

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2024

## Active Lifestyle at the Heritage at Lowman

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!

<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>4</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>	<p>1:00pm Puzzles with Pastor (BCR) <b>5</b></p> <p>1:30pm Monday Movie Matinee: Jurassic World (PG-13, 2hrs 4 minutes)</p> <p>2:00pm Active Lifestyle Mystery Ride</p>	<p>9:00am Walking Club (POND) <b>6</b></p> <p>1:00pm Young's Hearing Aid Service (BEAUTY)</p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) <b>7</b></p> <p>12:30pm Board Game Hour (FDR)</p> <p>2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p> <p>3:00pm History of Columbia Army Air Base during WWII with Margaret Dunalp (Walker Local and Family History Center Manager from Richland Library) (HG)</p>	<p>8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard.</p> <p>9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment.</p> <p>9:00am Walking Club (POND)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm Let's Play Poker (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #1 (PUB)</p>	<p>9:00am Walmart Shopping (BB) Please Sign up with Danielle at 803-451-7420 <b>2</b></p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>3</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>11</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>	<p>1:00pm Puzzles with Pastor (BCR) <b>12</b></p> <p>1:30pm Monday Movie Matinee: Mona Lisa Smile (PG-13, 1 hr 57 minutes)</p> <p>2:00pm Wisdom of the Wild with Craig Brandt (HG)</p> <p>5:00pm Potluck Dinner (HG) RESIDENTS ONLY Please Sign up on the Clipboard.</p>	<p>9:00am Walking Club (POND) <b>13</b></p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm Alzheimer's Association Caregiver Support Group (ACT)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) <b>14</b></p> <p>12:30pm Board Game Hour (FDR)</p> <p>2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p> <p>3:00pm ELCA Bible Study with Rev. Sue (HG)</p>	<p>8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard. <b>8</b></p> <p>9:00am Walking Club (POND)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm Let's Play Poker (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #2 (PUB)</p>	<p>9:00am Aldi Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 <b>9</b></p> <p>10:00am Book Club Meeting (ACT)</p> <p>2:30pm Active Lifestyle Association Meeting (HG)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>10</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>18</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>	<p>1:00pm Puzzles with Pastor (BCR) <b>9</b></p> <p>1:30pm Monday Movie Matinee: The Legend of Bagger Vance (PG-13, 2hrs 6 minutes)</p> <p>3:30pm Scattergories (FDR)</p> <p>6:00pm Game Night (FDR)</p>	<p>9:00am Shopping Trip to Harbison (Please sign up on the Clipboard) <b>13</b></p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) <b>21</b></p> <p>12:30pm Board Game Hour (FDR)</p> <p>2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p> <p>3:00pm ELCA Bible Study with Rev. Sue (HG)</p>	<p>9:30am Outing to Old Mill Antique Mall and Lunch at Cafe Strudel (Please Sign up on the Clipboard) <b>5</b></p> <p>9:00am Walking Club (POND)</p> <p>9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment.</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm Let's Play Poker (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #3 (PUB)</p>	<p>9:00am Foodlion Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 <b>16</b></p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>17</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>25</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>	<p>1:00pm Puzzles with Pastor (BCR) <b>26</b></p> <p>1:30pm Monday Movie Matinee: The Vow (PG-13, 1hr 45 minutes)</p> <p>2:00pm Wisdom of the Wild with Craig Brandt (HG)</p> <p>2:30pm Coffee and Crochet (Cafe)</p>	<p>9:00am Walking Club (POND) <b>27</b></p> <p>12:00pm Pizza in the Park at Crooked Creek, followed by Nature Walk (Please Sign up on the Clipboard 13 seats available)</p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) <b>28</b></p> <p>12:30pm Board Game Hour (FDR)</p> <p>2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p> <p>3:00pm ELCA Bible Study with Rev. Sue (HG)</p>	<p>9:00am Walking Club (POND) <b>22</b></p> <p>9:30am Trip to the Lexington County Museum (\$5 per person: Please sign up on the Clipboard) and Lunch at Flight Deck</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm Let's Play Poker (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>Danielle at SCAPA Workshop</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>23</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Poetry Club (Lakeside)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>24</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>25</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>	<p>1:00pm Puzzles with Pastor (BCR) <b>26</b></p> <p>1:30pm Monday Movie Matinee: The Vow (PG-13, 1hr 45 minutes)</p> <p>2:00pm Wisdom of the Wild with Craig Brandt (HG)</p> <p>2:30pm Coffee and Crochet (Cafe)</p>	<p>9:00am Walking Club (POND) <b>27</b></p> <p>12:00pm Pizza in the Park at Crooked Creek, followed by Nature Walk (Please Sign up on the Clipboard 13 seats available)</p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) <b>28</b></p> <p>12:30pm Board Game Hour (FDR)</p> <p>2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p> <p>3:00pm ELCA Bible Study with Rev. Sue (HG)</p>	<p>9:00am Walking Club (POND) <b>29</b></p> <p>9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment.</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm Let's Play Poker (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #4 (PUB)</p>	<p>9:00am Foodlion (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 <b>30</b></p> <p>12:45pm Outing to St. Francis Thrift Store (Please sign up on the Clipboard)</p> <p>3:00pm to 5:00pm Kick off College Football Season with Chips and Dip! Join us for a Dip Competition and Party! (HG)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) <b>31</b></p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>

(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) Hoefler 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