

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:30 Praise and Worship Music</b> <b>11:15 Worship Service with Reverend Richard</b> <b>2:00 Independent Supplies &amp; Family Visits</b> <b>1</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 WHO AM I?</b> <b>2:30 Jigsaw Puzzle Challenge</b> <b>2</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 "Shamrocks Across America" National Project</b> <b>2:30 Monopoly Game</b> <b>3</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Blank Slate</b> <b>2:00 Popcorn &amp; a Movie</b> <b>4</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 How Well Do You Know America???</b> <b>2:30 Mixology Class with Rayven</b> <b>5</b>	<u>Oreo Cookie Day</u> <b>10:00 Morning Vibes and Music</b> <b>10-12 Glamour Nails and Manicures</b> <b>2:30 Women's History Bingo</b> <b>6</b>	<b>10:00 Independent Supplies and Family Visits</b> <b>2:00 Card/Board Game Fun</b> <b>7</b>
<u>DAYLIGHT SAVING TIME BEGINS</u> <b>10:30 Praise and Worship Music</b> <b>11:15 Worship Service with Reverend Richard</b> <b>2:00 Independent Supplies &amp; Family Visits</b> <b>8</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Sit &amp; Stretch Mediation Hour</b> <b>2:30 Hangman Lowman Edition</b> <b>9</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Flower Trivia</b> <b>2:00 Karaoke Hour with Tony Washington</b> <b>10</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Balloon Volleyball</b> <b>2:30 Men's Social Hour</b> <b>11</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 SHHHH.....Taboo!</b> <b>2:30 Musical Tunes w/ Guitarist Chuck Ghee</b> <b>12</b>	<b>10:00 Morning Vibes and Music</b> <b>10-12 Glamour Nails and Manicures</b> <b>2:30 Lowman Bingo</b> <b>13</b>	<b>10:00 Independent Supplies and Family Visits</b> <b>2:00 Lowman Potpourri Hour</b> <b>14</b>
<b>10:30 Praise and Worship Music</b> <b>11:15 Worship Service with Reverend Richard</b> <b>2:00 Independent Supplies &amp; Family Visits</b> <b>15</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Peanut Butter &amp; Jelly Sandwiches</b> <b>2:30 Guess Who???</b> <b>Bible Trivia</b> <b>16</b>	<u>St. Patrick's Day</u> <b>10:00 Morning Vibes and Music</b> <b>10:30 Get to Know Your Neighbor</b> <b>2:30 St. Patty's Day Social</b> <b>17</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Muffins &amp; Coffee</b> <b>2:30 Spring Pot Painting</b> <b>18</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Aqua Painting</b> <b>2:30 "Spring into Spring" Tea &amp; Karaoke</b> <b>19</b>	<u>1ST DAY OF SPRING</u> <b>10:00 Morning Vibes and Music</b> <b>10-12 Glamour Nails and Manicures</b> <b>2:30 Lowman Bingo</b> <b>20</b>	<b>10:00 Independent Supplies and Family Visits</b> <b>2:00 Old School Comedy TV Show Hour</b> <b>21</b>
<b>10:30 Praise and Worship Music</b> <b>11:15 Worship Service with Reverend Richard</b> <b>3:00 White Rock Bingo</b> <b>22</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Ring Toss</b> <b>2:30 Smell This, Taste That: Potato Chip Edition</b> <b>23</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Family Feud</b> <b>2:30 Resident's Council</b> <b>24</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Pipe Cleaner Flowers</b> <b>2:30 Lowman Ice Cream Social</b> <b>25</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Coffee And More</b> <b>2:30 W.I.N.G.S Bingo</b> <b>26</b>	<b>10:00 Morning Vibes and Music</b> <b>10-12 Glamour Nails and Manicures</b> <b>2:30 Courtyard Games and Fun</b> <b>27</b>	<b>10:00 Independent Supplies and Family Visits</b> <b>2:00 Lowman Community Easter Egg Hunt (TBA)</b> <b>2:00 Popcorn and a Movie</b> <b>28</b>
<u>PALM SUNDAY</u> <b>10:30 Praise and Worship Music</b> <b>11:15 Worship Service with Reverend Richard</b> <b>2:00 Independent Supplies &amp; Family Visits</b> <b>29</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Coffee Filter Butterflies</b> <b>2:30 Bob Michalski the Saxophonist (LIVE)</b> <b>30</b>	<b>10:00 Morning Vibes and Music</b> <b>10:30 Creative Hour</b> <b>2:30 March Birthday Party Celebration</b> <b>31</b>	<h1>March 2026</h1> <h2>SKILLED NURSING @ 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>			