

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3

# January 2026

*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*



					1 NEW YEAR'S DAY 10:00 Morning Visits 11:30 Jokes, Laughter and Riddles 2:30 Bethany Bingo with Kathy	2 10:00 Morning Visits 11:00 Chair Yoga With Catherine 1:30 Movie Matinee & Popcorn	3 10:30 Morning Mingle 1:00 Family Visits and Independent Supplies	
10:30 Praise /Worship Music 2:00 Worship Service w/ Reverend Richard 3:00 Independent Supplies & Family Visitation	4	10:00 Daily News Buzz 10:30 No Bake Baking Hour 2:30 Twister with a Twist	5	10:00 Morning Visits 11:00 Chair Yoga With Catherine 2:30 Glamour Nails and Manicures	6 10:00 Morning News Buzz 11:00 Daily Chronicles & Coffee Break Trivia 11:30 Lunchtime Melodies with Carol 2:30 Snack & Chat	7 10:00 Morning Visits 11:30 Chair Volleyball 1:00 Down Memory Lane w/ Guitarist Chuck Ghee 2:30 Bethany Bingo with Kathy	8 10:00 Morning Visits 11:00 Chair Yoga With Catherine 2:30 Friday Afternoon Brain Games Challenges	9 10:30 Morning Mingle 1:00 Family Visits and Independent Supplies
10:30 Praise /Worship Music 2:00 Worship Service w/ Reverend Richard 3:00 Independent Supplies & Family Visitation	11	10:00 Daily News Buzz 11:30 Crafty Hour 2:30 Jeopardy Game	12	10:00 Music Hour with Virginia 11:00 Chair Yoga with Catherine 2:30 Glamour Nails and Manicures	13 10:00 Morning News Buzz 11:00 Family Feud Game 11:30 Lunchtime Melodies with Carol 1:30 Photo Safari with Marty on Woodside	14 11:00 Hungry, Hungry Hippo 1:00 Piano Tunes with Jim Koltuniak 2:30 Bethany Bingo with Kathy	15 10:00 Morning Visits 10:30 Chair Yoga With Catherine 1:30 Sing-a-Long with Lillian & Martha 2:30 Movie Matinee	16 10:30 Morning Mingle 1:00 Family Visits and Independent Supplies
10:30 Praise /Worship Music 2:00 Worship Service w/ Reverend Richard 3:00 Independent Supplies & Family Visitation	18	<u>MARTIN LUTHER KING, JR. DAY</u> 10:00 Daily News Buzz 10:30 Martin Luther King Jr. Trivia 2:30 "I Have a Dream" Catchers	19	10:00 Morning Visits 11:00 Chair Yoga With Catherine 2:30 Glamour Nails and Manicures	20 10:00 Morning News Buzz 11:00 Daily Chronicles & Coffee Break Trivia 11:30 Lunchtime Melodies with Carol 2:30 Snack & Chat	21 10:00 Morning Visits 11:00 Bean Bag Bucket Toss 2:30 Bethany Bingo with Kathy	22 10:00 Morning Visits 11:00 Chair Yoga With Catherine 2:30 Friday Afternoon Brain Games Challenges	23 10:30 Morning Mingle 1:00 Family Visits and Independent Supplies
<u>NATIONAL ACTIVITY PROFESSIONALS WEEK</u> 10:30 Praise /Worship Music 2:00 Worship Service w/ Reverend Richard	25	10:00 Daily News Buzz 11:30 "Almost Got Away with It" 1:00 Bob Michalski the Saxophonist (LIVE)	26	10:00 Morning Visits 11:00 Chair Yoga With Catherine 2:30 Glamour Nails and Manicures	27 10:00 Morning News Buzz 11:00 Chair Volleyball 11:30 Lunchtime Melodies with Carol 1:30 Photo Safari with Marty on Woodside	28 10:00 Morning Visits 11:00 Morning Music and Apple Cider Social 2:30 Bethany Bingo with Kathy	29 10:00 Morning Visits 11:00 Chair Yoga With Catherine 2:30 Lowman Monthly Birthday Celebration	30 10:30 Morning Mingle 1:00 Family Visits and Independent Supplies

Lakeside Assisted Living @ the Heritage at Lowman