

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MAY 2026

We always strive to do our best!!! Dates, times and locations are subject to change. Independent supplies are available on the units. All activities will held in the Activity Complex Room unless otherwise specified. If you have any questions, please contact: Life Enrichment (803) 451-7447

						10:00 Bible Trivia ¹	10:30 Morning Mingle ²
10:30 Praise/Worship Music ³ 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:00 Try not to Laugh: Jokes with Dee ⁴ 10:15 Potpourri Hour with Judy 2:30 National Chocolate Chip Social	<u>Cinco De Mayo</u> ⁵ 10:00 Music Hour with Virginia 11:00 Chair Yoga with Catherine 2:00 Cinco De Mayo Mother's Day Social	<u>Nurse's Day</u> ⁶ 10:30 Resident Charades 11:30 Lunchtime Melodies with Carol 1:30 Glamour Nails and Manicure	10:00 Thankful Thursday ⁷ 10:15 What's In A Name??? 12:30 Truth or Lie 2:00 Sing Along with Lillian, Martha and Carol	10:00 Daily Morning News ⁸ 11:00 Chair Yoga with Catherine 2:00 Musical Ball and Questions		
<u>Mother's Day</u> ¹⁰ 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:00 Meditation Hour ¹¹ 10:15 True or False??? 1:30 Who Am I? 2:30 Walking Club	10:00 Music with Virginia ¹² 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	10:30 Moves & Grooves ¹³ 11:30 Lunchtime Melodies with Carol 2:30 Apple Pie A'la Mode	10:00 Juice and Daily News ¹⁴ 10:30 Head Bandz 2:00 Bethany BINGO With Kathy 2:45 Walking Club	10:00 Morning News & Coffee ¹⁵ 11:00 Chair Yoga with Catherine 2:30 Name that Tune		<u>Armed Forces Day</u> ¹⁶ 10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
10:30 Praise/Worship Music ¹⁷ 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:15 Potpourri Hour with Judy ¹⁸ 1:30 Blank Slate 2:30 Question Ball & Tunes	10:00 Music with Virginia ¹⁹ 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	10:30 Bible Trivia ²⁰ 11:30 Lunchtime Melodies with Carol 1:30 True or False 2:00 National Slushy Day	10:00 Morning Talks ²¹ 10:30 Family Feud 2:00 Bethany Bingo with Kathy	10:00 Daily Affirmations ²² 11:00 Chair Yoga with Catherine 2:30 Patio Tea Social		10:30 Morning Mingle ²³ 1:00 Family Visits And Independent Supplies
10:30 Praise/Worship Music ²⁴ 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	<u>MEMORIAL DAY</u> ²⁵ 10:15 Finish The Phrase 1:30 Bob Michalski the Saxophonist (LIVE) 2:30 Meditation Hour	10:00 Music with Virginia ²⁶ 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	10:30 Daily Morning News ²⁷ 11:30 Lunchtime Melodies with Carol 1:30 The Art Of Sand Sculpting with Jane and Jeff 2:00 May Birthday Party	10:00 Balloon Volleyball ²⁸ 10:30 Word Search Mania 2:00 Bethany BINGO with Kathy 3:15 Watermelon Social	10:00 Daily Affirmations ²⁹ 11:00 Chair Yoga with Catherine 2:30 Gardening Day		10:30 Morning Mingle ³⁰ 1:00 Family Visits And Independent Supplies
10:30 Praise/Worship Music ³¹ 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations							

LAKESIDE ASSISTED LIVING @ the Heritage at Lowman

Scroll to page 2 for June.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>June</h1>	10:15 Potpourri Hour with Judy 1:30 What's In A Name 2:30 Moves & Grooves	10:00 Music with Virginia 11:00 Blank Slate 1:30 Glamour Nails and Manicures	10:30 Resident Charades 11:30 Lunchtime Melodies with Carol 2:00 Happy Hour Appetizers	10:00 Juice & Daily News 10:30 Head Bandz 2:30 Bethany BINGO With Kathy 3:30 Walking Club	10:00 Bible Trivia 10:30 Chair Yoga with Catherine 2:00 Card Game Hour	10:30 Morning Mingle 1:00 Family Visits And Independent Supplies	
	10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:15 Who Am I? 1:30 Baking Cookies With Dee 2:00 Sing Along with Lillian, Martha & Carol	10:00 Music with Virginia 11:00 Shh... Taboo 1:30 Glamour Nails and Manicures	10:30 Moves & Grooves 11:30 Lunchtime Melodies w/ Carol 2:00 Nature Connection	10:00 Morning News 1:00 Guitarist Chuck Ghee (LIVE) 2:30 Bethany BINGO With Kathy 3:30 Bethany Karaoke	10:00 Morning News & Coffee 10:30 Chair Yoga with Catherine 2:30 Classic Movie Hour	10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
	Flag Day 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:00 Try not to Laugh: Jokes with Dee 10:15 Potpourri Hour with Judy 2:00 Bucket Toss	10:00 Music with Virginia 11:00 Family Feud 1:30 Glamour Nails and Manicures	10:30 Bible Trivia 11:30 Lunchtime Melodies w/ Carol 1:30 Bean Bag Toss 2:00 Jeopardy	10:00 Daily Affirmations 11:00 Question Ball 2:00 Bethany BINGO With Kathy 3:00 Watermelon Social	Juneteenth 10:00 Music Sensations 10:30 Chair Yoga 2:00 Father's Day Appreciation 3:00 Walk and Reminisce	10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
	1st Day Of Summer Father's Day 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:00 Meditation Hour 10:15 Think Jar 1:30 Do You Remember This 2:30 Walking Club	10:00 Music with Virginia 11:00 Scrabble 1:30 Glamour Nails and Manicures	10:30 Daily Morning News 11:30 Lunchtime Melodies w/ Carol 1:30 Monopoly	10:00 Daily Affirmations 11:00 How Well Do You Know America? 2:00 Bethany BINGO With Kathy 3:00 Gardening Day	10:00 Daily Affirmations 11:00 Chair Yoga with Catherine 2:30 Silly Sports	10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
	10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	10:15 Finish The Phrase 1:30 Bob Michalski the Saxophonist (LIVE) 2:30 Meditation Hour	10:00 Music with Virginia 11:00 Would You Rather??? 2:00 June Birthday Celebration	<h2>June 2026</h2> <p>We always strive to do our best!!! Dates, times and locations are subject to change. Independent supplies are available on the units. All activities will held in the Activity Complex Room unless otherwise specified. If you have any questions, please contact: Life Enrichment (803) 451-7447</p>			

LAKESIDE ASSISTED LIVING @ THE HERITAGE AT LOWMAN