

Sunday

Monday

Tuesday

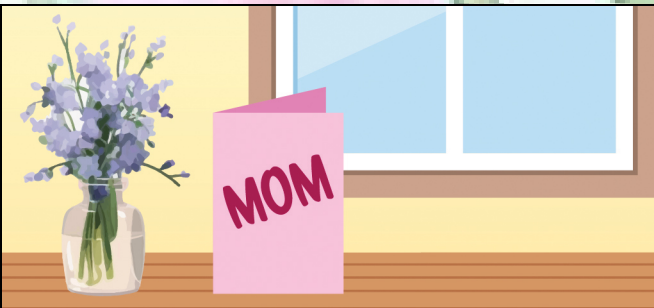
Wednesday

Thursday

Friday

Saturday

# May 2026




10:00am- Worship Service (NLC) 3	11:30am- Final Handbell Choir Practice (HG) 4 1:30pm- Movie Matinee: Elizabeth Town 3:00pm- Bunco Game (Intro: How to play) (FDR)	1:00pm- Hand and Foot card game (FDR) 5 2:00pm- Sit and Knit (BCR) 2-3pm- Open Swim (POOL) 3:30pm-5pm- Margarita Contest/ Happy Hour with Chris Reed (HG) Cinco de Mayo	9:30am- BeWell Blood Pressure Checks (BCR) 6 10:30am- Mid-Week Church Service(NLC) 1:00pm- Bridge Club (FDR) 2:30pm- Alzheimer's Association Caregiver Support Group (ACT) 3:00pm- Board Game Hour (FDR)	8:00am- Romeo Breakfast (DR) Residents Only 7 1:00pm- Mah Jongg (FDR) 2-3pm- Open Swim(POOL) 4:00pm- Pub Trivia(PUB)	9:30am- Shopping at Food Lion (Sign up on the clipboard) 1 12:15pm- Water Volleyball (POOL) 2:30pm- Flower Bar &Bubbly for Mothers with Jamee (Sign up on the clipboard)	3:00pm- Open Swim with Volunteers 2
10:00am- Worship Service (NLC) 10	11:30am- Bingo with Friends (Sign up on the clipboard) (HG) 11 5:00pm- Potluck Dinner (HG): Boneless Ribs (Sign up on the clipboard)	9:30am- Shopping at Hamrick's 12 1:00pm- Hand and Foot card game (FDR) 2:00pm- Sit and Knit (BCR) 2-3pm- Open Swim (POOL) 5:00-6:00pm- Christian Dance Studio Performance (HG)	9:30am- Be Well Blood Pressure Checks (BCR) 13 10:30am- Mid-Week Church Service (NLC) 1:00pm- Bridge Club (FDR) 3:00pm- Board Game Hour(FDR)	8:00am- Juliet Breakfast (DR) Residents Only 14 1:00pm- Mah Jongg (FDR) 2-3pm- Open Swim(POOL) 4:00pm- Pub Trivia(PUB)	9:30am- Shopping at Aldi (Sign up on the clipboard) 8 10:00am- Book Club w/Marilyn (ACT) 12:15pm- Water Volleyball (POOL) 2:30pm- Active Lifestyle Association Meeting (HG)	3:00pm- Open Swim with Volunteers 9
10:00am- Worship Service (NLC) 17	9:30am- Shopping at Hobby Lobby (Sign up on the clipboard) 18 2:30pm- Mystery Ride (Sign up on the clipboard) Victoria Day (Canada)	1:00pm- Hand and Foot card game (FDR) 19 2:00pm- Sit and Knit (BCR) 2-3pm- Open Swim (POOL)	9:30am- BeWell Blood Pressure Checks (BCR) 20 10:30am- Mid-Week Church Service(NLC) 1:00pm- Bridge Club (FDR) 3:00pm- Board Game Hour(FDR)	1:00pm- Mah Jongg(FDR) 21 2-3pm- Open Swim(POOL) 4:00pm- Pub Trivia(PUB) Shavuot Begins	8:30am- Eudora Wildlife Safari Park Wagon Tour w/ lunch at the park (Sign up on the clipboard) 22 12:15pm- Water Volleyball (POOL)	3:00pm- Open Swim with Volunteers 23
10:00am- Worship Service (NLC) 24	12pm-2pm- Community Cookout and Games (Fireplace behind WC) 25 Memorial Day	1:00pm- Hand and Foot card game (FDR) 26 2:00pm- Sit and Knit (BCR) 2-3pm- Open Swim (POOL)	9:30am- BeWell Blood Pressure Checks (BCR) 27 10:30am- Mid-Week Church Service(NLC) 1:00pm- Bridge Club (FDR) 3:00pm- Board Game Hour(FDR)	1:00pm- Mah Jongg (FDR) 28 2-3pm- Open Swim(POOL) 4:00pm- Pub Trivia(PUB) 7:00pm- Chapin Theatre: Nanas Naughty Knickers (\$20 seniors) (Sign up on the clipboard)	9:30am- Shopping at Walmart (Sign up on the clipboard) 29 12:15pm- Water Volleyball (POOL) 2:30pm- Penny Auction (Sign up on the clipboard)	3:00pm- Open Swim with Volunteers 30

10:00am- Worship Service (NLC) 31

## Active Life at the Heritage at Lowman

Activities are subject to change, please check your email, mailbox, clipboard, and bulletin board.  
If you have any questions, please contact Jamee at 803-451-7420

Scroll to page 2 for June.




(ACT) Activity Room, (AERO) Aerobic Room, (BEAUTY) Beauty Shop in WC, (BB) Boliek Building, (BCR) Boliek Community Room, (CLASS) Classroom in WC, (DR) Bistro Dining Room, (FDR) Formal Dining Room, (HG) Hoefler Gallery in WC, (NLC) New Life Chapel, (POOL) Fitness Center Pool, (PUB) Bistro Pub, (WC) Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Step Challenge Begins</b> 1 6:00pm- <b>Movie Night: You, Me, and Tuscany</b> (HG)	9:00am- <b>Wellness Walk w/ Jamee</b> 2 1:00pm- <b>Hand and Foot</b> (FDR) 2:00pm- <b>Sit and Knit</b> (BCR) 2-3pm- <b>Open Swim</b> (POOL)	9:30am- <b>BeWell Blood Pressure Checks</b> (BCR) 3 10:30am- <b>Mid-week Church Service</b> (NLC) 1:00pm- <b>Bridge Club</b> (FDR) 2:30pm- <b>Alzheimer's Association Caregiver Support Group</b> (ACT)	8:00am- <b>Romeo Breakfast</b> (DR)Residents Only 4 1:00pm- <b>Mah Jongg</b> (FDR) 2-3pm- <b>Open Swim</b> (POOL) 4:00pm- <b>Pub Trivia</b> (PUB)	9:30am- <b>Shopping at Publix</b> 5 12:15pm- <b>Water Volleyball</b> (POOL)	3:00pm- <b>Open Swim with volunteers</b> 6
10:00am- <b>Worship Service</b> (NLC) 7	9:00am- <b>Wellness Walk w/ Jamee</b> 8 1:30pm- <b>Bingo with Friends</b> (HG) 5:00pm- <b>Potluck Dinner</b> (HG)	9:30am- <b>Shopping at Hamrick's</b> 9 1:00pm- <b>Hand and Foot</b> (FDR) 2:00pm- <b>Sit and Knit</b> (BCR) 2-3pm- <b>Open Swim</b> (POOL)	9:30am- <b>BeWell Blood Pressure Checks</b> (BCR) 10 10:30am- <b>Mid-week Church Service</b> (NLC) 1:00pm- <b>Bridge Club</b> (FDR) 5:00pm- <b>Dinner at M Kitchen in Harbison</b>	8:00am- <b>Juliet Breakfast</b> (DR)Residents Only 11 1:00pm- <b>Mah Jongg</b> (FDR) 2-3pm- <b>Open Swim</b> (POOL) 4:00pm- <b>Pub Trivia</b> (PUB)	<b>Jamee Off</b> 12 10:00am- <b>Book Club w/ Marilyn</b> (ACT) 12:15pm- <b>Water Volleyball</b> (POOL) 2:30pm- <b>Active Lifestyle Association Meeting</b> (HG)	3:00pm- <b>Open Swim with volunteers</b> 13
10:00am- <b>Worship Service</b> (NLC) 14  <small>Flag Day (U.S.)</small>	9:30am- <b>Shopping in Harbison Court</b> (Hobby Lobby, Marshalls, Pop Shelf, Ross, Nordstrom) 15	9:00am- <b>Wellness Walk w/ Jamee</b> 16 1:00pm- <b>Hand and Foot</b> (FDR) 2:00pm- <b>Sit and Knit</b> (BCR) 2-3pm- <b>Open Swim</b> (POOL)	9:30am- <b>BeWell Blood Pressure Checks</b> (BCR) 17 10:30am- <b>Mid-week Church Service</b> (NLC) 1:00pm- <b>Bridge Club</b> (FDR)	10:00am- <b>Mystery Ride + Bakery Stop</b> 18 1:00pm- <b>Mah Jongg</b> (FDR) 2-3pm- <b>Open Swim</b> (POOL) 4:00pm- <b>Pub Trivia</b> (PUB)	10:00am- <b>Fathers Appreciation Outing</b> (HG) 19 12:15pm- <b>Water Volleyball</b> (POOL) 3:00pm- <b>5pm- Happy Hour &amp; Juneteenth Celebration w/ AP</b>  <small>Juneteenth</small>	3:00pm- <b>Open Swim with volunteers</b> 20
10:00am- <b>Worship Service</b> (NLC) 21  <small>Summer Begins Father's Day</small>	9:00am- <b>Wellness Walk w/ Jamee</b> 22 2:30pm- <b>Penny Auction</b> (HG)	1:00pm- <b>Hand and Foot</b> (FDR) 23 2:00pm- <b>Sit and Knit</b> (BCR) 2-3pm- <b>Open Swim</b> (POOL)	9:30am- <b>BeWell Blood Pressure Checks</b> (BCR) 24 10:30am- <b>Mid-week Church Service</b> (NLC) 1:00pm- <b>Bridge Club</b> (FDR)	11:00am- <b>Tri-Dac Choir Performance</b> (HG) 25 1:00pm- <b>Mah Jongg</b> (FDR) 2-3pm- <b>Open Swim</b> (POOL) 4:00pm- <b>Pub Trivia</b> (PUB)	9:30am- <b>Shopping at Walmart</b> 26 12:15pm- <b>Water Volleyball</b> (POOL) 3pm-6pm- <b>Summer Luau Pool Party</b> (POOL)	3:00pm- <b>Open Swim with volunteers</b> 27
10:00am- <b>Worship Service</b> (NLC) 28	9:30am- <b>Shopping at Trader Joes</b> 29 3:00pm- <b>Bunco Game</b> (FDR)	<b>Step Challenge Ends</b> 30 9:00am- <b>Wellness Walk w/ Jamee</b> 1:00pm- <b>Hand and Foot</b> (FDR) 2:00pm- <b>Sit and Knit</b> (BCR) 2-3pm- <b>Open Swim</b> (POOL)	 <h1 style="font-family: cursive; color: blue;">June 2026</h1> 			

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