

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

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>1</p> <p>8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard.</p> <p>9:00am Podiatrist (Please call Jennifer Scahill at 727-589-7401 to schedule an appointment)</p> <p>11:00am Relax and Breathe (Classroom)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>2</p> <p>3:00pm Open Swim with Volunteer (POOL)</p> <p>Danielle Off</p>		<p>3</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>10:00am Worship Service (NLC) 5</p>	<p>1:00pm Puzzles with Pastor (BCR) 6</p> <p>Danielle Off</p>	<p>1:00pm Young's Hearing Aid Service (BEAUTY) 7</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>8</p> <p>9:30am BeWell Blood Pressure Checks (BCR)</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.</p>	<p>9</p> <p>8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard.</p> <p>11:00am Relax and Breathe (Classroom)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #1 (PUB)</p>	<p>10</p> <p>9:00am WalMart Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420</p> <p>2:30pm Active Lifestyle Association Meeting (HG)</p>	<p>11</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>10:00am Worship Service (NLC) 12</p>	<p>1:00pm Puzzles with Pastor (BCR) 13</p> <p>1:30pm Monday Movie Matinee: Guess Who (PG-13, 1 hr 30 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>1:30pm Hand and Foot Card Game (FDR) 14</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>15</p> <p>9:30am BeWell Blood Pressure Checks (BCR)</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.</p>	<p>16</p> <p>9:00am Podiatrist (Please call Jennifer Scahill at 727-589-7401 to schedule an appointment)</p> <p>10:45am Lunch Outing to Flight Deck (Please Sign up on the Clipboard.)</p> <p>11:00am Relax and Breathe (Classroom)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #2 (PUB)</p>	<p>17</p> <p>9:00am Aldi Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420</p>	<p>18</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>10:00am Worship Service (NLC) 19</p>	<p>1:00pm Puzzles with Pastor (BCR) 20</p> <p>1:30pm Monday Movie Matinee: Terms of Endearment (PG, 2 hrs)</p> <p>4:00pm Scattergories (FDR)</p>	<p>9:00am Shopping trip to Hamricks! (Please call Danielle to attend 803-451-7420)</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>22</p> <p>9:30am BeWell Blood Pressure Checks (BCR)</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.</p>	<p>23</p> <p>11:00am Relax and Breathe (Classroom)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>1:00pm Line Dancing (FIT)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #3 (PUB)</p>	<p>24</p> <p>9:00am Foodlion Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420</p> <p>2:00pm Bingo (HG)</p>	<p>25</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p>10:00am Worship Service (NLC) 26</p>	<p>1:00pm Puzzles with Pastor (BCR) 27</p> <p>1:30pm Monday Movie Matinee: A Good Year (PG-13, 1 hr 45 minutes)</p> <p>2:00pm Wisdom of the Wild with Craig Brandt (HG)</p> <p>6:00pm Game Night (FDR)</p>	<p>1:30pm Hand and Foot Card Game (FDR) 28</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>29</p> <p>9:30am BeWell Blood Pressure Checks (BCR)</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.</p>	<p>30</p> <p>9:00am Podiatrist (Please call Jennifer Scahill at 727-589-7401 to schedule an appointment)</p> <p>9:45am Outing to the SC State Museum and Lunch at Crescent Cafe (\$11 for Seniors, Please Sign Up on the Clipboard.)</p> <p>11:00am Relax and Breathe (Classroom)</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #4 (PUB)</p>	<p>31</p> <p>9:00am Publix Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420</p>	<p>32</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