

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Active Lifestyle at the Heritage at Lowman

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!

3:00pm Open Swim with Volunteer (POOL) 1

10:00am Worship Service (NLC) 2
11:00am Handbell Choir Practice (CLASS) 3
1:30pm Monday Movie Matinee: Pirates of the Caribbean: The Curse of the Black Pearl (PG-13, 2 hr 25 minutes)
2:00pm Mystery Ride with Danielle
4:00pm Scattergories (FDR)

8:30am Walking Club (POND) 4
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)

9:30am BeWell Blood Pressure Checks (BCR) 5
12:00pm Board Game Hour (FDR)
1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.
2:30pm Alzheimer's Association Caregiver Support Group (ACT)
DANIELLE LEAVING EARLY

8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard.
8:30am Walking Club (POND)
10:00am Lunch Outing to Shealy's BBQ (Please Sign up on the Clipboard)
1:00pm Mah Jongg Club (FDR)
2:00pm to 3:00pm Open Swim with Volunteer (POOL)
4:00pm Pub Trivia Week #1 (PUB)

9:00am WalMart Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420
4:00pm 50's, 60's and 70's Music Performance by Nick Chambers (HG)
National Wear Red Day to spread awareness of heart disease!

3:00pm Open Swim with Volunteer (POOL) 8

10:00am Worship Service (NLC) 9
3:00pm Superbowl Tailgate Party (HG)

11:00am Handbell Choir Practice (CLASS) 10
1:30pm Monday Movie Matinee: No Reservations (PG, 1 hr 45 minutes)
2:00pm Wisdom of the Wild with Craig Brandt (HG)
5:00pm Potluck Dinner (HG) RESIDENTS ONLY Please Sign up on the Clipboard.

8:30am Walking Club (POND) 11
9:00am Shopping trip to Hamricks! (Please call Danielle to attend 803-451-7420)
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
12:00pm Board Game Hour (FDR)
1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.

8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard. 13
8:30am Walking Club (POND)
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)
2:00pm Galentine's Day (HG)
5:00pm Valentine's Dinner (Sign Up Closed) (HG)

10:00am Book Club (Activity Room) 14
2:30pm Active Lifestyle Association Meeting (HG)
DANIELLE OFF

3:00pm Open Swim with Volunteer (POOL) 15

10:00am Worship Service (NLC) 16

11:00am Handbell Choir Practice (CLASS) 17
1:30pm Monday Movie Matinee: "McLintock!" (NR, 2 hr, 7 minutes)
4:00pm Dakota Joe Band (HG)

8:30am Walking Club (POND) 18
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) 19
12:00pm Board Game Hour (FDR)
1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.

8:30am Walking Club (POND) 20
8:50am Outing to the Upcountry History Museum in Greenville, SC (\$13 Adults, \$12 Seniors-We will eat lunch in Greenville-Please sign up on the Clipboard.)
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 Foodlion Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420
2:00pm Penny Auction (HG)

3:00pm Open Swim with Volunteer (POOL) 22

10:00am Worship Service (NLC) 23
11:00am Handbell Choir Practice (CLASS) 24
1:30pm Monday Movie Matinee: 13 Going on 30 (PG-13, 1 hr 38 minutes)
2:00pm Wisdom of the Wild with Craig Brandt (HG)
6:00pm Game Night (FDR)

8:30am Walking Club (POND) 25
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) 26
12:00pm Board Game Hour (FDR)
1:00pm Bridge Club (FDR) Please sign up on the Clipboard before Tuesday at 5:00pm.

8:30am Walking Club (POND) 27
1:00pm Mah Jongg Club (FDR)
2:00pm to 3:00pm Open Swim with Volunteer (POOL)
4:00pm Pub Trivia Week #3 (PUB)

8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard.
8:30am Walking Club (POND)
10:00am Lunch Outing to Shealy's BBQ (Please Sign up on the Clipboard)
1:00pm Mah Jongg Club (FDR)
2:00pm to 3:00pm Open Swim with Volunteer (POOL)
4:00pm Pub Trivia Week #1 (PUB)

3:00pm Open Swim with Volunteer (POOL) 28

3:00pm Open Swim with Volunteer (POOL) 28

(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