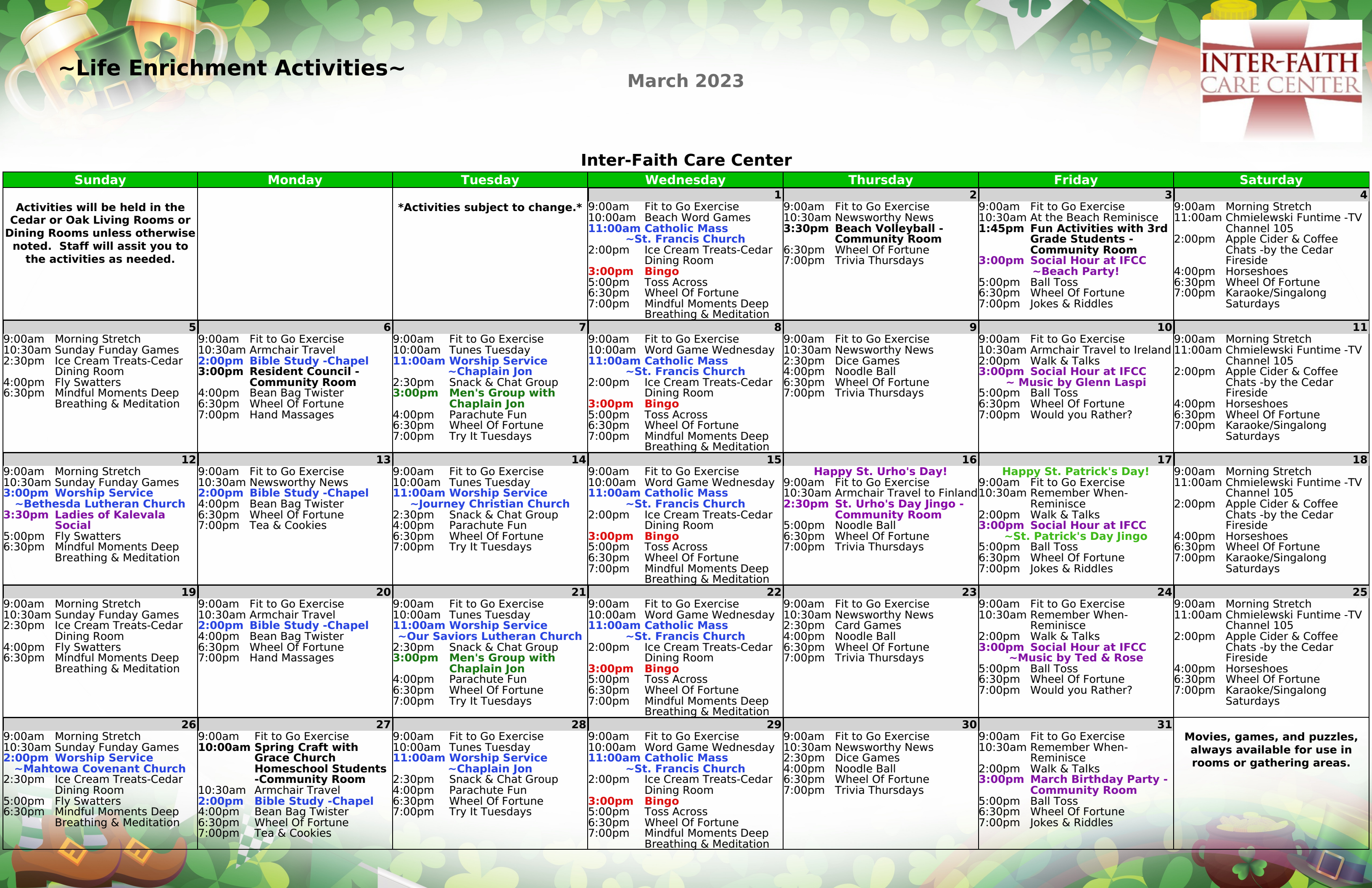




~Life Enrichment Activities~

March 2023



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities will be held in the Cedar or Oak Living Rooms or Dining Rooms unless otherwise noted. Staff will assit you to the activities as needed.		*Activities subject to change.*	1 9:00am Fit to Go Exercise 10:00am Beach Word Games 11:00am Catholic Mass ~St. Francis Church 2:00pm Ice Cream Treats-Cedar Dining Room 3:00pm Bingo 5:00pm Toss Across 6:30pm Wheel Of Fortune 7:00pm Mindful Moments Deep Breathing & Meditation	2 9:00am Fit to Go Exercise 10:30am Newsworthy News 3:30pm Beach Volleyball - Community Room 6:30pm Wheel Of Fortune 7:00pm Trivia Thursdays	3 9:00am Fit to Go Exercise 10:30am At the Beach Reminisce 1:45pm Fun Activities with 3rd Grade Students - Community Room 3:00pm Social Hour at IFCC ~Beach Party! 5:00pm Ball Toss 6:30pm Wheel Of Fortune 7:00pm Jokes & Riddles	4 9:00am Morning Stretch 11:00am Chmielewski Funtime -TV Channel 105 2:00pm Apple Cider & Coffee Chats -by the Cedar Fireside 4:00pm Horseshoes 6:30pm Wheel Of Fortune 7:00pm Karaoke/Singalong Saturdays
5 9:00am Morning Stretch 10:30am Sunday Funday Games 2:30pm Ice Cream Treats-Cedar Dining Room 4:00pm Fly Swatters 6:30pm Mindful Moments Deep Breathing & Meditation	6 9:00am Fit to Go Exercise 10:30am Armchair Travel 2:00pm Bible Study -Chapel 3:00pm Resident Council - Community Room 4:00pm Bean Bag Twister 6:30pm Wheel Of Fortune 7:00pm Hand Massages	7 9:00am Fit to Go Exercise 10:00am Tunes Tuesday 11:00am Worship Service ~Chaplain Jon 2:30pm Snack & Chat Group 3:00pm Men's Group with Chaplain Jon 4:00pm Parachute Fun 6:30pm Wheel Of Fortune 7:00pm Try It Tuesdays	8 9:00am Fit to Go Exercise 10:00am Word Game Wednesday 11:00am Catholic Mass ~St. Francis Church 2:00pm Ice Cream Treats-Cedar Dining Room 3:00pm Bingo 5:00pm Toss Across 6:30pm Wheel Of Fortune 7:00pm Mindful Moments Deep Breathing & Meditation	9 9:00am Fit to Go Exercise 10:30am Newsworthy News 2:30pm Dice Games 4:00pm Noodle Ball 6:30pm Wheel Of Fortune 7:00pm Trivia Thursdays	10 9:00am Fit to Go Exercise 10:30am Armchair Travel to Ireland 2:00pm Walk & Talks 3:00pm Social Hour at IFCC ~ Music by Glenn Laspi 5:00pm Ball Toss 6:30pm Wheel Of Fortune 7:00pm Would you Rather?	11 9:00am Morning Stretch 11:00am Chmielewski Funtime -TV Channel 105 2:00pm Apple Cider & Coffee Chats -by the Cedar Fireside 4:00pm Horseshoes 6:30pm Wheel Of Fortune 7:00pm Karaoke/Singalong Saturdays
12 9:00am Morning Stretch 10:30am Sunday Funday Games 3:00pm Worship Service ~Bethesda Lutheran Church 3:30pm Ladies of Kalevala Social 5:00pm Fly Swatters 6:30pm Mindful Moments Deep Breathing & Meditation	13 9:00am Fit to Go Exercise 10:30am Newsworthy News 2:00pm Bible Study -Chapel 4:00pm Bean Bag Twister 6:30pm Wheel Of Fortune 7:00pm Tea & Cookies	14 9:00am Fit to Go Exercise 10:00am Tunes Tuesday 11:00am Worship Service ~Journey Christian Church 2:30pm Snack & Chat Group 4:00pm Parachute Fun 6:30pm Wheel Of Fortune 7:00pm Try It Tuesdays	15 9:00am Fit to Go Exercise 10:00am Word Game Wednesday 11:00am Catholic Mass ~St. Francis Church 2:00pm Ice Cream Treats-Cedar Dining Room 3:00pm Bingo 5:00pm Toss Across 6:30pm Wheel Of Fortune 7:00pm Mindful Moments Deep Breathing & Meditation	16 Happy St. Urho's Day! 9:00am Fit to Go Exercise 10:30am Armchair Travel to Finland 2:30pm St. Urho's Day Jingo - Community Room 5:00pm Noodle Ball 6:30pm Wheel Of Fortune 7:00pm Trivia Thursdays	17 Happy St. Patrick's Day! 9:00am Fit to Go Exercise 10:30am Remember When-Reminisce 2:00pm Walk & Talks 3:00pm Social Hour at IFCC ~St. Patrick's Day Jingo 5:00pm Ball Toss 6:30pm Wheel Of Fortune 7:00pm Jokes & Riddles	18 9:00am Morning Stretch 11:00am Chmielewski Funtime -TV Channel 105 2:00pm Apple Cider & Coffee Chats -by the Cedar Fireside 4:00pm Horseshoes 6:30pm Wheel Of Fortune 7:00pm Karaoke/Singalong Saturdays
19 9:00am Morning Stretch 10:30am Sunday Funday Games 2:30pm Ice Cream Treats-Cedar Dining Room 4:00pm Fly Swatters 6:30pm Mindful Moments Deep Breathing & Meditation	20 9:00am Fit to Go Exercise 10:30am Armchair Travel 2:00pm Bible Study -Chapel 4:00pm Bean Bag Twister 6:30pm Wheel Of Fortune 7:00pm Hand Massages	21 9:00am Fit to Go Exercise 10:00am Tunes Tuesday 11:00am Worship Service ~Our Saviors Lutheran Church 2:30pm Snack & Chat Group 3:00pm Men's Group with Chaplain Jon 4:00pm Parachute Fun 6:30pm Wheel Of Fortune 7:00pm Try It Tuesdays	22 9:00am Fit to Go Exercise 10:00am Word Game Wednesday 11:00am Catholic Mass ~St. Francis Church 2:00pm Ice Cream Treats-Cedar Dining Room 3:00pm Bingo 5:00pm Toss Across 6:30pm Wheel Of Fortune 7:00pm Mindful Moments Deep Breathing & Meditation	23 9:00am Fit to Go Exercise 10:30am Newsworthy News 2:30pm Card Games 4:00pm Noodle Ball 6:30pm Wheel Of Fortune 7:00pm Trivia Thursdays	24 9:00am Fit to Go Exercise 10:30am Remember When-Reminisce 2:00pm Walk & Talks 3:00pm Social Hour at IFCC ~Music by Ted & Rose 5:00pm Ball Toss 6:30pm Wheel Of Fortune 7:00pm Would you Rather?	25 9:00am Morning Stretch 11:00am Chmielewski Funtime -TV Channel 105 2:00pm Apple Cider & Coffee Chats -by the Cedar Fireside 4:00pm Horseshoes 6:30pm Wheel Of Fortune 7:00pm Karaoke/Singalong Saturdays
26 9:00am Morning Stretch 10:30am Sunday Funday Games 2:00pm Worship Service ~Mahtowa Covenant Church 2:30pm Ice Cream Treats-Cedar Dining Room 5:00pm Fly Swatters 6:30pm Mindful Moments Deep Breathing & Meditation	27 9:00am Fit to Go Exercise 10:00am Spring Craft with Grace Church Homeschool Students -Community Room 10:30am Armchair Travel 2:00pm Bible Study -Chapel 4:00pm Bean Bag Twister 6:30pm Wheel Of Fortune 7:00pm Tea & Cookies	28 9:00am Fit to Go Exercise 10:00am Tunes Tuesday 11:00am Worship Service ~Chaplain Jon 2:30pm Snack & Chat Group 4:00pm Parachute Fun 6:30pm Wheel Of Fortune 7:00pm Try It Tuesdays	29 9:00am Fit to Go Exercise 10:00am Word Game Wednesday 11:00am Catholic Mass ~St. Francis Church 2:00pm Ice Cream Treats-Cedar Dining Room 3:00pm Bingo 5:00pm Toss Across 6:30pm Wheel Of Fortune 7:00pm Mindful Moments Deep Breathing & Meditation	30 9:00am Fit to Go Exercise 10:30am Newsworthy News 2:30pm Dice Games 4:00pm Noodle Ball 6:30pm Wheel Of Fortune 7:00pm Trivia Thursdays	31 9:00am Fit to Go Exercise 10:30am Remember When-Reminisce 2:00pm Walk & Talks 3:00pm March Birthday Party - Community Room 5:00pm Ball Toss 6:30pm Wheel Of Fortune 7:00pm Jokes & Riddles	Movies, games, and puzzles, always available for use in rooms or gathering areas.