

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

10:30 PRAISE/WORSHIP MUSIC 2:00 WORSHIP SERVICE W/ REVEREND RICHARD 3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS	1 GROUNDHOG DAY 10:00 DAILY MORNING NEWS 10:30 BETHANY CHARADES 1:30 POPCORN & A MOVIE: "GROUNDHOG DAY"	2 10:30 BLACK HISTORY JEOPARDY 11:00 CHAIR YOGA WITH CATHERINE 1:30 GLAMOUR NAILS AND MANICURES	3 10:30 BLANK SLATE WORD GAME 11:30 LUNCHTIME MELODIES WITH CAROL 2:30 SMELL THIS, TASTE THAT: CHERRY PIE	4 10:30 DAILY MORNING NEWS 1:30 CARD GAMES 2:30 BETHANY BINGO WITH KATHY	5 WINTER OLYMPICS BEGINS 10:00 DAILY MORNING NEWS 11:00 CHAIR YOGA WITH CATHERINE 2:00 "SOUP"ER BOWL SOCIAL	6 10:30 MORNING MINGLE 1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES	7
SUPER BOWL LX 2:00 WORSHIP SERVICE W/ REVEREND RICHARD 3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS	8 10:00 DAILY MORNING NEWS 10:30 FINISH THE QUOTE 1:30 SING ALONG WITH LILLIAN, MARTHA AND CAROL	9 10:00 MUSIC WITH VIRGINIA 11:00 CHAIR YOGA WITH CATHERINE 12:30 SEVEN OAKS ELEMENTARY STORYTIME 2:00 GLAMOUR NAILS AND MANICURES	10 10:30 CARD GAMES 11:30 LUNCHTIME MELODIES WITH CAROL 1:30 PHOTO SAFARI WITH MARTY	11 10:30 STAIN GLASS PAINTING 1:00 DOWN MEMORY LANE WITH CHUCK GHEE 2:30 BETHANY BINGO WITH KATHY	12 FRIDAY THE 13TH 10:00 DAILY MORNING NEWS 11:00 CHAIR YOGA WITH CATHERINE 2:00 VALENTINE'S SOCIAL	13 VALENTINE'S DAY 10:30 MORNING MINGLE 1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES	14
10:30 PRAISE/WORSHIP MUSIC 2:00 WORSHIP SERVICE W/ REVEREND RICHARD 3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS	15 PRESIDENT'S DAY 10:00 COFFEE BREAK & NEWS 10:30 GUESS WHO?: PRESIDENTIAL EDITION 2:30 RESIDENT'S COUNCIL	16 FAT TUESDAY 10:00 MUSIC HOUR WITH VIRGINIA 11:00 CHAIR YOGA WITH CATHERINE 1:30 GLAMOUR NAILS AND MANICURES	17 ASH WEDNESDAY 10:30 HYMNAL SINGALONG 11:30 LUNCHTIME MELODIES WITH CAROL 2:00 ASH WEDNESDAY SERVICES	18 10:00 COFFEE BREAK 10:30 FAMILY FEUD 2:30 BETHANY BINGO WITH KATHY	19 10:00 DAILY MORNING NEWS 11:00 CHAIR YOGA WITH CATHERINE 2:30 "LOVE IS IN THE AIR" PAINT & SIP	20 10:30 MORNING MINGLE 1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES	21
10:30 PRAISE/WORSHIP MUSIC 2:00 WORSHIP SERVICE W/ REVEREND RICHARD 3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS	22 10:00 DAILY MORNING NEWS 10:30 TRUE OR FALSE 1:00 BOB MICHALSKI THE SAXOPHONIST (LIVE)	23 10:00 MUSIC WITH VIRGINIA 11:00 CHAIR YOGA WITH CATHERINE 1:30 GLAMOUR NAILS AND MANICURES	24 10:30 COFFEE & STORIES 11:30 LUNCHTIME MELODIES WITH CAROL 1:30 PHOTO SAFARI WITH MARTY	25 10:00 MORNING VISITS 10:30 FLORAL ARRANGEMENTS 2:30 BETHANY BINGO WITH KATHY	26 10:00 DAILY MORNING NEWS 11:00 CHAIR YOGA WITH CATHERINE 2:00 BETHANY MONTHLY BIRTHDAY PARTY	27 10:30 MORNING MINGLE 1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES	28