



Active Lifestyle at the Heritage at Lowman September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>September is Fall Prevention Month</p>  <p>Please check bulletin boards, mailboxes and email for changes</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 (CYPL) Courtyards Parking Lot (DR) Bistro Dining Room in WC (FIT) Fitness Center in WC</p>	<p>(FLAG) Flagpole in front of Wellness Center (FDR) Formal Dining Room (Halt1) Haltiwanger 1st floor (Halt2) 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>		<p>1 9:00 WalMart Shopping (Pick up at your home) Must sign up by calling Mary, 803-451-7420</p> <p>1:30 Movie Matinee "Edward Scissorhands" (HG) Rated PG-13 Runs 1 hr 45 mins</p>	<p>2 Puzzles and Coloring Pages (BCR)</p> <p>College Football Gameday (BCR) Battle of the Carolinas</p> <p>3:00 Open Swim with Volunteer (POOL)</p>
<p>3</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p> <p>1:30 Worship Service (NLC)</p>	<p>4 Labor Day Holiday</p> <p>10:00 Good word of the Day, Coloring Pages and a Puzzle (BCR)</p>	<p>5</p> <p>8:45 Hamricks Shopping Trip (BB) Please let Mary know if you would like to attend</p> <p>1:00 Young's Hearing Aid Service (BEAUTY) Free hearing aid checks and cleanings</p> <p>2:00-3:00 Open Swim with Volunteer</p> <p>2:00 Sit and Knit (BCR)</p> <p>4:00 Pastor Kathleen's Bible Study (HG)</p>	<p>6</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>2:00 Bridge Club (PDR) Call Betty, 749-5402 for information</p>	<p>7</p> <p>8:00 ROMEO Breakfast (DR) Residents only sign up in Mailroom</p> <p>9:00-11:00 Richland County "Books to You" Program—Call Mary for information or to schedule a visit 803-451-7420</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p>	<p>8</p> <p>9:00 Publix Shopping (Pick up at your home) Must sign up by calling Mary, 803-451-7420</p> <p>2:30 Active Lifestyle Resident Meeting (HG)</p>	<p>9</p> <p>Puzzles and Coloring Pages (BCR)</p> <p>College Football Gameday (BCR) Game times vary</p> <p>3:00 Open Swim with Volunteer (POOL)</p>
<p>10</p> <p><i>Happy Grandparents Day</i></p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p> <p>1:30 Worship Service (NLC)</p>	<p>11 Patriot Day</p> <p>8:40 Prayer at the Pole and Moment of Silence (FLAG)</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>2:00 Mystery Ride (BB) Sign up in WC Mailroom</p>	<p>12</p> <p>10:00 Harbison Shopping (BB&CYPL) Call Mary, 803-451-7420</p> <p>12:30 Beware of Fraud (HG)</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Sit and Knit (BCR)</p> <p>4:00 Bible Study (HG) (PORCH)</p>	<p>13</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p>	<p>14</p> <p>8:00 JULIET Breakfast (DR) Residents only sign up in Mailroom</p> <p>9:30 Active Lifestyle Trip to Columbia Greek Festival (WC) Please sign up on clipboard in WC Mailroom</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p>	<p>15</p> <p>9:00 Food Lion Shopping (Pick up at your home) Must sign up by calling Mary, 803-451-7420</p> <p>3:00 BINGO for Prizes (HG)</p>	<p>16</p> <p>Puzzles and Coloring Pages (BCR)</p> <p>College Football Gameday (BCR) Game times vary</p> <p>3:00 Open Swim with Volunteer (POOL)</p>
<p>17</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p> <p>1:30 Worship Service (NLC)</p>	<p>18</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>5:00 Potluck Dinner with Hamburgers (HG) Please sign up and indicate side dish or dessert you will bring</p> <p>6:00 Game Night (FDR)</p>	<p>19</p> <p>9:00 Active Lifestyle Trip to NC Mountains for Lunch, Shopping and Apples (WC) Please sign up in WC Mailroom</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Sit and Knit (BCR)</p> <p>4:00 Bible Study (HG)</p>	<p>20</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p> <p>3:30 Dutch Fork Baptist "Hymn-spiration" (NLC)</p>	<p>21</p> <p>9:00 Active Lifestyle Trip to NC Mountains for Lunch, Shopping and Apples (WC) Please sign up in WC Mailroom</p> <p>9:00-11:20 Podiatry Appointments (CLASS) Note: Only new patients for Dr Q, or residents who were seen on 7/13/23 are eligible for Medicare approved appointments</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p>	<p>22 First Day of Fall</p> <p>9:30 WalMart Shopping (Pick up at your home) Call Mary, 803-451-7420</p> <p>3:00 Pleasures of Poetry (ACT)</p>	<p>23</p> <p>Puzzles and Coloring Pages (BCR)</p> <p>College Football Gameday (BCR) Game times vary</p> <p>3:00 Open Swim with Volunteer (POOL)</p>
<p>24</p> <p>11:00 First Baptist Columbia Live Service on WLTX 19 (BCR)</p> <p>1:30 Worship Service (NLC)</p>	<p>25 Therapy Education</p> <p>9:00 Tai Chi (AERO)</p> <p>9:30 Beginner Tai Chi (AERO)</p> <p>4:00 Therapy Education "Defying Gravity: What Is Your Balance Like" (HG)</p>	<p>26 Flu Shot Clinic</p> <p>9:00-1:00 Flu Shot Clinic (HG) Call Mariah for appointment</p> <p>2:00 Sit and Knit (BCR)</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>4:00 Bible Study (HG)</p>	<p>27 Wellness Wednesday</p> <p>9:30 BeWell Blood Pressure Checks (BCR)</p> <p>2:00 Bridge Club (BCR) Call Betty, 749-5402, for information</p> <p>4:00 Wellness Wednesday "Diabetes 101" (HG)</p>	<p>28</p> <p>2:00-3:00 Open Swim with Volunteer (POOL)</p> <p>2:00 Let's Play Poker (FDR)</p> <p>2:00 Mah Jongg Club (FDR)</p>	<p>29</p> <p>2:00 Penny Auction (HG)</p>	<p>30</p> <p>Puzzles and Coloring Pages (BCR)</p> <p>College Football Gameday (BCR) Game times vary</p> <p>3:00 Open Swim with Volunteer (POOL)</p>