

# ~Life Enrichment Activities~

## August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Inter-Faith Care Center</b>	<b>1</b> 8:30am Fit to Go Exercise <b>10:30am Singalong with Tammy in the Community Room</b> 11:00am Remember When~Reminisce 2:00pm Courtyard Strolls <b>3:00pm Resident Council</b> 4:00pm Bean Bag Twister 6:30pm Monday Madness iN2L Games	<b>2</b> 8:30am Fit to Go Exercise 11:00am Tunes Tuesday <b>11:00am Worship Service in the Chapel</b> <b>-Our Saviors Lutheran</b> 2:00pm Lemonade & Patio Chats 4:00pm Fly Swatter Ball 6:30pm Trivia Tuesday	<b>3</b> 8:30am Fit to Go Exercise <b>11:00am Catholic Mass in the Chapel</b> 11:00am Wildcard Wednesday Group 1:30pm Nail Parlor <b>3:00pm Bingo in the Community Room</b> 5:00pm Ball Toss 6:30pm Would You Rather Wednesdays	<b>4</b> 8:30am Fit to Go Exercise <b>10:00am Coffee, News, &amp; Conversation in the Oak Dining Room</b> 11:00am Armchair Travel <b>11:00am Bible Study with Chaplain Jon</b> 2:00pm Popsicles on the Patio 4:00pm Noodle Ball 6:30pm Trivia Thursdays	<b>5</b> 8:30am Fit to Go Exercise 11:00am Fun Friday Intellectual Group 1:30pm Garden Strolls <b>3:00pm Social Hour ~Jeff Carlson</b> 5:00pm Toss Across 6:30pm Funny Friday Jokes & Riddles	<b>6</b> 10:00am Morning Stretch 11:00am Chmielewski Funtime TV Channel 105 2:00pm Lemonade & Patio Chats 4:00pm Bean Bag Toss on Cedar 6:30pm Giant Ring Toss on Oak Karaoke/Singalong Saturdays
<b>7</b> 10:00am Morning Stretch 11:00am Nail Parlor 1:00pm International Polka Party WKLK Radio 1230 AM 2:00pm Popsicles on the Patio 4:00pm Bean Bag Toss on Oak Giant Ring Toss on Cedar 5:00pm Zion Lutheran Church Service CAT 7 6:30pm Sunday Funday iN2L Games	<b>8</b> 8:30am Fit to Go Exercise 11:00am Remember When~Reminisce 2:00pm Courtyard Strolls <b>2:30pm Coffee &amp; Chat Group in the Oak Dining Room</b> 4:00pm Bean Bag Twister 6:30pm Monday Madness iN2L Games	<b>9</b> 8:30am Fit to Go Exercise 11:00am Tunes Tuesday <b>11:00am Worship Service in the Chapel</b> <b>-Esko Apostolic Lutheran</b> 2:00pm Lemonade & Patio Chats 4:00pm Fly Swatter Ball 6:30pm Trivia Tuesday	<b>10</b> 8:30am Fit to Go Exercise <b>11:00am Catholic Mass in the Chapel</b> 11:00am Wildcard Wednesday Group 1:30pm Nail Parlor <b>3:00pm Bingo in the Community Room</b> 5:00pm Ball Toss 6:30pm Would You Rather Wednesdays	<b>11</b> 8:30am Fit to Go Exercise <b>10:00am Coffee, News, &amp; Conversation in the Oak Dining Room</b> 11:00am Armchair Travel <b>11:00am Bible Study with Chaplain Jon</b> 2:00pm Popsicles on the Patio <b>3:00pm Men's Group in Cedar Fireside Room</b> 4:00pm Noodle Ball 6:30pm Trivia Thursdays	<b>12</b> 8:30am Fit to Go Exercise 11:00am Fun Friday Intellectual Group 1:30pm Garden Strolls <b>3:00pm Social Hour ~Florian Chmielewski</b> 5:00pm Toss Across 6:30pm Funny Friday Jokes & Riddles	<b>13</b> 10:00am Morning Stretch 11:00am Chmielewski Funtime TV Channel 105 2:00pm Lemonade & Patio Chats 4:00pm Bean Bag Toss on Cedar 6:30pm Giant Ring Toss on Oak Karaoke/Singalong Saturdays
<b>14</b> 10:00am Morning Stretch 11:00am Nail Parlor <b>3:00pm Worship Service in the Chapel</b> <b>-Bethesda Lutheran Church</b> <b>3:30pm Ladies of Kalevala</b> 4:00pm Bean Bag Toss on Oak Giant Ring Toss on Cedar 6:30pm Sunday Funday iN2L Games	<b>15</b> 8:30am Fit to Go Exercise <b>10:30am Singalong with Tammy in the Community Room</b> 11:00am Remember When~Reminisce 2:00pm Courtyard Strolls 4:00pm Bean Bag Twister 6:30pm Monday Madness iN2L Games	<b>16</b> 8:30am Fit to Go Exercise 11:00am Tunes Tuesday <b>11:00am Worship Service in the Chapel</b> <b>-Chaplain Jon</b> 2:00pm Lemonade & Patio Chats 4:00pm Fly Swatter Ball 6:30pm Trivia Tuesday	<b>17</b> 8:30am Fit to Go Exercise <b>11:00am Catholic Mass in the Chapel</b> 11:00am Wildcard Wednesday Group 1:30pm Nail Parlor <b>3:00pm Bingo in the Community Room</b> 5:00pm Ball Toss 6:30pm Would You Rather Wednesdays	<b>18</b> 8:30am Fit to Go Exercise <b>10:00am Coffee, News, &amp; Conversation in the Oak Dining Room</b> 11:00am Armchair Travel <b>11:00am Bible Study with Chaplain Jon</b> <b>2:00pm Social Hour ~Carlton County Fair Fun Cotton Candy, Popcorn, Drinks, Games &amp; Prizes!</b> 4:00pm Noodle Ball 6:30pm Trivia Thursdays	<b>19</b> 8:30am Fit to Go Exercise 11:00am Fun Friday Intellectual Group 1:30pm Garden Strolls <b>3:00pm Social Hour ~Joel</b> 5:00pm Toss Across 6:30pm Funny Friday Jokes & Riddles	<b>20</b> 10:00am Morning Stretch 11:00am Chmielewski Funtime TV Channel 105 2:00pm Lemonade & Patio Chats 4:00pm Bean Bag Toss on Cedar 6:30pm Giant Ring Toss on Oak Karaoke/Singalong Saturdays
<b>21</b> 10:00am Morning Stretch 11:00am Nail Parlor 1:00pm International Polka Party WKLK Radio 1230 AM 2:00pm Popsicles on the Patio 4:00pm Bean Bag Toss on Oak Giant Ring Toss on Cedar 5:00pm Zion Lutheran Church Service CAT 7 6:30pm Sunday Funday iN2L Games	<b>22</b> 8:30am Fit to Go Exercise 11:00am Remember When~Reminisce 2:00pm Courtyard Strolls <b>2:30pm Coffee &amp; Chat Group in the Oak Dining Room</b> 4:00pm Bean Bag Twister 6:30pm Monday Madness iN2L Games	<b>23</b> 8:30am Fit to Go Exercise 11:00am Tunes Tuesday <b>11:00am Worship Service in the Chapel</b> <b>-Northwoods Methodist Church</b> 2:00pm Lemonade & Patio Chats 4:00pm Fly Swatter Ball 6:30pm Trivia Tuesday	<b>24</b> 8:30am Fit to Go Exercise <b>11:00am Catholic Mass in the Chapel</b> 11:00am Wildcard Wednesday Group 1:30pm Nail Parlor <b>3:00pm Bingo in the Community Room</b> 5:00pm Ball Toss 6:30pm Would You Rather Wednesdays	<b>25</b> 8:30am Fit to Go Exercise <b>10:00am Coffee, News, &amp; Conversation in the Oak Dining Room</b> 11:00am Armchair Travel <b>11:00am Bible Study with Chaplain Jon</b> 2:00pm Popsicles on the Patio <b>3:00pm Men's Group in Cedar Fireside Room</b> 4:00pm Noodle Ball 6:30pm Trivia Thursdays	<b>26</b> 8:30am Fit to Go Exercise 11:00am Fun Friday Intellectual Group 1:30pm Garden Strolls <b>3:00pm Social Hour ~Missy Paulson</b> 5:00pm Toss Across 6:30pm Funny Friday Jokes & Riddles	<b>27</b> 10:00am Morning Stretch 11:00am Chmielewski Funtime TV Channel 105 2:00pm Lemonade & Patio Chats 4:00pm Bean Bag Toss on Cedar 6:30pm Giant Ring Toss on Oak Karaoke/Singalong Saturdays
<b>28</b> 10:00am Morning Stretch 11:00am Nail Parlor 1:00pm International Polka Party WKLK Radio 1230 AM <b>2:00pm Chapel Music with Message with Joel in the Community Room</b> 4:00pm Bean Bag Toss on Oak Giant Ring Toss on Cedar 6:30pm Sunday Funday iN2L Games	<b>29</b> 8:30am Fit to Go Exercise 10:30am Baking Group 2:00pm Courtyard Strolls 4:00pm Bean Bag Twister 6:30pm Monday Madness iN2L Games	<b>30</b> 8:30am Fit to Go Exercise 11:00am Tunes Tuesday <b>11:00am Worship Service in the Chapel</b> <b>-Journey Christian Church</b> 2:00pm Lemonade & Patio Chats 4:00pm Fly Swatter Ball 6:30pm Trivia Tuesday	<b>31</b> 8:30am Fit to Go Exercise <b>11:00am Catholic Mass in the Chapel</b> 11:00am Wildcard Wednesday Group 1:30pm Nail Parlor <b>3:00pm Bingo in the Community Room</b> 5:00pm Ball Toss 6:30pm Would You Rather Wednesdays	<b>Activities will be held in the Cedar or Oak Living Rooms or Dining Rooms unless noted. Staff will assist you to the activities as needed.</b>		<b>*Activities are subject to change.*</b>

\*Movies, games, and puzzles are always available to use in rooms or in the gathering areas.

\*Resident Rest and Relaxation Daily 1:00-2:00 PM (quieter time, hallway lights may be dim)

\*Activity Pop-Ins and 1:1 Visits provided daily.