of Gold Scavenger Hunt all around Campus 4:00pm to 5:30pm St. Patrick's Day Happy Hour (HG)</div> | <div>16</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>3:00pm Open Swim with Volunteer (POOL)</div> | | | | | | | |
| <div>17</div> <div>10:00am Worship Service (NLC)</div> <div></div> | <div>18</div> <div>11:30am Handbell Choir Practice (CLASS) 1:30pm Monday Movie Matinee: The Blind Side (2hr 15min) (CLASS) 4:00pm to 5:30pm Meet Your Neighbors and Lawn Games at the Fire Pit 6:00pm Game Night (FDR)</div> | <div>19</div> <div>12:00pm Lunch with Chaplain (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 2:00pm First Day of Spring: Bouquet Making (HG) 4:00pm Pastor Sue's Bible Study (ACT)</div> | <div>20</div> <div>9:30am BeWell Blood Pressure Checks (BCR) 1:00pm to 3:00pm Egg Stuffing (ACT) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information 3:00pm Lent Service (NLC)</div> | <div>21</div> <div>9:00am Trip to Springfield, SC (Carson's Collectable and Antiques) and Blackville, SC 1:00pm MahJong Club (FDR) 2:00pm Let's Play Poker (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm Pub Trivia Week #2 (PUB)</div> | <div>22</div> <div>9:00amAldi Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 3:00pm Pleasures of Poetry (ACT)</div> | <div>23</div> <div>10:00am to 12:00pm Easter Egg Event (HCC)</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>3:00pm Open Swim with Volunteer (POOL)</div> | | | | | | | |
| <div>24</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>10:00am Palm Sunday Service (NLC)</div> | <div>25</div> <div>11:30am Handbell Choir Practice (CLASS) 1:30pm Monday Movie Matinee: Caddyshack (1 hr 38 min) PG-13 (CLASS) 3:30pm Scattergories (FDR) 4:00pm Therapy Discussion: "A Better You" (HG)</div> | <div>26</div> <div>9:00am Outing to Ridge Spring, SC to see the Peach Blossoms (Leaving in front of the Wellness Center) 12:00pm Lunch with Chaplain (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 3:00pm True or False Trivia: Absurd Laws (FDR) 4:00pm Pastor Sue's Bible Study (ACT)</div> | <div>27</div> <div>9:30am BeWell Blood Pressure Checks (BCR) 1:00pm Board Game Hour (ACT) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information 2:30pm Brain Games: Rebus Puzzles (ACT)</div> | <div>28</div> <div>9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment. 1:00pm MahJong Club (FDR) 2:00pm Let's Play Poker (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 3:00pm Maundy Thursday Service (NLC) 4:00pm Pub Trivia Week #3 (PUB)</div> | <div>29</div> <div>9:00am Publix Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 2:00pm Penny Auction (HG) 3:00pm Good Friday Service (NLC)</div> | <div>30</div> <div>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</div> <div>3:00pm Open Swim with Volunteer (POOL)</div> | | | | | | | |
| <div>31</div> <div></div> | <div></div> | | | | | | | | | | | | |

(ACT) Activity Room in WC, (AERO) Aerobic Room, (BEAUTY) Beauty Shop in WC, (BB) Boliek Building, (BCR) Boliek Community Room, (CLASS) Classroom in WC, (CYPL) Courtyards Parking Lot, (DR) Bistro Dining Room, (FIT) Fitness Center in WC, (FLAG) Flagpole in front of WC, (FDR) Formal Dining Room, (Halti1) Haltiwanger 1st Floor, (Halti2) Haltiwanger 2nd Floor, (HCC) Heath Care Center, (HG) Hoefer Gallery in WC, (NCL) New Life Chapel in WC, (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 in Boliek Basement, (WC) Wellness Center