

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February 2026</div> <div>Lakeside Assisted Living @ the Heritage at Lowman</div> <div>We always strive to do our best!!! Dates, times and locations are subject to change. Independent supplies are available on the units.</div> <div>All activities will held in the Activity Complex Room unless otherwise specified. If you have any questions, please contact: Life Enrichment (803) 451-7447</div>						
<div>10:30 PRAISE /WORSHIP MUSIC</div> <div>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</div> <div>3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS</div> <div>1</div>	<div><u>GROUNDHOG DAY</u> 2</div> <div>10:00 DAILY MORNING NEWS</div> <div>10:30 BETHANY CHARADES</div> <div>1:30 POPCORN & A MOVIE: "GROUNDHOG DAY"</div>	<div>10:30 BLACK HISTORY JEOPARDY</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>1:30 GLAMOUR NAILS AND MANICURES</div> <div>3</div>	<div>10:30 BLANK SLATE WORD GAME</div> <div>11:30 LUNCHTIME MELODIES WITH CAROL</div> <div>2:30 SMELL THIS, TASTE THAT: CHERRY PIE</div> <div>4</div>	<div>10:30 DAILY MORNING NEWS</div> <div>1:30 CARD GAMES</div> <div>2:30 BETHANY BINGO WITH KATHY</div> <div>5</div>	<div><u>WINTER OLYMPICS BEGINS</u> 6</div> <div>10:00 DAILY MORNING NEWS</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>2:00 "SOUP"ER BOWL SOCIAL</div>	<div>10:30 MORNING MINGLE</div> <div>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</div> <div>7</div>
<div><u>SUPER BOWL LX</u> 8</div> <div>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</div> <div>3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS</div>	<div>10:00 DAILY MORNING NEWS</div> <div>10:30 FINISH THE QUOTE</div> <div>1:30 SING ALONG WITH LILLIAN, MARTHA AND CAROL</div> <div>9</div>	<div>10:00 MUSIC WITH VIRGINIA</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>12:30 SEVEN OAKS ELEMENTARY STORYTIME</div> <div>2:00 GLAMOUR NAILS AND MANICURES</div> <div>10</div>	<div>10:30 CARD GAMES</div> <div>11:30 LUNCHTIME MELODIES WITH CAROL</div> <div>1:30 PHOTO SAFARI WITH MARTY</div> <div>11</div>	<div>10:30 STAIN GLASS PAINTING</div> <div>1:00 DOWN MEMORY LANE WITH CHUCK GHEE</div> <div>2:30 BETHANY BINGO WITH KATHY</div> <div>12</div>	<div><u>FRIDAY THE 13TH</u> 13</div> <div>10:00 DAILY MORNING NEWS</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>2:00 VALENTINE'S SOCIAL</div>	<div><u>VALENTINE'S DAY</u> 14</div> <div>10:30 MORNING MINGLE</div> <div>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</div>
<div>10:30 PRAISE /WORSHIP MUSIC</div> <div>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</div> <div>3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS</div> <div>15</div>	<div><u>PRESIDENT'S DAY</u> 16</div> <div>10:00 COFFEE BREAK & NEWS</div> <div>10:30 GUESS WHO?: PRESIDENTIAL EDITION</div> <div>2:30 RESIDENT'S COUNCIL</div>	<div><u>FAT TUESDAY</u> 17</div> <div>10:00 MUSIC HOUR WITH VIRGINIA</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>1:30 GLAMOUR NAILS AND MANICURES</div>	<div><u>ASH WEDNESDAY</u> 18</div> <div>10:30 HYMNAL SINGALONG</div> <div>11:30 LUNCHTIME MELODIES WITH CAROL</div> <div>2:00 ASH WEDNESDAY SERVICES</div>	<div>10:00 COFFEE BREAK</div> <div>10:30 FAMILY FEUD</div> <div>2:30 BETHANY BINGO WITH KATHY</div> <div>19</div>	<div>10:00 DAILY MORNING NEWS</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>2:30 "LOVE IS IN THE AIR" PAINT & SIP</div> <div>20</div>	<div>10:30 MORNING MINGLE</div> <div>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</div> <div>21</div>
<div>10:30 PRAISE /WORSHIP MUSIC</div> <div>2:00 WORSHIP SERVICE W/ REVEREND RICHARD</div> <div>3:00 INDEPENDENT SUPPLIES & FAMILY VISITATIONS</div> <div>22</div>	<div>10:00 DAILY MORNING NEWS</div> <div>10:30 TRUE OR FALSE</div> <div>1:00 BOB MICHALSKI THE SAXOPHONIST (LIVE)</div> <div>23</div>	<div>10:00 MUSIC WITH VIRGINIA</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>1:30 GLAMOUR NAILS AND MANICURES</div> <div>24</div>	<div>10:30 COFFEE & STORIES</div> <div>11:30 LUNCHTIME MELODIES WITH CAROL</div> <div>1:30 PHOTO SAFARI WITH MARTY</div> <div>25</div>	<div>10:00 MORNING VISITS</div> <div>10:30 FLORAL ARRANGEMENTS</div> <div>2:30 BETHANY BINGO WITH KATHY</div> <div>26</div>	<div>10:00 DAILY MORNING NEWS</div> <div>11:00 CHAIR YOGA WITH CATHERINE</div> <div>2:00 BETHANY MONTHLY BIRTHDAY PARTY</div> <div>27</div>	<div>10:30 MORNING MINGLE</div> <div>1:00 FAMILY VISITS AND INDEPENDENT SUPPLIES</div> <div>28</div>