

~Life Enrichment Activities~

November 2023



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.		1 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 4:45pm Fly Swatters 7:00pm Mindful Meditation	2 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 1:30pm Room Visits 3:00pm Chess & Checkers 4:45pm Horseshoes 7:00pm Hand Massages	3 9:15am Fit to Go & Ball Toss 10:30am Remember When 1:30pm Room Visits 3:00pm Social Hour ~Music by Tom Cawcutt 4:45pm Noodle Ball 7:00pm Would you Rather?	4 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 4:45pm Basketball Ball Toss 7:00pm Karaoke/Singalong Saturdays
		5 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 10:30am Sunday Funday Games 1:30pm Room Visits 3:00pm Ice Cream Treats 4:45pm Bean Bag Toss 6:30pm Mindful Meditation	6 9:15am Fit to Go & Ball Toss 10:30am Baking Bunch with Tammi 1:30pm Room Visits 2:00pm Bible Study 3:00pm Resident Council 4:45pm Toss Across 7:00pm Music Mondays	7 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays 11:00am Worship Service ~Chaplain Jon 1:30pm Room Visits 3:00pm Snack & Chat Group 4:45pm Bean Bag Twister 7:00pm Trivia Time	8 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 4:45pm Fly Swatters 7:00pm Mindful Meditation	9 9:15am Fit to Go & Ball Toss 10:30am Lunch Outing to Black Bear's Seven Fires Steakhouse -Limited Space, Sign-Up Required 11:00am Brain Waves 1:30pm Room Visits 3:00pm Game Time 4:45pm Horseshoes 7:00pm Tea & Cookies
12 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 10:30am Sunday Funday Games 1:30pm Room Visits 3:00pm Worship Service ~ Bethesda Lutheran Church 3:30pm Ladies of Kaleva Social 4:45pm Bean Bag Toss 6:30pm Mindful Meditation	13 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 1:30pm Room Visits 3:00pm Hymn Singalong 4:45pm Toss Across 7:00pm Music Mondays	14 9:15am Fit to Go & Ball Toss 10:00am Painting 11:00am Worship Service ~Our Saviors Lutheran 1:30pm Room Visits 3:00pm Snack & Chat Group 4:45pm Bean Bag Twister 7:00pm Trivia Time	15 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 4:45pm Fly Swatters 7:00pm Mindful Meditation	16 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 1:30pm Room Visits 3:00pm Game Time 4:45pm Horseshoes 7:00pm Hand Massages	17 9:15am Fit to Go & Ball Toss 10:30am Remember When 1:30pm Room Visits 3:00pm Social Hour ~Music with a Message by Joel 4:45pm Noodle Ball 7:00pm Would you Rather?	18 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 4:45pm Basketball Ball Toss 7:00pm Karaoke/Singalong Saturdays
19 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 10:30am Sunday Funday Games 1:30pm Room Visits 3:00pm Ice Cream Treats 4:45pm Bean Bag Toss 6:30pm Mindful Meditation	20 9:15am Fit to Go & Ball Toss 10:00am Craft with Grace Church Homeschoolers - Community Room 1:30pm Room Visits 3:00pm Bible Study 4:45pm Toss Across 7:00pm Music Mondays	21 9:15am Fit to Go & Ball Toss 10:00am Try It Tuesdays 11:00am Worship Service ~Chaplain Jon 1:30pm Room Visits 2:00pm Men's Group with Chaplain Jon 3:00pm Snack & Chat Group 4:45pm Bean Bag Twister 7:00pm Trivia Time	22 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 4:45pm Fly Swatters 7:00pm Mindful Meditation	23 Happy Thanksgiving! 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 1:30pm Room Visits 3:00pm Thanksgiving Jingo 4:45pm Horseshoes 7:00pm Tea & Cookies	24 10:00am Mindful Moments Yoga - Oak Dining 11:00am Remember When 1:30pm Room Visits 3:00pm Social Hour ~Music by Ted & Rose 4:45pm Noodle Ball 7:00pm Jokes & Riddles	25 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 4:45pm Basketball Ball Toss 7:00pm Karaoke/Singalong Saturdays
26 *Weekend Nail Parlor* 9:15am Morning Stretch & Balloon Toss 10:30am Sunday Funday Games 1:30pm Room Visits 2:00pm Worship Service ~ Mahtowa Covenant Church 3:00pm Ice Cream Treats 4:45pm Bean Bag Toss 6:30pm Mindful Meditation	27 9:15am Fit to Go & Ball Toss 9:45am Lefse Prep 1:30pm Room Visits 3:00pm Bible Study 4:45pm Toss Across 7:00pm Music Mondays	28 9:15am Fit to Go & Ball Toss 10:00am Crafting 11:00am Worship Service ~Journey Christian Church 1:00pm Frying Lefse 3:00pm Snack & Chat Group 4:45pm Bean Bag Twister 7:00pm Trivia Time	29 9:15am Fit to Go & Ball Toss 10:00am Armchair Travel 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 4:45pm Fly Swatters 7:00pm Mindful Meditation	30 9:15am Fit to Go & Ball Toss 10:30am Brain Waves 1:30pm Room Visits 3:00pm Game Time 4:45pm Horseshoes 7:00pm Hand Massages		