

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2024

## Skilled Nursing & Rehabilitation at the Heritage at Lowman

Additions, and Time Adjustments are Unavoidable to this Calendar. When Activities are not scheduled, independent and one on one opportunities are available. Activities are held in the Activity Room unless otherwise specified. Please Contact the **Life Enrichment Team: (803) 451-7447 if you have any question or concerns.**

					<p>10:15am Morning Meditation 10:30am Virtual Bible Stories with Jim Reed 2:15pm BINGO 3:15pm Bucket Ball 4:15pm Social Hour and Music 6:00pm Color and Connect (Unit Dayrooms)</p>	<p>10:00am Story Time with Henry Vander Voort 11:00am Move and Groove with Ernie  Saturday Morning Brain Games Gardening Brainstorming Seasonal Change</p>
<p>10:00am Morning Sunday Music 3 11:15am Worship Service with Pastor Sue Johnson HCC (Living word chapel) 1:00pm Independent Leisure Hallmark Movie (main Activities Room) Set your Clock's Back :) End of Daylight-Saving time</p>	<p>10:00am Mindful Monday Affirmations 10:30am Move &amp; Groove with Ernie 2:15pm Monday Manicures 4:00pm Blank Slate 5:00pm Board Games &amp; Social Hour (Unit Day Room)</p>	<p>10:00am Moment of Prayer 10:30am Bible Stories with Jim Reed (Non-Denominational) 2:15pm Family Feud 3:00pm Saddle Up! -Kentucky Derby Game 4:15pm Rock, Paper, Scissors Championship</p>	<p>10:15am Daily Chronicles &amp; Coffee 6 10:30am Tai Chi with Kevin 2:30pm BINGO 4:00pm A Sip of Autumn (Cider &amp; Tea Tasting) 5:00pm Puzzle Hour (Unit Dayrooms)</p>	<p>10:15am Thankful Thursday 7 10:45am Yoga with Catherine 2:00pm Tricky Trivia 2:30pm Music with Jim Koltuniak 4:00pm Inflatable Bowling 5:00pm Dinner and a Movie (Unit Dayrooms)</p>	<p>10:15am Morning Meditation 8 10:30am Virtual Bible Stories with Jim Reed 2:00pm Veterans Day Card Making 3:15pm Bean Bag Tossing Tournament 4:15pm Social Hour and Music 6:00pm Color and Connect (Unit Dayrooms)</p>	<p>10:00am Story Time with Henry Vander Voort 9 11:00am Move and Groove with Ernie Saturday Afternoon Brain Games  Leisure, Sensory, and independent activities are available in all common areas and Day Rooms</p>
<p>10:00am Morning Sunday Music 10 11:15am Worship Service with Pastor Sue Johnson HCC (Living word chapel) 1:00pm Independent Leisure Board Games</p>	<p>10:00am Mindful Monday Affirmations 11 10:30am Move &amp; Groove with Ernie 2:15pm Monday Manicures 4:00pm Patriotic Jeopardy with Meredith 5:00pm Board Games &amp; Social Hour  Today is Veterans Day</p>	<p>10:00am Moment of Prayer 12 10:30am Bible Stories with Jim Reed (Non-Denominational) 1:30pm Minute to Win It 2:30pm Music with Tony Washington 4:00pm Snack Social &amp; Music</p>	<p>10:15am Daily Chronicles &amp; Coffee 13 10:30am Tai Chi with Kevin 2:00pm Knitting and Crotchet with Friends 3:00pm Balloon Volleyball 4:00-5:00pm Mocktail Hour Social</p>	<p>10:15am Thankful Thursday 14 10:45am Yoga with Catherine 2:30pm Music with Chuck Gee 4:00pm Virtual Concert: Etta James 5:00pm Dinner and A Movie (Unit Dayroom)</p>	<p>10:15am Morning Meditation 15 10:30am Virtual Bible Stories with Jim Reed 2:00pm Autumn Aroma Sachet Making 3:15pm Outburst 4:15pm Social Hour and Music 6:00pm Color and Connect (Unit Dayrooms)</p>	<p>10:00am Story Time with Henry Vander Voort 16 11:00am Move and Groove with Ernie  Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.</p>
<p>10:00am Morning Sunday Music 17 11:15am Worship Service/communion with Pastor Sue Johnson HCC (Living word chapel) 1:00pm Independent Leisure Coloring</p>	<p>10:00am - 11:00am Pastor Randy with "Joyful Noiz Band" 18 2:30pm Monday Manicures 4:00pm Music Mania 5:00pm Board Games &amp; Social Hour</p>	<p>10:00am Moment of Prayer 19 10:30am Bible Stories with Jim Reed (Non-Denominational) 1:30pm Minute to Win It 2:30pm BINGO 4:00pm Name That Tune: Commercial Jingles</p>	<p>10:15am This day in history 20 10:30am Tai Chi with Kevin 2:30pm Chef's Corner with Shante 4:00pm Music &amp; Hot Chocolate Hour Social</p>	<p>10:15am Thankful Thursday 21 10:45am Yoga with Catherine 2:30pm Crafting Corner: Pimped Out Pumpkins 4:00pm AFV funny fails 5:00pm Dinner and A Movie (Unit Dayroom)  World Hello Day</p>	<p>10:15am Morning Meditation 22 10:30am Virtual Bible Stories 2:00pm Friday Fitness Noodle Toss 3:15pm Virtual Music Concert &amp; Snacks 4:15pm Name that Tune 6:00pm Color and Connect (Unit Dayrooms)</p>	<p>10:00am Story Time with Henry Vander Voort 23 11:00am Move and Groove with Ernie  Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.</p>
<p>10:00am Morning Sunday Music 24 11:15am Worship Service with Pastor Sue Johnson HCC (Living word chapel) 3:00pm BINGO with White Rock Baptist Church</p>	<p>10:00am Mindful Monday Affirmations 25 10:30am Move &amp; Groove with Ernie 2:15pm Monday Manicures 4:00pm Blank Slate 5:00pm Board Games &amp; Social Hour</p>	<p>10:30am Bible Stories with Jim Reed (Non-Denominational) 26 1:30pm Short . Im &amp; Mocktail 2:30pm RESIDENTS COUNCIL 4:00pm Would you Rather Game 5:00pm Dinner and a Movie (Unit Dayrooms)</p>	<p>10:15am This Day in History 27 10:30am Tai Chi with Kevin 2:30pm Music with Bob Michalski 3:30pm Movie Matinee &amp; Popcorn 4:00pm Family Feud</p>	<p>10:15am Thankful Thursday 28 10:45am Yoga with Catherine 2:30pm BINGO with WINGS 4:00pm AFV funny Animals 5:00pm Dinner and A Movie (Unit Dayroom)  Thanksgiving Day</p>	<p>10:15am This Day in History 29 10:30am Tai Chi with Kevin 2:30pm Craft Corner: Bubble Painting-Guided paint class with Mallow Art (Virtual) 3:30pm Try not to laugh Jokes with Life Enrichment 5:00pm Puzzle Hour (Unit Dayrooms)</p>	<p>10:00am Story Time with Life Enrichment 30 11:00am Move and Groove with Ernie  Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.</p>