

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SKILLED NURSING: THE HERITAGE AT LOWMAN	LABOR DAY 1 10:15 Morning Vibes Tunes 10:30 Story Time w/ Mr. Vander Voort 2:30 Horseracing Game	10:15 Morning Vibes & Tunes 2 10:30 Moves &Grooves with Ernie 2:30 Hot Tea and Biscuits Social	10:15 Morning Vibes and Tunes 3 10:30 Tai Chi with Kevin 2:30 Movie Matinee Hour	NFL KICKOFF BEGINS 4 10:15 Morning Vibes & Tunes 10:30 Word Games 2:30 NFL Kickoff Celebration	10-12 Glamour Nails & Manicures 5 10:30 Moves & Grooves with Ernie 2:30 Lowman Bingo	10:30 Resident's Choice & Independent Supplies 6 2:00 You Be the Judge
	7 11:15 Sunday Worship Service 1:00 Family Visits & Independent Supplies	10:15 Morning Vibes & Tunes 8 10:30 Story Time with Mr. Vander Voort 2:30 Smell This, Taste That: Popcorn	10:15 Morning Vibes & Tunes 9 10:30 Moves & Grooves with Ernie 2:30 Karaoke Hour w/ Tony Washington	10:15 Morning Vibes and Tunes 10 10:30 Tai Chi with Kevin 2:30 Handy Works Pottery	9:00 Virtual Reality Presentation w/ C.A.T.S 11 10:30 Morning Coffee & Donuts 2:30 Musical Hour with Chuck Ghee (Live)	10-12 Glamour Nails & Manicures 12 10:30 Moves & Grooves with Ernie 2:30 Lowman Bingo
	14 11:15 Sunday Worship Service 1:00 Family Visits & Independent Supplies	10:15 Morning Vibes Tunes 15 10:30 Story Time with Mr. Vander Voort 2:30 Kitchen Club: Pepperoni Pizza	10:15 Morning Vibes & Tunes 16 10:30 Moves & Grooves with Ernie 2:30 Resident's Council	10:15 Morning Vibes and Tunes 17 10:30 Tai Chi with Kevin 3:00 Talk Like A Pirate Day	US AIR FORCE BIRTHDAY 8 10:15 Morning Vibes & Tunes 10:30 Badminton 2:30 Name That Tune w/ Jim Koltuniak (Live)	10-12 Glamour Nails & Manicures 19 10:30 Moves & Grooves with Ernie 2:30 Lowman Bingo
	21 11:15 Sunday Worship Service 1:00 Family Visits & Independent Supplies 3:00 White Rock Bingo	AUTUMN BEGINS 22 10:15 Morning Vibes & Tunes 10:30 Story Time with Mr.Vander Voort 2:30 Bob Michalski the Saxophonist (Live)	10:15 Morning Vibes & Tunes 23 10:30 Moves & Grooves with Ernie 2:30 Lowman Auction It!!!	24 10:15 Morning Vibes and Tunes 10:30 Tai Chi with Kevin 2:30 Creative Hands: Fall Wreaths	OUTING: 25 C.A.T.S. CENTER @ 9am 10:15 Morning Vibes & Tunes 10:30 Coffee Break Hour 2:30 W.I.N.G.S Bingo	10-12 Glamour Nails & Manicures 26 10:30 Moves & Grooves with Ernie 2:30 Lowman Monthly Birthday Party
	28 11:15 Sunday Worship Service 1:00 Family Visits & Independent Supplies	10:15 Morning Vibes & Tunes 29 10:30 Story Time with Mr. Vander Voort 3:00 Chocolate Milkshakes	10:15 Morning Vibes & Tunes 30 10:30 Moves & Grooves with Ernie 2:30 Game Hour: Jeopardy	SEPTEMBER 2025 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 be held in the Activity Complex Room unless otherwise specified. Contact: Life Enrichment (803) 451-7447		