

~Life Enrichment Activities~

August 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>*Activities are subject to change.*</p> <p>Movies, games, and puzzles, always available for use in rooms or gathering areas.</p>		<p>1</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits 1:30pm Bible Study with Chaplain Jon 3:00pm Game Time 5:00pm Olympic Sports Game 7:00pm Courtyard Chats</p>	<p>2</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:15pm Room Visits 3:00pm Music by Ted & Rose 5:00pm Olympic Noodle Ball 7:00pm Comedy Night</p>	<p>3</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 2:30pm Watermelon Treat on National Watermelon Day 5:00pm Olympic Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>4</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 3:00pm Popsicle Treats 5:00pm Olympic Toss Across 7:00pm Mindful Meditation</p>	<p>5</p> <p>9:30am Chair Yoga -Day Room 10:30am Baking 1:15pm Room Visits 3:00pm Resident Council 5:00pm Olympic Basketball Toss 7:00pm Hand Massages</p>	<p>6</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Olympic Horseshoes 7:00pm Tunes Tuesday</p>	<p>7</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 1:15pm Room Visits 3:00pm Bingo 5:00pm Olympic Fly Swatters 7:00pm Brain Waves</p>	<p>8</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits 1:30pm Bible Study with Chaplain Jon 3:00pm Game Time 5:00pm Olympic Sports Game 7:00pm Tea & Cookies</p>	<p>9</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:15pm Room Visits 3:00pm Olympic Games & Snacks 7:00pm Garden Strolls</p>	<p>10</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade & Chats 5:00pm Olympic Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>11</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 2:30pm Worship Service ~Bethesda Lutheran Church 3:00pm Popsicle Treats 5:00pm Olympic Toss Across 7:00pm Mindful Meditation Summer Olympic Games Closing Ceremony in Paris</p>	<p>12</p> <p>9:30am Chair Yoga -Day Room 10:30am Painting 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p>13</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Journey Christian Church 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Page Turners</p>	<p>14</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 1:15pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Brain Waves</p>	<p>15</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am County Fair Days-Reminisce 1:15pm Room Visits 1:30pm Bible Study with Chaplain Jon 2:30pm Carlton County Fair Day ~Join us for cotton candy, carnival games & FUN! 5:00pm Sports Game-Resident Choice 7:00pm Courtyard Chats</p>	<p>16</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Music by Spencer Walton 5:00pm Noodle Ball 7:00pm Comedy Night</p>	<p>17</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade & Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>18</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 2:00pm Ladies of Kaleva Social & Snacks 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p>19</p> <p>9:30am Chair Yoga -Day Room 10:30am Painting 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p>20</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Tunes Tuesday</p>	<p>21</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 1:15pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Brain Waves</p>	<p>22</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Game Time 4:30pm Family Picnic ~Car Show, Music by Spencer Walton & Food 7:00pm Courtyard Chats</p>	<p>23</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:15pm Room Visits 3:00pm Parachute & Popcorn 5:00pm Noodle Ball 7:00pm Garden Strolls</p>	<p>24</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade & Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>25</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 2:00pm Worship Service ~Mahtowa Covenant Church 3:00pm Popsicle Treats 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p>26</p> <p>9:30am Chair Yoga -Day Room 11:00am Campfire in the Basement ~With Author Darrell J. Pedersen 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p>27</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Jon 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Page Turners</p>	<p>28</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 1:15pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Brain Waves</p>	<p>29</p> <p>9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:15pm Room Visits 1:30pm Bible Study with Chaplain Jon 3:00pm Game Time 5:00pm Sports Game-Resident Choice 7:00pm Courtyard Chats</p>	<p>30</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:15pm Room Visits 2:00pm Autumn Voices Music Performance & August Birthday Party 5:00pm Noodle Ball 7:00pm Comedy Night</p>	<p>31</p> <p>9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Lemonade & Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>