

# ~Life Enrichment Activities~

October 2023



## Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 10:30am Sunday Funday Games 2:00pm Apple Cider and Chats 4:00pm Parachute Fun 6:30pm Mindful Meditation	<b>2</b> 9:15am Fit to Go & Ball Toss <b>10:00am Baking Bunch</b> <b>3:00pm Resident Council - Community Room</b> 4:00pm Horseshoes 7:00pm Music Mondays	<b>3</b> 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays <b>11:00am Worship Service ~Our Saviors Lutheran</b> 2:30pm Snack & Chat Group 4:00pm Bean Bag Toss 7:00pm Trivia Time	<b>4</b> 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel <b>11:00am Catholic Mass ~ St. Francis Church</b> 2:30pm Ice Cream Treats <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Mindful Meditation	<b>5</b> <b>9:00am Apple Fest Prep - Community Room</b> 10:30am Brain Waves 2:30pm Game Time 4:00pm Toss Across 7:00pm Hand Massages	<b>6</b> 9:15am Fit to Go & Ball Toss <b>10:00am Apple Cider Prep</b> 10:30am Remember When 2:00pm Walk & Talks <b>3:00pm Apple Fest ~Music by The Echoes</b> 5:00pm Fly Swatters 7:00pm Would you Rather?	<b>7</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 11:00am Chmielewski Funtime 2:00pm Ice Cream Treats 4:00pm Bean Bag Twister 7:00pm Karaoke/Singalong Saturdays
<b>8</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 10:30am Sunday Funday Games <b>3:00pm Worship Service ~ Bethesda Lutheran Church</b> <b>3:30pm Ladies of Kaleva Social</b> 5:00pm Parachute Fun 6:30pm Mindful Meditation	<b>9</b> 9:15am Fit to Go & Ball Toss 10:30am Brain Waves <b>3:00pm Bible Study</b> 4:00pm Horseshoes 7:00pm Music Mondays	<b>10</b> 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays <b>11:00am Worship Service ~Journey Christian Church</b> 2:30pm Snack & Chat Group 4:00pm Bean Bag Toss 7:00pm Trivia Time	<b>11</b> 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel <b>11:00am Catholic Mass ~ St. Francis Church</b> 2:30pm Ice Cream Treats <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Mindful Meditation	<b>12</b> 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 2:30pm Game Time 4:00pm Toss Across 7:00pm Tea & Cookies	<b>13</b> 10:00am Mindful Moments Yoga - Oak Dining 11:00am Remember When 2:00pm Walk & Talks <b>3:00pm Social Hour ~Music by Florian Chmielewski</b> 5:00pm Fly Swatters 7:00pm Jokes & Riddles	<b>14</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 11:00am Chmielewski Funtime 2:00pm Ice Cream Treats 4:00pm Bean Bag Twister 7:00pm Karaoke/Singalong Saturdays
<b>15</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 10:30am Sunday Funday Games 2:00pm Apple Cider and Chats 4:00pm Parachute Fun 6:30pm Mindful Meditation	<b>16</b> 9:15am Fit to Go & Ball Toss <b>10:00am Craft with Grace Church Homeschoolers - Community Room</b> <b>3:00pm Bible Study</b> 4:00pm Horseshoes 7:00pm Music Mondays	<b>17</b> 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays <b>11:00am Worship Service ~Chaplain Jon</b> <b>2:00pm Men's Group with Chaplain Jon</b> 2:30pm Snack & Chat Group 4:00pm Bean Bag Toss 7:00pm Trivia Time	<b>18</b> 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel <b>11:00am Catholic Mass ~ St. Francis Church</b> 2:30pm Ice Cream Treats <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Mindful Meditation	<b>19</b> 9:15am Fit to Go & Ball Toss 10:30am Brain Waves <b>2:30pm Memorial Service - Chapel</b> 4:00pm Toss Across 7:00pm Hand Massages	<b>20</b> 9:15am Fit to Go & Ball Toss 10:30am Remember When 2:00pm Walk & Talks <b>3:00pm Social Hour ~Mad Hatter Tea Party</b> 7:00pm Would you Rather?	<b>21</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 11:00am Chmielewski Funtime 2:00pm Ice Cream Treats 4:00pm Bean Bag Twister 7:00pm Karaoke/Singalong Saturdays
<b>22</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 10:30am Sunday Funday Games <b>2:00pm Worship Service ~ Mahtowa Covenant Church</b> 2:30pm Apple Cider & Chats 4:00pm Parachute Fun 6:30pm Mindful Meditation	<b>23</b> 9:15am Fit to Go & Ball Toss <b>10:30am Fall Craft</b> <b>3:00pm Bible Study</b> 4:00pm Horseshoes 7:00pm Music Mondays	<b>24</b> 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays <b>11:00am Worship Service ~Northwoods United Methodist</b> 2:30pm Snack & Chat Group 4:00pm Bean Bag Toss 7:00pm Trivia Time	<b>25</b> 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel <b>11:00am Catholic Mass ~ St. Francis Church</b> 2:30pm Ice Cream Treats <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Mindful Meditation	<b>26</b> 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 2:30pm Game Time 4:00pm Toss Across 7:00pm Tea & Cookies	<b>27</b> 10:00am Mindful Moments Yoga - Oak Dining 11:00am Remember When 2:00pm Walk & Talks <b>3:00pm October Birthday Party ~Music by Gina Devaney</b> 5:00pm Fly Swatters 7:00pm Jokes & Riddles	<b>28</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 11:00am Chmielewski Funtime 2:00pm Ice Cream Treats 4:00pm Bean Bag Twister 7:00pm Karaoke/Singalong Saturdays
<b>29</b> *Weekend Nail Parlor* 9:15am Morning Stretch & Ball Toss 10:30am Sunday Funday Games 2:00pm Apple Cider and Chats 4:00pm Parachute Fun 6:30pm Mindful Meditation	<b>30</b> 9:15am Fit to Go & Ball Toss 10:30am Brain Waves <b>3:00pm Prepare Halloween Treat Bags for Student Visitors</b> <b>3:30pm Bible Study</b> 4:00pm Horseshoes 7:00pm Music Mondays	<b>31</b> <b>Happy Halloween!</b> 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays <b>11:00am Worship Service ~Chaplain Jon</b> <b>3:00pm Halloween Bingo</b> 5:00pm Bean Bag Toss 7:00pm Trivia Time	<b>Activities are held in the day rooms or dining rooms on Cedar or Oak or in the Community Room. Be sure to ask for help if needed and staff will assist in getting you to the activities.</b>		<b>*Activities are subject to change.*</b> <b>Movies, games, and puzzles, always available for use in rooms or gathering areas.</b>	