

	<p>1:30pm Monday Movie Matinee: Radio (PG, 1hr 49 minutes) 2:00pm Active Lifestyle Mystery Ride</p>	<p>9:00am Walking Club (POND) 1:00pm Young's Hearing Aid Service (BEAUTY) 1:30pm Hand and Foot Card Game (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 12:30pm Board Game Hour (FDR) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard. 9:00am Walking Club (POND) 11:30pm to 1:00pm 4th of July Cookout (Firepit) 1:00pm Mah Jongg Club (FDR) 2:00pm Let's Play Poker (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:00am Walmart Shopping (BB) Please Sign up with Danielle at 803-451-7420</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) Board Games and Coloring Pages are Available in the Activity Room in the WC 3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 10:00am Worship Service (NLC)</p>	<p>1:30pm Monday Movie Matinee: The Secret Life of Bees (PG-13, 1 Hr 54 minutes) 2:00pm Wisdom of the Wild with Craig Brandt (HG) 3:00pm Cafe Grand Opening! (CAFE) 5:00pm Potluck Dinner (HG) RESIDENTS ONLY Please Sign up on the Clipboard.</p>	<p>9:00am Walking Club (POND) 9:00am Shopping Trip to Hamrick's (Please call Danielle at 803-451-7420) 1:00pm Puzzles with Pastor (BCR) 1:30pm Hand and Foot Card Game (FDR) 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)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 12:30pm Board Game Hour (FDR) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard. 9:00am Walking Club (POND) 1:00pm Mah Jongg 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)</p>	<p>9:00am Aldi Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 10:00am Book Club Meeting (ACT) 2:30pm Active Lifestyle Association Meeting (HG)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) Board Games and Coloring Pages are Available in the Activity Room in the WC 3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 10:00am Worship Service (NLC)</p>	<p>1:00pm to 3:00pm Ice Cream Social at the Heidelberg Circle Common Area 1:15pm 4 Team Corn Hole Tournament at the Heidelberg Circle Common Area 1:30pm Monday Movie Matinee: Forrest Gump (PG-13, 2 hr 36 minutes) 6:00pm Game Night (FDR)</p>	<p>8:30am Outing to Harbison Place Walking Trail (Please sign up on the Clipboard if you need a seat on the Bus) 9:00am Walking Club (POND) 1:30pm Hand and Foot Card Game (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 12:30pm Board Game Hour (FDR) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>9:00am Walking Club (POND) 9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment. 10:30am Lunch Outing to Pawley's Front Porch and Trip to the One Eared Glass Cow 1:00pm Mah Jongg 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)</p>	<p>9:00am Foodlion Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 2:00pm Penny Auction (HG)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) Board Games and Coloring Pages are Available in the Activity Room in the WC 3:00pm Open Swim with Volunteer (POOL)</p>
<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 10:00am Worship Service (NLC)</p>	<p>1:30pm Monday Movie Matinee: Kingdom of Heaven (R, 2hr 40 minutes) 2:00pm Wisdom of the Wild with Craig Brandt (HG) 4:00pm Therapy Discussion with Ian (HG)</p>	<p>9:00am Outing: Walnut Grove Plantation and Lunch at Grill 221 in Spartanburg (Please Sign Up on the Clipboard \$8 deposit required to hold your spot) 9:00am Walking Club (POND) 1:30pm Hand and Foot Card Game (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 12:30pm Board Game Hour (FDR) 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>9:00am Walking Club (POND) 1:00pm Mah Jongg Club (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 2:00pm Let's Play Poker (FDR) 4:00pm Pub Trivia Week #3 (PUB) 6:00pm Columbia Summer Band (HG)</p>	<p>9:00am Publix Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) Board Games and Coloring Pages are Available in the Activity Room in the WC 3:00pm Open Swim with Volunteer (POOL)</p>

Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)
 10:00am Worship Service (NLC)

1:30pm Monday Movie Matinee: Big Fat Greek Wedding (PG, 1hr 35 minutes)
3:30pm Scattergories (FDR)

9:00am Walking Club (POND)
 1:30pm Hand and Foot Card Game (FDR)
 2:00pm Sit and Knit (BCR)
 2:00pm to 3:00pm Open Swim with Volunteer (POOL)

9:30am BeWell Blood Pressure Checks (BCR)
 12:30pm Board Game Hour (FDR)
 1:00pm Wellness Wednesday with Crooked Creek (HG)
 2:00pm Bridge Club (FDR) Call Betty, 749-5402, for information

July 2024

Active Lifestyle at the Heritage at Lowman

Activities are subject to change. Please check your email, mailbox, newsletter, clipboard, and bulletin boards. If you have any questions, please contact Danielle Trykowski at 803-451-7420. Thank you!

(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