

~Life Enrichment Activities~

September 2024



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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 Toss Across 7:00pm Mindful Meditation	Labor Day 9:30am Chair Yoga -Day Room 10:00am Working Days Reminisce 1:15pm Room Visits 2:30pm Labor Day Bingo & Ice Cream 5:00pm Basketball Toss 7:00pm Hand Massages	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 1:15pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Tunes Tuesday	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Room Visits 3:00pm Bingo 5:00pm Noodle Ball 7:00pm Brain Waves	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study 5:00pm Resident Choice Sport Activity 7:00pm Tea & Cookies	9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Balloon Volleyball & Snacks 5:00pm Fly Swatters 7:00pm Garden Strolls	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
8	9	10	11	12	13	14
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 Toss Across 7:00pm Mindful Meditation	9:30am Chair Yoga -Day Room 10:30am Baking Bunch 1:15pm Room Visits 2:30pm Resident Council 3:30pm Music by "Squeezy" ~Wes Miller 5:00pm Basketball Toss 7:00pm Hand Massages	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Jon 1:15pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Page Turners	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Room Visits 3:00pm Bingo 5:00pm Noodle Ball 7:00pm Brain Waves	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study 5:00pm Resident Choice Sport Activity 7:00pm Courtyard Chats	9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Social Hour & Music by Joseph Koitiranta 5:00pm Fly Swatters 7:00pm Comedy Night	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
15	16	17	18	19	20	21
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	9:30am Soma Yoga Relaxation - Community Room 10:30am Painting 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:15pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Tunes Tuesday	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Room Visits 3:00pm Bingo 5:00pm Noodle Ball 7:00pm Brain Waves	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:30pm Corn-Husking in Cedar Dining 2:30pm Bible Study 5:00pm Resident Choice Sport Activity 7:00pm Tea & Cookies	9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 2:00pm Men's Group with Chaplain Jon 3:00pm Sweet Corn Feast 5:00pm Fly Swatters 7:00pm Garden Strolls	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
22	23	24	25	26	27	28
First Day of Fall 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 Ice Cream Treats 5:00pm Toss Across 7:00pm Mindful Meditation	9:30am Soma Yoga Relaxation - Community 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	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Journey Christian Church 1:15pm Room Visits 3:00pm Game Time 5:00pm Horseshoes 7:00pm Page Turners	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Room Visits 3:00pm Bingo 5:00pm Noodle Ball 7:00pm Brain Waves	9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study 5:00pm Resident Choice Sport Activity 7:00pm Courtyard Chats	9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm September Birthday Party ~Music by Glenn Laspi 5:00pm Fly Swatters 7:00pm Comedy Night	9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Apple Cider & Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays
29	30	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.	