

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|---|--|--|---|---|
| <b><u>LAKE SIDE</u></b><br><b><u>ASSISTED</u></b><br><b><u>LIVING:</u></b><br><b>THE HERITAGE AT</b><br><b>LOWMAN</b>                    | <b><u>LABOR DAY</u></b> 1<br>9:30 Good Morning News<br>10:30 Musical Singalong w/ Audrey & Mary Lou<br>2:30 Courtyard Strolls  | 2<br>9:30 Morning Visits<br>11:00 Chair Yoga with Catherine<br>1:30 Glamour Nails & Manicures   | 3<br>9:30 Good Morning News<br>10:30 Morning Stretch & Music<br>1:30 Horse Racing  | <b><u>NFL KICKOFF DAY</u></b> 4<br>9:30 Good Morning Visits<br>11:00 Daily Chronicles<br>1:30 NFL Kickoff Celebration                                  | 5<br>9:30 Good Morning News<br>11:00 Chair Yoga with Catherine<br>1:30 Bethany Bingo  | 6<br>10:30 Morning Mingle<br>1:00 Family Visits and Independent Supplies  |
| <b><u>GRANDPARENTS DAY</u></b> 7<br>National Assistant Living Week (7-13)<br>10:00 Praise & Worship Music<br>2:00 Sunday Worship Service | <b><u>ON THE ROAD AGAIN...</u></b> 8<br>10:30 Morning Music Hour<br>11:30-1:30 Car Show & BBQ (WC Parking Lot)<br>1:30 Name That Tune with Lillian and Martha (Live) | <b><u>AGELESS IMAGINATION</u></b> 9<br>9:30 Monring Visits<br>11:00 Chair Yoga with Catherine<br>1:30 Balloon Wishes (WC)<br>2:00 UP, UP & Wish Balloon Release | <b><u>WELLNESS WEDNESDAY</u></b> 10<br>9:30 Good Morning News<br>10:30 Dance Music Classics<br>2:00 Handy Works Pottery  | <b><u>TIME TRAVELERS DAY</u></b> 11<br>9:30 Good Morning Visits<br>10:30 Daily Chronicles<br>2:00 Blast from the Past Party (HG)<br>2:30 Bethany Bingo | <b><u>PASSPORT TO ADVENTURE</u></b> 12<br>9:30 Good Morning News<br>10:30 Brunch in Paris (HG)<br>11:00 Chair Yoga with Catherine<br>2:30 Popcorn Tasting | 13<br>10:30 Morning Mingle<br>1:00 Family Visits and Independent Supplies |
| 14<br>10:00 Praise & Worship Music<br>2:00 Sunday Worship Service<br>3:00 Family Visits / Independent Supplies                           | 15<br>9:30 Good Morning News<br>10:30 Musical Singalong w/ Audrey & Mary Lou<br>2:30 Card Game Hour  | 16<br>9:30 Morning Visits<br>11:00 Chair Yoga with Catherine<br>1:30 Glamour Nails & Manicures  | 17<br>9:30 Good Morning News<br>10:30 Daily Chronicles<br>1:30 “Talk Like a Pirate” Day  | <b><u>US Air Force Birthday</u></b> 18<br>9:30 Morning Visits<br>11:00 Mind Alert Trivia<br>2:30 Bethany Bingo   | 19<br>9:30 Morning News<br>11:00 Chair Yoga with Catherine<br>2:30 Chat and Chew: Fresh Fruit   | 20<br>10:30 Morning Mingle<br>1:00 Family Visits and Independent Supplies |
| 21<br>10:00 Praise & Worship Music<br>2:00 Sunday Worship Service<br>3:00 Family Visits / Independent Supplies                           | <b><u>AUTUMN BEGINS</u></b> 22<br>9:30 Good Morning News<br>10:30 Monopoly<br>1:00 Bob Michalski the Saxophonist (Live)  | 23<br>9:30 Morning Visits<br>11:00 Chair Yoga with Catherine<br>1:30 Glamour Nails & Manicures  | 24<br>9:30 Good Morning News<br>10:30 What’s In A Name<br>2:30 Creative Hour: Fall Wreaths   | 25<br>9:30 Morning Visits<br>11:00 The Price Is Right<br>2:30 Bethany Bingo  | 26<br>9:30 Morning News<br>11:00 Chair Yoga with Catherine<br>2:00 September Monthly Birthday Party   | 27<br>10:30 Morning Mingle<br>1:00 Family Visits and Independent Supplies |
| 28<br>10:00 Praise & Worship Music<br>2:00 Sunday Worship Service<br>3:00 Family Visits / Independent Supplies                           | 29<br>9:30 Good Morning News<br>10:30 Floor Hockey<br>1:30 Chocolate Milkshakes  | 30<br>9:30 Morning Visits<br>11:00 Chair Yoga with Catherine<br>1:30 Glamour Nails & Manicures  | <div>SEPTMBER 2025</div> <div><i>We always strive to do our best!!!! Dates, times and locations are subject to change.</i></div> <div><i>Independent Supplies are available on the units.</i></div> <div><i>All activities will be held in the Activity Complex Room unless otherwise specified.</i></div> <div><i>Contact: Life Enrichment (803) 451-7447</i></div> |  |   |   |