

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Lakeside Assisted Living @ the Heritage at Lowman

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>10:30 PRAISE /WORSHIP MUSIC</p> <p>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</p> <p>3:00 INDEPENDENT SUPPLIES &amp; FAMILY VISITATIONS</p>	<p><u>GROUNDHOG DAY</u></p> <p>10:00 DAILY MORNING NEWS</p> <p>10:30 BETHANY CHARADES</p> <p>1:30 POPCORN &amp; A MOVIE: "GROUNDHOG DAY"</p>	<p>10:30 BLACK HISTORY JEOPARDY</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>1:30 GLAMOUR NAILS AND MANICURES</p>	<p>10:30 BLANK SLATE WORD GAME</p> <p>11:30 LUNCHTIME MELODIES WITH CAROL</p> <p>2:30 SMELL THIS, TASTE THAT: CHERRY PIE</p>	<p>10:30 DAILY MORNING NEWS</p> <p>1:30 CARD GAMES</p> <p>2:30 BETHANY BINGO WITH KATHY</p>	<p><u>WINTER OLYMPICS BEGINS</u></p> <p>10:00 DAILY MORNING NEWS</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>2:00 "SOUP"ER BOWL SOCIAL</p>	<p>10:30 MORNING MINGLE</p> <p>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</p>
<p><u>SUPER BOWL LX</u></p> <p>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</p> <p>3:00 INDEPENDENT SUPPLIES &amp; FAMILY VISITATIONS</p>	<p>10:00 DAILY MORNING NEWS</p> <p>10:30 FINISH THE QUOTE</p> <p>1:30 SING ALONG WITH LILLIAN, MARTHA AND CAROL</p>	<p>10:00 MUSIC WITH VIRGINIA</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>12:30 SEVEN OAKS ELEMENTARY STORYTIME</p> <p>2:00 GLAMOUR NAILS AND MANICURES</p>	<p>10:30 CARD GAMES</p> <p>11:30 LUNCHTIME MELODIES WITH CAROL</p> <p>1:30 PHOTO SAFARI WITH MARTY</p>	<p>10:30 STAIN GLASS PAINTING</p> <p>1:00 DOWN MEMORY LANE WITH CHUCK GHEE</p> <p>2:30 BETHANY BINGO WITH KATHY</p>	<p><u>FRIDAY THE 13TH</u></p> <p>10:00 DAILY MORNING NEWS</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>2:00 VALENTINE'S SOCIAL</p>	<p><u>VALENTINE'S DAY</u></p> <p>10:30 MORNING MINGLE</p> <p>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</p>
<p>10:30 PRAISE /WORSHIP MUSIC</p> <p>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</p> <p>3:00 INDEPENDENT SUPPLIES &amp; FAMILY VISITATIONS</p>	<p><u>PRESIDENT'S DAY</u></p> <p>10:00 COFFEE BREAK &amp; NEWS</p> <p>10:30 GUESS WHO?: PRESIDENTIAL EDITION</p> <p>2:30 RESIDENT'S COUNCIL</p>	<p><u>FAT TUESDAY</u></p> <p>10:00 MUSIC HOUR WITH VIRGINIA</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>1:30 GLAMOUR NAILS AND MANICURES</p>	<p><u>ASH WEDNESDAY</u></p> <p>10:30 HYMNAL SINGALONG</p> <p>11:30 LUNCHTIME MELODIES WITH CAROL</p> <p>2:00 ASH WEDNESDAY SERVICES</p>	<p>10:00 COFFEE BREAK</p> <p>10:30 FAMILY FEUD</p> <p>2:30 BETHANY BINGO WITH KATHY</p>	<p>10:00 DAILY MORNING NEWS</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>2:30 "LOVE IS IN THE AIR" PAINT &amp; SIP</p>	<p>10:30 MORNING MINGLE</p> <p>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</p>
<p>10:30 PRAISE /WORSHIP MUSIC</p> <p>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</p> <p>3:00 INDEPENDENT SUPPLIES &amp; FAMILY VISITATIONS</p>	<p>10:00 DAILY MORNING NEWS</p> <p>10:30 TRUE OR FALSE</p> <p>1:00 BOB MICHALSKI THE SAXOPHONIST (LIVE)</p>	<p>10:00 MUSIC WITH VIRGINIA</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>1:30 GLAMOUR NAILS AND MANICURES</p>	<p>10:30 COFFEE &amp; STORIES</p> <p>11:30 LUNCHTIME MELODIES WITH CAROL</p> <p>1:30 PHOTO SAFARI WITH MARTY</p>	<p>10:00 MORNING VISITS</p> <p>10:30 FLORAL ARRANGEMENTS</p> <p>2:30 BETHANY BINGO WITH KATHY</p>	<p>10:00 DAILY MORNING NEWS</p> <p>11:00 CHAIR YOGA WITH CATHERINE</p> <p>2:00 BETHANY MONTHLY BIRTHDAY PARTY</p>	<p>10:30 MORNING MINGLE</p> <p>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FIRST DAY OF WOMENS HISTORY MONTH</b> 1 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	2 10:00 Daily Morning News 10:30 Name that Tune 1:30 Boiled Peanut Social 2:00 Walking Club	3 10:00 Music with Virginia 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	4 10:00 Daily Morning News 10:30 Potpourri Hour with Dee 2:30 Smell This Taste That: Oreo Edition	5 10:00 Daily Morning News 1:30 Walking Club With Cheese Doodles 2:30 Bethany Bingo with Kathy	<b>EMPLOYEE APPRECIATION DAY</b> 6 10:00 Daily Moring News 11:00 Chair Yoga with Catherine 2:00 Musical Ball and Questions	7 10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
<b>DAYLIGHT SAVING TIME BEGINS</b> 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	9 10:00 Daily Morning News 10:30 Finish the Quote 1:30 Sing Along with Lillian, Martha and Carol 2:30 Walking Club	10 10:00 Music with Virginia 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	11 10:30 Baked Muffins 11:30 Lunchtime Melodies with Carol 1:30 Photo Safari with Marty 2:30 Walking Club	12 10:30 Coffee & Donuts 1:00 Down Memory Lane with Chuck Gee 2:30 Bethany Bingo with Kathy	13 10:00 "Shamrocks Across America" Project 11:00 Chair Yoga with Catherine 2:00 Paint and Sip Hour	14 10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
15 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	16 10:00 Juice and Daily News 10:30 WHO I AM? 2:00 Women's History BINGO 2:45 Walking Club	<b>ST. PATRICKS DAY</b> 17 10:00 Music Hour with Virginia 11:00 Chair Yoga with Catherine 1:30 St Patrick Day Social	18 10:30 Morning Visits 11:30 Lunchtime Melodies with Carol 1:30 Glamour Nails and Manicures 2:45 Walking Club	19 10:00 Balloon Volleyball 10:30 Word Search Mania 2:30 Bethany BINGO with Kathy	<b>1ST DAY OF SPRING</b> 20 10:00 Daily Affirmations 11:00 Chair Yoga with Catherine 2:30 Patio Tea Social	21 10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
22 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	23 10:00 Daily Morning News 10:30 True or False 1:00 Bob Michalski the Saxophonist 2:45 Walking Club	24 10:00 Music with Virginia 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	25 10:30 Coffee & Stories 11:30 Lunchtime Melodies with Carol 1:30 Photo Safari with Marty 2:45 Walking Club	<b>NATIONAL SPINACH DAY</b> 26 10:00 Morning Talks 10:30 Spinach Dip and Chips 2:30 Bethany Bingo with Kathy	27 10:00 Morning News & Coffee 11:00 Chair Yoga with Catherine 2:00 Bethany Birthday Monthly Party	28 10:30 Morning Mingle 1:00 Family Visits And Independent Supplies
<b>PALM SUNDAY</b> 29 10:30 Praise/Worship Music 2:00 Worship Service with Reverend Richard 3:00 Independent Supplies & Family Visitations	30 10:00 Creative Crafts 11:00 Movie and Lunch 1:30 This or That 2:45 Walking Club	31 10:00 Daily Chronicles & Coffee Cake 11:00 Chair Yoga with Catherine 1:30 Glamour Nails and Manicures	<h1>MARCH 2026</h1> <h2>Lakeside @ the Heritage at Lowman</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>			