

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Worship Service (NLC) 1	11:30am Handbell Choir (CLASS) 2 1:00pm Puzzles with Pastor (BCR) 1:30pm Monday Movie Matinee: Jingle all the Way (PG, 1 hr 30 minutes) (CLASS) 2:00pm Active Lifestyle Mystery Ride	9:00am Shopping trip to Hamricks! (Please call Danielle to attend 803-451-7420) 3 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) 3:30pm Advent Devotion: Good News, Great Joy (NLC)	9:30am BeWell Blood Pressure Checks (BCR) 4 12:00pm Board Game Hour (FDR) 1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm. 3:00pm Sock Snowmen Making (Cafe)	8:00am ROMEO Breakfast RESIDENTS ONLY (DR) 5 Sign up on Clipboard. 9:00am Podiatrist (Please call Jennifer Scahill at 727-589-7401 to schedule an appointment) 1:00pm Mah Jongg Club (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm Pub Trivia Week #1 (PUB) 5:45pm Outing to Saluda Shoals Christmas Lights	9:00am WalMart Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 6 2:30pm Handbell Choir Christmas Concert (HG)	3:00pm Open Swim with Volunteer (POOL) 7
10:00am Worship Service (NLC) 8	1:00pm Puzzles with Pastor (BCR) 9 1:30pm Monday Movie Matinee: Elf (PG, 1 hr 37 minutes) (CLASS) 2:00pm Wisdom of the Wild with Craig Brandt (HG) 5:00pm Potluck Dinner (HG) RESIDENTS ONLY Please Sign up on the Clipboard.	10:15am Outing to the SC Governor's Mansion and Lunch at the Peanut Man (Please Sign up on the Clipboard). 10 1:30pm Hand and Foot Card Game (FDR) 2:00pm Alzheimer's Association Caregiver Support Group (ACT) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 3:30pm Advent Devotion: Good News, Great Joy (NLC)	9:30am BeWell Blood Pressure Checks (BCR) 11 12:00pm Board Game Hour (FDR) 1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm. 3:00pm Christmas Cookie Decorating (Cafe)	8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard. 12 8:30am Walking Club (POND) 1:00pm Mah Jongg Club (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm Pub Trivia Week #2 (PUB)	9:00am Aldi Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 13 5:00pm Active Lifestyle Christmas Party (HG)	3:00pm Open Swim with Volunteer (POOL) 14
10:00am Worship Service (NLC) 15	1:00pm Puzzles with Pastor (BCR) 16 1:30pm Monday Movie Matinee: Home Alone (PG, 1 hr 43 minutes) (CLASS) 2:00pm Chapin Chirpers Christmas Concert (HG) 4:00pm Christmas Caroling with Gateway Baptist (HG)	8:30am Walking Club (POND) 17 1:30pm Hand and Foot Card Game (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 3:30pm Advent Devotion: Good News, Great Joy (NLC)	9:30am BeWell Blood Pressure Checks (BCR) 18 12:00pm Board Game Hour (FDR) 1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm. 2:30pm to 4:30pm Gingerbread House Building Contest (HG) 4:30pm to 6:00pm Jingle and Mingle Happy Hour (HG)	8:30am Walking Club (POND) 19 9:00am Podiatrist (Please call Jennifer Scahill at 727-589-7401 to schedule an appointment) 11:00am Relax and Breathe (Classroom) 1:00pm Mah Jongg Club (FDR) 1:00pm Line Dancing in the Exercise Room! 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm Pub Trivia Week #3 (PUB)	9:00am Foodlion Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 20 3:00pm Christmas Cookie Exchange (HG) 6:00pm Dawn Smith Jordan Student Recital (NLC)	3:00pm Open Swim with Volunteer (POOL) 21
10:00am Worship Service (NLC) 22	1:00pm Puzzles with Pastor (BCR) 23 1:30pm Monday Movie Matinee: Miracle on 34th Street (PG, 1 hr 45 minutes) (CLASS) 2:00pm Wisdom of the Wild with Craig Brandt (HG) 4:00pm White Elephant Gift Exchange and Ugly Christmas Sweater Contest (HG)	8:30am Walking Club (POND) 24 1:00pm Christmas Movie Matinee: White Christmas and Hot Cocoa Bar (HG) 1:30pm Hand and Foot Card Game (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 3:30pm Christmas Eve Service ELCA with Pastor Sue (NLC)	25 	8:30am Walking Club (POND) 26 1:00pm Mah Jongg Club (FDR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL)	9:00am Publix Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 27 2:00pm Penny Auction (HG)	3:00pm Open Swim with Volunteer (POOL) 28
10:00am Worship Service (NLC) 29	1:00pm Puzzles with Pastor (BCR) 30 1:30pm Monday Movie Matinee: Legally Blonde (PG-13, 1 hr 36 minutes) (CLASS) 6:00pm Game Night (FDR)	8:30am Walking Club (POND) 31 1:30pm Hand and Foot Card Game (FDR) 2:00pm Sit and Knit (BCR) 2:00pm to 3:00pm Open Swim with Volunteer (POOL) 4:00pm to 5:30pm New Years Eve Party! (HG) 3:30pm Advent Devotion: Good News, Great Joy (NLC)	<p>December 2024</p> <p>Active Lifestyle at the Heritage at Lowman</p> <p>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>			

(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