

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Woodside Memory Support @ the Heritage at Lowman

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><b>10:30 Praise /Worship Music</b> <b>2:00 Worship Service w/ Reverend Richard</b> <b>3:00 Independent Supplies &amp; Family Visitations</b></p>	<p><b><u>Groundhog Day</u></b> <b>2</b> <b>9:45 Morning Visits</b> <b>11:00 Bethany Charades</b> <b>2:00 Snack Hour</b></p>	<p><b>9:45 Morning Visits</b> <b>3</b> <b>10:30 Moves and Grooves Exercise</b> <b>2:30 Glamour Nails and Manicures</b></p>	<p><b>9:45 Morning Visits</b> <b>4</b> <b>11:00 Pillsbury Bakeoff Recipes</b> <b>3:30 Smell This, Taste That: Cherry Pie</b></p>	<p><b>9:45 Morning Visits</b> <b>5</b> <b>11:00 Card Games</b> <b>2:30 Bethany B.I.N.G.O w/ Kathy</b></p>	<p><b><u>Winter Olympics Begins</u></b> <b>6</b> <b>9:45 Morning Visits</b> <b>10:30 Moves and Grooves Exercise</b> <b>2:30 "Soup"er Bowl Social</b></p>	<p><b>10:30 Morning Mingle</b> <b>1:00 Family Visits and Independent Supplies</b></p>
<p><b>10:30 Praise /Worship Music</b> <b>2:00 Worship Service w/ Reverend Richard</b> <b>3:00 Independent Supplies &amp; Family Visitations</b></p>	<p><b>9:45 Morning Visits</b> <b>8</b> <b>11:00 Floating Tennis</b> <b>1:30 Sing Along with Lillian, Martha &amp; Carol</b></p>	<p><b>9:45 Morning Visits</b> <b>9</b> <b>10:30 Moves and Grooves</b> <b>12:30 Seven Oaks Elementary Storytime</b> <b>2:30 Glamour Nails and Manicures</b></p>	<p><b>9:45 Morning Visits</b> <b>10</b> <b>11:00 Finish the Phrase</b> <b>1:30 Photo Safari</b> <b>2:00 Aqua Painting</b></p>	<p><b>9:45 Morning Visits</b> <b>11</b> <b>11:00 Magazine Hunt</b> <b>2:30 Bethany B.I.N.G.O w/ Kathy</b></p>	<p><b><u>Friday the 13th</u></b> <b>13</b> <b>9:45 Morning Visits</b> <b>10:30 Moves and Grooves Exercise</b> <b>2:00 Old Wives Tales and Superstitions</b></p>	<p><b><u>Valentine's Day</u></b> <b>14</b> <b>10:30 Morning Mingle</b> <b>1:00 Family Visits and Independent Supplies</b></p>
<p><b>10:30 Praise /Worship Music</b> <b>2:00 Worship Service w/ Reverend Richard</b> <b>3:00 Independent Supplies &amp; Family Visitations</b></p>	<p><b><u>President's Day</u></b> <b>16</b> <b>9:45 Morning Visits</b> <b>11:15 Guess Who? : Presidential Edition</b> <b>2:00 Horseracing</b></p>	<p><b><u>Fat Tuesday</u></b> <b>17</b> <b>9:45 Morning Visits</b> <b>10:30 Moves and Groove Exercise</b> <b>2:30 Glamour Nails and Manicures</b></p>	<p><b><u>Ash Wednesday</u></b> <b>18</b> <b>9:45 Morning Visits</b> <b>11:00 Hymnal Singalong</b> <b>2:00 Ash Wednesday Services</b></p>	<p><b>10:00 Morning Visits</b> <b>19</b> <b>11:00 Family Feud</b> <b>2:30 Bethany B.I.N.G.O w/ Kathy</b></p>	<p><b>9:45 Morning Visits</b> <b>20</b> <b>10:30 Moves and Grooves Exercise</b> <b>2:00 Popcorn and Oldies</b></p>	<p><b>10:30 Morning Mingle</b> <b>1:00 Family Visits and Independent Supplies</b></p>
<p><b>10:30 Praise /Worship Music</b> <b>2:00 Worship Service w/ Reverend Richard</b> <b>3:00 Independent Supplies &amp; Family Visitations</b></p>	<p><b>9:45 Morning Visits</b> <b>23</b> <b>11:00 Match It Up</b> <b>1:00 Bob Michalski the Saxophonist (Live)</b></p>	<p><b>9:45 Morning Visits</b> <b>24</b> <b>11:00 Moves and Grooves Exercise</b> <b>2:30 Glamour Nails and Manicures</b></p>	<p><b>9:45 Morning Visits</b> <b>25</b> <b>11:00 What's In A Name</b> <b>1:30 Photo Safari</b> <b>2:00 Aqua Painting</b></p>	<p><b>9:45 Morning Visits</b> <b>26</b> <b>11:00 Balloon Volleyball</b> <b>2:30 Bethany B.I.N.G.O w/ Kathy</b></p>	<p><b>9:45 Morning Visits</b> <b>27</b> <b>10:30 Moves and Grooves Exercise</b> <b>2:00 Bethany Monthly Birthday Party</b></p>	<p><b>10:30 Morning Mingle</b> <b>1:00 Family Visits and Independent Supplies</b></p>