



Active Lifestyle at the Heritage at Lowman

MAY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>OLDER AMERICANS MONTH AGING UNBOUND: MAY 2023</p> <p><i>Activities are subject to change, please check email, bulletin boards and mailboxes for changes.</i></p>	<p>1</p> <p>11:30 Handbell Choir Practice (CLASS)</p>	<p>2</p> <p>1:00 Young's Hearing Aid Service (Beauty) 2:00-3:00 Open Swim with Volunteer (POOL) 1:30 Heritage Spring Choir Practice (HG) 2:00 Sit 'n Knit Club (BCR) Note new location 2:30 Putting Practice on the Green (PG) 4:00 Bible Study (HG)</p>	<p>3 <i>Derby Day in the Pool</i></p> <p>9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (PDR) Call Betty, 749-5402 for information</p>	<p>4</p> <p>8:00 ROMEO Breakfast (DR) Please sign up early 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Mah Jongg Club (FDR) Call Mary Cochran 803-828-3669 2:00 Let's Play Poker (FDR)</p>	 <p>4:00 Margarita Contest (HG) Enter your favorite Margarita, or just come to sample! 5:00 Cinco de Mayo Taco Bar (DR) Sign up on clipboard. Dining Dollars can be used</p>	<p>6</p> <p>Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>7</p> <p>10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>8</p> <p>9:00 Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 2:00 It's Not a Mystery Ride, Lever Farms Strawberries (WC) Sign up and indicate how many quarts/gallons you would like</p>	<p>9</p> <p>8:45 Hamrick's Shopping (BB&CYPL) Call Mary, 803-451-7420 1:30 Heritage Spring Choir Practice (HG) 2:00 Sit 'n Knit Club (BCR) 2:00-3:00 Open Swim with Volunteer (POOL) 2:30 Putting Practice on the Green (PG) 4:00 Bible Study (HG)</p>	<p>10</p> <p>9:00 Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p>11</p> <p>8:00 JULIET Breakfast (DR) Please sign up early 9:00-11:00 Richland County "Books to You" Program 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Mah Jongg Club (FDR) Call Mary Cochran 803-828-3669 2:00 Let's Play Poker (FDR)</p>	<p>12</p> <p>9:00 WalMart Shopping (Pick up at your home) Call Mary, 803-451-7420 2:30 Active Lifestyle Association Meeting (HG)</p>	<p>13</p> <p>Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>14</p>  <p>10:00 Worship Service (NLC) 11:00-1:30 Mother's Day Buffet (DR) Reservations are required!!! 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>15 <i>New Beginner Tai Chi</i></p> <p>9:00 Tai Chi (AERO) 9:30 New Beginner Tai Chi (AERO) 11:30 Handbell Choir Practice (CLASS) 5:00 Potluck Dinner (HG) BBQ Chicken as the entree. Please sign up and indicate your side dish, and/or dessert.</p>	<p>16</p> <p>10:00 Harbison Shopping (BB&CYPL) Call Mary, 803-451-7420 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Sit 'n Knit Club (BCR) 2:30 The Heritage at Lowman Spring Choir and Handbells Concert (HG) 4:00 Bible Study (HG)</p>	<p>17</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 10:00 Chapel Service (NLC) 2:00-3:00 Chillin Cow Ice Cream Treats (WC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p>18</p> <p>9:30 Active Lifestyle Trip to Landsford Canal State Park (WC) Please sign up in Mailroom 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Let's Play Poker (FDR) 2:00 Mah Jongg Club (FDR) Call Mary Cochran with questions 803-828-3669</p>	<p>19</p> <p>9:00 Publix Shopping (Pick up at your home) Call Mary, 803-451-7420 3:00 BINGO for Prizes (HG)</p>	<p>20</p> <p>Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>21</p> <p>10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>22</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 2:00 Chapin Chirpers "On the Road Again" (HG) 4:00 Therapy Education "The Journey of Healthy Aging" (HG)</p>	<p>23</p> <p>8:45 Trip to Piney Woods Elementary School for the Pen Pals Team (WC) Only Pen Pals sign up in the WC Mailroom 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Sit 'n Knit Club (BCR) 2:30 Putting Practice on the Green (PG) 4:00 Bible Study (HG)</p>	<p>24</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p>25 <i>Cornhole Preliminaries</i></p> <p>9:00 Food Lion Shopping (Pick up at your home) Call Mary, 803-451-7420 2:00 Let's Play Poker (FDR) 2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Mah Jongg Club (FDR) Call Mary Cochran with questions 803-828-3669 3:00 Cornhole Preliminaries and Happy Hour (HG)</p>	<p>26 <i>Cornhole Finals</i> (Time and location to be determined)</p> <p>9:00 Active Lifestyle Trip to Summer Iris Festival (WC) Please sign up in the WC Mailroom 3:00 Pleasures of Poetry (ACT)</p>	<p>27</p> <p>Puzzles and Coloring Pages (BCR) 3:00 Open Swim with Volunteer (POOL)</p>
<p>28</p> <p>10:00 Worship Service (NLC) 11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p>	<p>29 <i>Memorial Day</i> </p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 1:30 Prayer at the Pole (FLAG) 2:00 Arthritis Exercise (Halti2) 6:00 Game Night (HG) Bring a game to play</p>	<p>30</p> <p>2:00-3:00 Open Swim with Volunteer (POOL) 2:00 Sit 'n Knit Club (BCR) 2:30 Putting Practice on the Green (PG) 4:00 Bible Study (HG)</p>	<p>31</p> <p>9:00 Tai Chi (AERO) 9:30 Beginner Tai Chi (AERO) 9:30 BeWell Blood Pressure Checks (BCR) 10:00 Chapel Service (NLC) 2:00 Bridge Club (BCR) Call Betty, 749-5402, for information 4:00 Wellness Wednesday: Heat & Summer Safety (HG) Sign up in Mailroom</p>	<p>(ACT) Activity Room in WC (AERO) Aerobic Room in Fitness Center (BEAUTY) Beauty Shop in WC (BB) Boliek Building (BCR) Boliek Community Room (CLASS) Classroom in WC (DR) Bistro Dining Room in WC (FIT) Fitness Center in WC</p>	<p>(FLAG) Flagpole in front of Wellness Center (FDR) Formal Dining Room (Halti1) Haltiwanger 1st floor (Halti2) Haltiwanger 2nd floor (HCC) Health Care Center (HG) Hoefler Gallery in WC (NLC) New Life Chapel in WC (POND) Walking Trail at the Pond</p>	<p>(PG) Putting Green (PP) Picnic Pavilion (POOL) Fitness Center Pool (PORCH) Haltiwanger Porch (PUB) Pub (TTCL) Tom Tuten Computer Lab in the Boliek Basement (WC) Wellness Center</p>