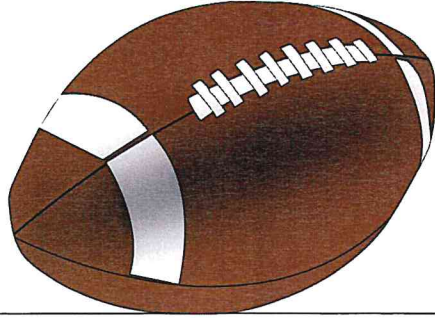




SEPTEMBER

2022 The Heritage at Lowman Woodside Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Music, Memories & Moments 10:30 Morning Devotions 2:00 Reading & Reminiscing 6:00 Evening News	2 10:00 Get Movin' & Exercise 11:00 Manicures & Nail Care 2:00 BINGO Evening News on TV	3 9:30 Morning News & Chats 10:30 Glam Squad Afternoon Movie & Snack
4 10:00 Hymns & Music 1:00 Worship Service	5  10:00 Monday Morning Stretch 2:30 Puzzles & More Evening News on TV	6 10:30 Hymn Sing & Bible Devotion w/ Chaplin Kathleen Miko 2:30 Activity By Staff Design Evening Chats w/Staff	7 10:30 Let's Get Movin' 1:30 Strolls & Chats 2:00 Crafting Made Easy Evening News on TV	8 9:30 Music, Memories & Moments 10:30 Morning Devotions 2:00 Activity Packet Delivery 6:00 Evening News	9 10:00 Get Movin' & Exercise 11:00 Manicures & Nail Care 2:00 BINGO Evening News on TV	10 9:30 Morning News & Chats 10:30 Glam Squad Afternoon Movie & Snack
11 10:00 Hymns & Music 1:00 Worship Service 	12 10:00 Monday Morning Stretch 1:30 Reading & Reminiscing 2:30 Ball Toss Evening News on TV	13 10:30 Cranium Crunches 2:30 Classic Family TV-Series Evening Chats w/Staff	14 10:30 Let's Get Movin' 1:00 Wednesday Devotional Reading 2:00 Games & Fun Evening News on TV	15 9:30 Music, Memories & Moments 10:30 Morning Devotions 1:30 Movie 6:00 Evening News 	16 10:00 Get Movin' & Exercise 11:00 Let's Talk About SC 2:00 BINGO Evening News on TV	17 9:30 Morning News & Chats 10:30 Glam Squad Afternoon Movie & Snack
18 10:00 Hymns & Music 1:00 Worship Service	19 10:00 Monday Morning Stretch 2:30 Word Game Made Easy w/ Snacks Evening News on TV	20 10:30 Hymn Sing & Bible Devotion w/ Chaplin Kathleen Miko 2:30 Classic TV Show Evening Chats w/Staff	21 10:30 Rise & Shine Exercise 1:30 Strolls & Chats 2:00 Balloon Toss Evening News on TV	22 AUTUMN 9:30 Music, Memories & Moments 10:30 Morning Devotions 2:00 Crafting 6:00 Evening News	23 10:00 Get Movin' & Exercise 11:00 Outside Time 2:00 BINGO Evening News on TV	24 9:30 Morning News & Chats 10:30 Glam Squad Afternoon Movie & Snack
25 10:00 Hymns & Music 1:00 Worship Service	26 10:00 Monday Morning Stretch 1:00 Pieces of the Puzzle 2:30 Monthly Birthday Social Evening News on TV 	27 10:00 Reading & Reminiscing 1:30 Crafts 2:30 Classic TV Time Evening Chats w/Staff	28 10:00 Rise & Shine Exercise 1:30 Ball Toss 2:00 Art in Action Evening News on TV	29 9:30 Music, Memories & Moments 10:30 Morning Devotions 2:00 Activity by Staff Design 6:00 Evening News	30 10:00 Get Movin' & Exercise 11:00 Manicures & Nail Care 2:00 BINGO Evening News on TV	