

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Assisted Living Week "Shining Through the Years" September 13th-19th, 2026 Please look at flyers for more information about time and locations.		10:15 Chair Yoga 11:00 Table Setting/ News 11:15 Hand Massages 1:30 Glamour Nails 2:00 Name That Tune	10:15 Uno Games 11:00 Hand Washing 11:15 Table Talk 1:30 Reading Group 2:00 Balloon Volleyball	Groovin' to the '70s Day 10:15 Chair Zumba 11:00 70's Arts & Crafts 11:15 Table Prep 1:30 Nature Walk 2:00 Disco Party	National Wildlife Day 10:15 1:1 Visits 11:00 Hand Hygiene 11:15 Morning Scripture 1:30 Reading Group 2:00 Glamour Nails	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 Visitations	Labor Day 10:15 Memory Ball 11:00 Bible Study With Carolyn 11:15 Lunch Blessings 1:30 Labor Day Facts/ History 2:00 Karaoke	10:15 Morning Walk 11:00 Musical Sing- Along 11:15 Meal Prayer 1:30 Glamour Nails 2:00 Movies Matinee	10:15 Positive Bible Versus 11:00 Football Season Chat 11:15 Table Setting 1:30 Reading Group 2:00 Music Makers	10:15 1:1 11:00 Bowling 11:15 Lunch Prep 1:00 Chuck Gee (Live) 2:00 Hand Massages	10:30 Morning Mingle 1:00 Family Visits and Independent Supplies
	GRANDPARENTS DAY 10:30 Praise & Worship Music 2:00 Worship Service w/ Reverend Richard 3:00 Independent Supplies	10:15 Lift Every Voice 11:00 Bodies in Motion 11:30 Lunch Blessing 1:30 Chair Yoga w/Dee 2:30 Metro Finest Stepper Dancers	10:15 Bible Study 11:00 Hand Hygiene 11:15 Gospel Sing Along 1:30 Bible Trivia 2:30 Vintage Voice of Vegas: Frank Sinatra	10:15 Hand Massages 10:15 1:30 Reading Group 2:00 Name That Tune 2:00 Pamper Me Sapa Day w/ Lutheran Hospice	10:15 Daily Chronicles 10:15 Morning Laughs & Talks 1:30 Do You Remember 2:00 "Basket" Ball 5:30 Movies Under the Stars	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 Visitations	10:15 Arts & Crafts 11:00 Hymnals with Harold 11:15 Round Table Talk 1:30 Basketball 2:00 Paint & Sip	FIRST DAY OF FALL 10:15 Lowman News 11:00 Uno 11:15 Table Settings 1:30 Glamour Nails 2:00 Movies	10:15 Snowman 11:00 Family Feud 11:15 Lunch Prayer 1:30 Movies Time!!! 2:00 Fellowship Hour	10:15 Bible Study 11:00 Trivia 11:15 Lunch Melodies 1:30 Music & Laughter 2:00 I Declare War	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 Visitations	10:15 Morning News 11:00 Hand Hygiene 11:15 Meditation Hour 1:00 Bob Michalski The Saxophonist (LIVE) 2:00 Nature Walk	10:15 Daily News Buzz 11:00 Sensory Hour 11:15 Hand Sanitation 1:30 Glamour Nails 2:00 Blues Music	10:15 1:1 Visits 11:00 NFL Talk 11:15 Bible Study 1:30 Story Time 2:00 Bethany September Birthday Party	September 2026 We 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. If you have any questions, please contact: Life Enrichment (803) 451-7447	

WOODSIDE MEMORY SUPPORT @ THE HERITAGE AT LOWMAN