

# ~Life Enrichment Activities~

June 2024



## Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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></p>						<p><b>1</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p><b>2</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:30pm Worship Service ~Mahtowa Covenant Church</b> 3:00pm Popsicle Treats 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p><b>3</b></p> <p>9:15am Chair Yoga <b>10:30am Flower Planting in the Courtyard</b> 1:15pm Room Visits 3:00pm Snack &amp; Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p><b>4</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Worship Service ~Our Saviors Lutheran</b> 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Page Turners</p>	<p><b>5</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Catholic Mass ~ St. Francis Church</b> 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Brain Waves</p>	<p><b>6</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits <b>1:30pm Bible Study with Chaplain Jon</b> 3:00pm Game Time 5:00pm Sports Game-Resident Choice 7:00pm Tea &amp; Cookies</p>	<p><b>7</b></p> <p>9:15am This Day in History 10:00am Mindful Moments Yoga 11:00am Remember When 1:15pm Room Visits <b>3:00pm Music by Tom Cawcutt</b> 5:00pm Fly Swatters 7:00pm Garden Strolls</p>	<p><b>8</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p><b>9</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:30pm Worship Service ~Bethesda Lutheran Church</b> 3:00pm Popsicle Treats 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p><b>10</b></p> <p>9:15am Chair Yoga <b>10:30am Baking Bunch</b> 1:15pm Room Visits <b>3:00pm Resident Council</b> 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p><b>11</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Worship Service ~Journey Christian Church</b> 1:15pm Room Visits 3:00pm Courtyard Fun <b>5:00pm Classic Car Show</b> 7:00pm Tunes Tuesday</p>	<p><b>12</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Catholic Mass ~ St. Francis Church</b> 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Brain Waves</p>	<p><b>13</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits <b>1:30pm Bible Study with Chaplain Jon</b> 3:00pm Game Time 5:00pm Sports Game-Resident Choice 7:00pm Courtyard Chats</p>	<p><b>14</b></p> <p><b>Flag Day</b></p> <p>9:15am This Day in History 10:00am Chair Yoga 11:00am Remember When 1:15pm Room Visits <b>3:00pm Music by Ted &amp; Rose</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p><b>15</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p><b>16</b></p> <p><b>Happy Father's Day</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:30pm Father's Day Social &amp; Ice Cream Floats -all are welcome!</b> 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p><b>17</b></p> <p>9:15am Chair Yoga <b>11:00am Campfire in the Basement ~With Author Darrell J. Pedersen</b> 1:15pm Room Visits 3:00pm Snack &amp; Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p><b>18</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Worship Service ~Reverend Larry Cain</b> 1:15pm Room Visits <b>1:30pm Men's group</b> 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Page Turners</p>	<p><b>19</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Catholic Mass ~ St. Francis Church</b> 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Brain Waves</p>	<p><b>20</b></p> <p><b>First Day of Summer</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits <b>1:30pm Bible Study with Chaplain Jon</b> 3:00pm Game Time 5:00pm Sports Game-Resident Choice 7:00pm Tea &amp; Cookies</p>	<p><b>21</b></p> <p>9:15am This Day in History 10:00am Mindful Moments Yoga 11:00am Remember When 1:15pm Room Visits <b>3:00pm Music by Jeff Carlson</b> 5:00pm Fly Swatters 7:00pm Garden Strolls</p>	<p><b>22</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p><b>23</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:00pm Music by Brett Borg -Popsicle Treats</b> 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p><b>24</b></p> <p>9:15am Chair Yoga <b>10:30am Painting</b> 1:15pm Room Visits 3:00pm Snack &amp; Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p><b>25</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Worship Service ~Chaplain Jon</b> 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Tunes Tuesday</p>	<p><b>26</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness <b>11:00am Catholic Mass ~ St. Francis Church</b> 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Noodle Ball 7:00pm Brain Waves</p>	<p><b>27</b></p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits <b>1:30pm Bible Study with Chaplain Jon</b> 3:00pm Game Time 5:00pm Sports Game-Resident Choice 7:00pm Courtyard Chats</p>	<p><b>28</b></p> <p>9:15am This Day in History 10:00am Chair Yoga 11:00am Remember When 1:15pm Room Visits <b>3:00pm June Birthday Party ~Music by Spencer Walton</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p><b>29</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p><b>30</b></p> <p>*Weekend Nail Parlor*</p> <p>9:15am This Day in History 10:00am Fit to Go &amp; Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:00pm Ladies of Kaleva Social &amp; Snacks</b> 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p>*Activities are subject to change.*</p> <p><b>Movies, games, and puzzles, always available for use in rooms or gathering areas.</b></p>					

