

~Life Enrichment Activities~

March 2024



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>					<p>1</p> <p>9:15am This Day in History 10:00am Mindful Moments Yoga -Oak Dining Room 11:00am Armchair Travel 1:30pm Room Visits 3:00pm Social Hour ~Music by Tom Cawcutt 5:00pm Noodle Ball 7:00pm Comedy Night</p>	<p>2</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 5:00pm Basketball Toss 7:00pm Singalong Saturdays</p>
<p>3</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:30pm Room Visits 3:00pm Ice Cream Treats 5:00pm Bean Bag Twister 7:00pm Mindful Meditation</p>	<p>4</p> <p>9:15am Chair Yoga 10:30am Baking Bunch 1:30pm Room Visits 3:00pm Resident Council 5:00pm Toss Across 7:00pm Page Turners</p>	<p>5</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 1:30pm Room Visits 3:00pm Bible Study 5:00pm Parachute Fun 7:00pm Tunes Tuesday</p>	<p>6</p> <p>9:15am Brain Waves 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Mindful Moments</p>	<p>7</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:30pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Hand Massages</p>	<p>8</p> <p>9:15am This Day in History 10:00am Chair Yoga 11:00am Armchair Travel 1:30pm Room Visits 3:00pm Balloon Volleyball 5:00pm Music 7:00pm Comedy Night</p>	<p>9</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 5:00pm Basketball Toss 7:00pm Singalong Saturdays</p>
<p>10</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:30pm Room Visits 3:00pm Worship Service ~Bethesda Lutheran Church 3:30pm Ice Cream Treats 5:00pm Bean Bag Twister 7:00pm Mindful Meditation</p>	<p>11</p> <p>9:15am Chair Yoga 10:30am Painting 1:30pm Room Visits 3:30pm Music by "Squeezy" ~Wes Miller 5:00pm Toss Across 7:00pm Page Turners</p>	<p>12</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Journey Christian Church 1:30pm Room Visits 3:00pm Bible Study 5:00pm Parachute Fun 7:00pm Tunes Tuesday</p>	<p>13</p> <p>9:15am Brain Waves 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Mindful Moments</p>	<p>14</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:30pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Tea & Cookies</p>	<p>15</p> <p>9:15am This Day in History 10:00am Mindful Moments Yoga -Oak Dining Room 11:00am Armchair Travel 1:30pm Room Visits 2:00pm Cloquet High School Drum Circle 5:00pm Noodle Ball 7:00pm Comedy Night</p>	<p>16</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 2:00pm St. Urho's Day Social w/The Ladies of Kaleva 5:00pm Basketball Toss 7:00pm Singalong Saturdays</p>
<p>17</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:30pm Room Visits 2:30pm St. Patrick's Day Bingo 5:00pm Bean Bag Twister 7:00pm Mindful Meditation</p>	<p>18</p> <p>9:15am Chair Yoga 9:45am Soup Group with Chaplain Jon 1:30pm Room Visits 3:00pm Snack & Chat Group 5:00pm Toss Across 7:00pm Page Turners</p>	<p>19</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Jon 1:30pm Room Visits 3:00pm Bible Study 5:00pm Parachute Fun 7:00pm Tunes Tuesday</p>	<p>20</p> <p>9:15am Brain Waves 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Mindful Moments</p>	<p>21</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:30pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Hand Massages</p>	<p>22</p> <p>9:15am This Day in History 10:00am Chair Yoga 11:00am Armchair Travel 1:30pm Room Visits 3:00pm Social Hour ~Music by Glenn Laspi 5:00pm Noodle Ball 7:00pm Comedy Night</p>	<p>23</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 5:00pm Basketball Toss 7:00pm Singalong Saturdays</p>
<p>24</p> <p>Palm Sunday *Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:30pm Room Visits 2:00pm Worship Service ~Mahtowa Covenant Church 3:00pm Ice Cream Treats 5:00pm Bean Bag Twister 7:00pm Mindful Meditation</p>	<p>25</p> <p>9:15am Chair Yoga 10:30am Painting 1:30pm Room Visits 3:00pm Snack & Chat Group 5:00pm Toss Across 7:00pm Page Turners</p>	<p>26</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Journey Christian Church 1:30pm Room Visits 3:00pm Bible Study 5:00pm Parachute Fun 7:00pm Tunes Tuesday</p>	<p>27</p> <p>9:15am Brain Waves 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~ St. Francis Church 1:30pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Mindful Moments</p>	<p>28</p> <p>9:15am Movin' & Shakin' Fitness 10:00am Coloring Eggs w/Grace Church Homeschoolers 11:00am Remember When 1:30pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Tea & Cookies</p>	<p>29</p> <p>Good Friday 9:15am This Day in History 10:00am Mindful Moments Yoga -Oak Dining Room 11:00am Armchair Travel 1:30pm Room Visits 3:00pm March Birthday Party ~Music by Florian Chmielewski 5:00pm Noodle Ball 7:00pm Comedy Night</p>	<p>30</p> <p>*Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Room Visits 3:00pm Apple Cider and Chats 5:00pm Basketball Toss 7:00pm Singalong Saturdays</p>
<p>31</p> <p>Happy Easter! *Weekend Nail Parlor* 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Easter Message 1:30pm Room Visits 2:30pm Easter Sundaes 5:00pm Bean Bag Twister 7:00pm Mindful Meditation</p>		<p>*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.</p>				