

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# November 2024

## 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!

<p><b>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</b> 3</p> <p>10:00am Worship Service (NLC)</p>	<p>9:30am Coffee and Crochet Craft (Cafe) 4</p> <p>11:30am Handbell Choir (CLASS)</p> <p>1:00pm Puzzles with Pastor (BCR)</p> <p>1:30pm Monday Movie Matinee: Live a Little, Love a Little (PG, 1 hr 30 min)</p> <p>2:00pm Active Lifestyle Mystery Ride</p>	<p>9:00am BUS to Bethel Lutheran Church to VOTE Meet at WC 5</p> <p>1:00pm Young's Hearing Aid Service (BEAUTY)</p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 6</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>8:00am ROMEO Breakfast RESIDENTS ONLY (DR) Sign up on Clipboard. 9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment.</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #1 (PUB)</p> <p>6:00pm Smore's at the Firepit</p>	<p>9:00am Outing to Windy Hill Orchard and Cedar Mill (If you previously signed up for this outing in September, you have rst priority for this outing. If you cannot attend this date, please let me know.) 1</p> <p>3:00pm to 5:00pm Happy Hour (Bistro)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 2</p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p><b>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</b> 10</p> <p>10:00am Worship Service (NLC)</p>	<p>7:30am to 9:30am Veteran's Coffee and Donut Drop in at Bethel Lutheran Church. 11</p> <p>11:30am Handbell Choir (CLASS)</p> <p>1:00pm Puzzles with Pastor (BCR)</p> <p>1:30pm Monday Movie Matinee: Julie and Julia (PG-13, 2 hrs)</p> <p>2:00pm to 4:00pm Veteran's Day Happy Hour (HG)</p> <p>5:00pm Potluck Dinner (HG) RESIDENTS ONLY Please Sign up on the Clipboard.</p>	<p>9:00am Shopping Trip to Hamrick's (Please call Danielle at 803-451-7420) 12</p> <p>1:30pm Hand and Foot Card Game (FDR)</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm Alzheimer's Association Caregiver Support Group (ACT)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 13</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>8:00am JULIET Breakfast RESIDENTS ONLY (DR) Please sign up on Clipboard. 9:00am Outing to Carson's Antiques and Collectibles and lunch at Miller's Bread Basket (Please Sign up on the Clipboard) 14</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #2 (PUB)</p>	<p>9:00am Aldi Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 8</p> <p>2:30pm Active Lifestyle Association Meeting (HG)</p> <p>4:00pm to 5:00pm Happy Hour (Bistro)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 9</p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p><b>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</b> 17</p> <p>10:00am Worship Service (NLC)</p> <p>2:30pm Outing to Lake Murray Symphony Orchestra Performance at Harbison Theater at Midlands Tech. (13 seats available, please sign up on the Clipboard)</p>	<p>11:30am Handbell Choir (CLASS) 18</p> <p>1:00pm Puzzles with Pastor (BCR)</p> <p>1:30pm Monday Movie Matinee: Spanglish (PG-13, 2 hrs 15 minutes)</p> <p>4:00pm Scattergories (FDR)</p>	<p>1:30pm Hand and Foot Card Game (FDR) 19</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>3:00pm Scrapbooking Craft (Cafe)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 20</p> <p>10:00pm to 2:00pm Holiday Shop Open! (HG)</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>9:00am to 11:20am Podiatrist Appointments (ACT) Call Danielle to schedule your appointment. 21</p> <p>1:00pm Mah Jongg Club (FDR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p> <p>4:00pm Pub Trivia Week #3(PUB)</p>	<p>9:00am Walmart Shopping (Pick up at your home) Must sign up by calling Danielle, 803-451-7420 22</p> <p>2:00pm Bingo! (HG)</p> <p>3:00pm to 5:00pm Happy Hour (Bistro)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 23</p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</p>
<p><b>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR)</b> 24</p> <p>10:00am Worship Service (NLC)</p>	<p>11:30am Handbell Choir (CLASS) 25</p> <p>1:00pm Puzzles with Pastor (BCR)</p> <p>1:30pm Monday Movie Matinee: Raising Helen (PG-13, 2 hrs)</p> <p>6:00pm Game Night (FDR)</p>	<p>1:30pm Hand and Foot Card Game (FDR) 26</p> <p>2:00pm Sit and Knit (BCR)</p> <p>2:00pm to 3:00pm Open Swim with Volunteer (POOL)</p>	<p>9:30am BeWell Blood Pressure Checks (BCR) 27</p> <p>12:00pm Board Game Hour (FDR)</p> <p>1:00pm Bridge Club (FDR) Call Betty, 749-5402, for information</p>	<p>28</p> 	<p>29</p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm to 5:00pm Happy Hour (Bistro)</p>	<p>Independent Activities: Puzzles and Coloring Pages (Halti2) (BCR) 30</p> <p>Board Games and Coloring Pages are Available in the Activity Room in the WC</p> <p>3:00pm Open Swim with Volunteer (POOL)</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) Ho. er 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