

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

10:30 Praise /Worship 4 Music	10:00 Daily News Buzz	9:30 Morning Visits 5	9:30 Morning Visits 6	9:30 Morning News Buzz 7	9:30 Morning Visits 8	9:30 Morning Visits 9	10:30 Morning Mingle 10
2:00 Worship Service w/ Reverend Richard	10:30 No Bake Baking Hour	10:30 Moves and Grooves	10:00 Daily Chronicles & Coffee Break Trivia	1:30 Snack & Chat	10:30 Chair Volleyball	10:30 Moves and Grooves	1:00 Family Visits and Independent Supplies
3:00 Independent Supplies & Family Visitations	1:30 Twister with a Twist	1:30 Glamour Nails and Manicures			1:00 Down Memory Lane w/ Guitarist Chuck Ghee	1:30 Friday Afternoon Brain Games Challenges	
10:30 Praise /Worship 1 Music	9:30 Daily News Buzz 12	10:00 Music Hour w/ Virginia 13	9:30 Morning News Buzz 14	10:00 Hungry, Hungry Hippo 15	9:30 Morning Visits 16	10:30 Morning Mingle 17	
2:00 Worship Service w/ Reverend Richard	10:30 Crafty Hour	10:30 Moves and Grooves	10:00 Family Feud	1:00 Piano Tunes w/ Jim Koltuniak	10:30 Moves and Grooves	1:00 Family Visits and Independent Supplies	
3:00 Independent Supplies & Family Visitations	1:30 Jeopardy Game	1:30 Glamour Nails & Manicures	1:30 Photo Safari W/ Marty on Woodside	2:30 Bethany Bingo with Kathy	1:30 Sing-a-Long with Lillian & Martha		
10:30 Praise /Worship 8 Music	MARTIN LUTHER KING, JR. DAY 19	9:30 Daily News Buzz	9:30 Morning Visits 20	9:30 Morning News Buzz 21	9:30 Morning Visits 22	9:30 Morning Visits 23	10:30 Morning Mingle 24
2:00 Worship Service w/ Reverend Richard	10:30 Martin Luther King Jr. Trivia		10:30 Moves and Grooves	10:00 Daily Chronicles & Coffee Break Trivia	10:00 Floor Hockey	10:30 Moves and Grooves	1:00 Family Visits and Independent Supplies
3:00 Independent Supplies & Family Visitations	1:30 "I Have a Dream" Catchers		1:30 Glamour Nails and Manicures	1:30 Snack & Chat	2:30 Bethany Bingo with Kathy	1:30 Friday Afternoon Brain Games Challenges	
NATIONAL ACTIVITY PROFESSIONALS WEEK 25		9:30 Daily News Buzz 26	10:00 Music Hour w/ Virginia 27	9:30 Morning News Buzz 28	9:30 Morning Visits 29	9:30 Morning Visits 30	10:30 Morning Mingle 31
2:00 Worship Service w/ Reverend Richard	10:30 Bean Bag Bucket Toss	10:30 Moves and Grooves	10:00 Chair Volleyball	1:30 Photo Safari W/ Marty on Woodside	10:00 Morning Music & Apple Cider Social	10:30 Moves and Groove	1:00 Family Visits and Independent Supplies
3:00 Independent Supplies & Family Visitations	1:00 Bob Michalski the Saxophonist (LIVE)	1:30 Glamour Nails and Manicures			2:30 Bethany Bingo with Kathy	1:30 Lowman Monthly Birthday Celebration	

Woodside Memory Care @ the Heritage at Lowman