

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:15am Mindful Monday 1 10:30am Move & Groove with Ernie 11:00am to 12:30pm One on Ones 2:30pm Monday Manicures 3:30 - 5:00pm Monday Movie Matinee 4:30pm Mail Pass 6:00pm Board Games & Social Hour (Unit Dayrooms) Canada Day	10:15am A Moment for Prayer 2 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Craft Corner: Create your Own Alien 4:00pm Out of this World Snacks 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) World UFO Day	10:15am This Day in History 3 10:30am Tai Chi with Kevin 11:00am to 12:30pm One on Ones 1:30pm Bible Study with Pastor Sue 2:30pm BINGO 4:00pm Wellness Wednesday Workout 4:30pm Mail Pass 6:00pm Puzzle Hour (Unit Dayrooms) Disobedience Day	10:00am 4th of July Crafts 4 11:30am 4th of July Cookout Independence Day	10:15am Morning Meditation 5 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Friday Fitness with Tommy 3:15pm Board Game Hour 4:30pm Mail Pass 6:00pm Color and Connect (Unit Dayrooms) International Bikini Day	10:00am Singing with Henry Vander Voort 11:00am Move and Groove with Ernie 2:00pm Saturday Morning Brain Games 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	
10:00am Sunday Devotional 7 10:30am Morning Meditation and Music 11:15am Worship Service with Pastor Sue 2:00pm Book Club 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	10:15am Mindful Monday 8 10:30am Move & Groove with Ernie 11:00am to 12:30pm One on Ones 2:30pm Monday Manicures 3:30 - 5:00pm Monday Movie Matinee 4:30pm Mail Pass 6:00pm Board Games & Social Hour (Unit Dayrooms) National Blueberry Day	10:15am A Moment for Prayer 9 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Music with Tony Washington 4:00pm Sugar Cookie Social 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) National Sugar Cookie Day	10:15am This Day in History 10 10:30am Tai Chi with Kevin 11:00am to 12:30pm One on Ones 1:30pm Bible Study with Pastor Sue 2:30pm Bingo 4:00pm Mocktail Hour (Pina Colada's) 4:30pm Mail Pass 6:00pm Puzzle Hour (Unit Dayrooms) Pina Colada Day	10:15am Morning Music 11 10:45am Yoga with Catherine 11:00am to 12:30pm One on Ones 2:30pm Music with Chuck Gee 4:00pm Sundae Party 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) Make Your Own Sundae Day	10:15am Morning Meditation 12 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Rock Painting 3:15pm Friday Fitness with Tommy 4:30pm Mail Pass 6:00pm Color and Connect (Unit Dayrooms) Different Colored Eyes Day	10:00am Singing with Henry Vander Voort 11:00am Move and Groove with Ernie 2:00pm Saturday Morning Brain Games 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	
10:00am Sunday Devotional 14 10:30am Morning Meditation and Music 11:15am Worship Service with Pastor Sue 2:00pm Book Club 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	10:15am Mindful Monday 15 10:30am Move & Groove with Ernie 11:00am to 12:30pm One on Ones 2:30pm Monday Manicures 3:30 - 5:00pm Monday Movie Matinee 4:30pm Mail Pass 6:00pm Board Games & Social Hour (Unit Dayrooms) Cow Appreciation Day	10:15am A Moment for Prayer 16 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Resident Council Meeting 4:00pm Game Shows on the Wii 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) World Snake Day	10:15am This Day in History 17 10:30am Tai Chi with Kevin 11:00am to 12:30pm One on Ones 1:30pm Bible Study with Pastor Sue 2:30pm Music with Bob Michalski 4:00pm Wellness Wednesday Workout: Beach Ball Toss 4:30pm Mail Pass 6:00pm Puzzle Hour (Unit Dayrooms) Peach Ice Cream Day	10:15am Morning Music 18 10:45am Yoga with Catherine 11:00am to 12:30pm One on Ones 2:30pm Karaoke Hour 4:00pm Thursday Trivia 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) World Listening Day	10:15am Morning Meditation 19 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Craft Corner: Dream Catcher's 3:15pm Daiquiri Social 4:30pm Mail Pass 6:00pm Color and Connect (Unit Dayrooms) National Daiquiri Day	10:00am Singing with Henry Vander Voort 11:00am Move and Groove with Ernie 2:00pm Saturday Morning Brain Games 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	
10:00am Sunday Devotional 21 10:30am Morning Meditation and Music 11:15am Worship Service with Pastor Sue with Communion 2:00pm Book Club 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	10:15am Mindful Monday 22 10:30am Move & Groove with Ernie 11:00am to 12:30pm One on Ones 2:30pm Monday Manicures 3:30 - 5:00pm Monday Movie Matinee 4:30pm Mail Pass 6:00pm Board Games & Social Hour (Unit Dayrooms) Hammock Day	10:15am A Moment for Prayer 23 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Craft Corner: Ice Cream in a Bag 4:00pm Puzzle/Coloring Time 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) National Vanilla Ice Cream Day	10:15am This Day in History 24 10:30am Tai Chi with Kevin 11:00am to 12:30pm One on Ones 1:30pm Bible Study with Pastor Sue 2:30pm Karaoke Hour 4:00pm Jokes with Tommy 4:30pm Mail Pass 6:00pm Puzzle Hour (Unit Dayrooms) Tell an Old Joke Day	10:15am Morning Music 25 10:45am Yoga with Catherine 11:00am to 12:30pm One on Ones 2:30PM Bingo with WINGS 4:00pm Thursday Trivia 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) Threading the Needle Day	10:15am Morning Meditation 26 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Popsicle's on the Porch 3:15pm Music and Memories on the Porch 4:30pm Mail Pass 6:00pm Color and Connect (Unit Dayrooms) All or Nothing Day	10:00am Singing with Henry Vander Voort 11:00am Move and Groove with Ernie 2:00pm Move & Groove with Ernie 3:00pm Gardening with Natalie Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	
10:00am Sunday Devotional 28 10:30am Morning Meditation and Music 11:15am Worship Service with Pastor Sue 3:00pm Bingo with White Rock Baptist Church Leisure, Sensory, and independent activities are available in all common areas and Day Rooms.	10:15am Mindful Monday 29 10:30am Move & Groove with Ernie 11:00am to 12:30pm One on Ones 2:30pm Monday Manicures 4:00pm Craft Corner: Lip Balm Making 4:30pm Mail Pass 6:00pm Board Games & Social Hour (Unit Dayrooms) National Lipstick Day	10:15am A Moment for Prayer 30 10:30am Bible Stories with Jim Reed 11:00am to 12:30pm One on Ones 2:30pm Craft Corner: Friendship Bracelets 4:00pm Tuesday Trivia 4:30pm Mail Pass 5:00pm Dinner and a Movie (Unit Dayrooms) International Day of Friendship	10:15am This Day in History 31 10:30am Tai Chi with Kevin 11:00am to 12:30pm One on Ones 1:30pm Bible Study with Pastor Sue 2:30pm BINGO 4:00pm Wellness Wednesday Workout 4:30pm Mail Pass 6:00pm Puzzle Hour (Unit Dayrooms) National Watermelon Day	<h2>July 2024</h2> <h3>Skilled Nursing & Rehabilitation at the Heritage at Lowman</h3> <p>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>			