

# ~Life Enrichment Activities~

October 2024



## Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>		<b>1</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Our Saviors Lutheran 1:15pm Room Visits 3:00pm Game Time 5:00pm Resident Choice Activity 7:00pm Tunes Tuesday	<b>2</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Fly Swatters 7:00pm Brain Waves	<b>3</b> 9:15am This Day in History 9:45am Movin' & Shakin' Fitness <b>10:15am Apple Fest Baking Prep</b> 1:15pm Room Visits <b>2:30pm Bible Study</b> 5:00pm Horseshoes 7:00pm Tea & Cookies	<b>4</b> 9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits <b>3:00pm Apple Fest</b> 5:00pm Noodle Ball 7:00pm Comedy Night	<b>5</b> 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 Basketball Toss 7:00pm Singalong Saturdays
	<b>6</b> 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:30pm Oktoberfest!</b> ~Music by Gina Devaney 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	<b>7</b> <b>9:30am Soma Yoga Relaxation - Community Room</b> <b>10:30am Baking Bunch</b> 1:15pm Room Visits <b>3:00pm Resident Council</b> 5:00pm Toss Across 7:00pm Hand Massages	<b>8</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Chaplain Jon 1:15pm Room Visits 3:00pm Game Time 5:00pm Resident Choice Activity 7:00pm Page Turners	<b>9</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Fly Swatters 7:00pm Brain Waves	<b>10</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits <b>2:30pm Bible Study</b> 5:00pm Horseshoes 7:00pm Tea & Cookies	<b>11</b> 9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits <b>3:00pm Music by Ted &amp; Rose</b> 5:00pm Noodle Ball 7:00pm Comedy Night
<b>13</b> 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:30pm Worship Service</b> ~Bethesda Lutheran Church 3:00pm Ice Cream Treats 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	<b>14</b> 9:30am Chair Yoga -Day Room <b>10:30am Fall Crafting -Community Room</b> 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Toss Across 7:00pm Hand Massages	<b>15</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Reverend Larry Cain 1:15pm Room Visits 3:00pm Game Time 5:00pm Resident Choice Activity 7:00pm Tunes Tuesday	<b>16</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Fly Swatters 7:00pm Brain Waves	<b>17</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits <b>2:30pm Memorial Service</b> 5:00pm Horseshoes 7:00pm Tea & Cookies	<b>18</b> 9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits <b>3:00pm Music by Dicky Monte</b> 5:00pm Noodle Ball 7:00pm Comedy Night	<b>19</b> 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 Basketball Toss 7:00pm Singalong Saturdays
<b>20</b> 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:00pm Ladies of Kaleva Social &amp; Snacks</b> 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	<b>21</b> 9:30am Chair Yoga -Day Room 10:00am This Day in History 11:00am Remember When 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Toss Across 7:00pm Hand Massages	<b>22</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Journey Christian Church 1:15pm Room Visits 3:00pm Game Time 5:00pm Resident Choice Activity 7:00pm Page Turners	<b>23</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Fly Swatters 7:00pm Brain Waves	<b>24</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Campfire in the Basement</b> ~With Author Darrell J. Pedersen 1:15pm Room Visits <b>2:30pm Bible Study</b> 5:00pm Horseshoes 7:00pm Tea & Cookies	<b>25</b> 9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits <b>2:00pm October Birthday Party</b> ~Music by Gina Devaney 5:00pm Noodle Ball 7:00pm Comedy Night	<b>26</b> 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 Basketball Toss 7:00pm Singalong Saturdays
<b>27</b> 9:15am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits <b>2:00pm Worship Service</b> ~Mahtowa Covenant Church 3:00pm Ice Cream Treats 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	<b>28</b> <b>9:30am Soma Yoga Relaxation - Community Room</b> <b>10:15am Prepare Halloween Treat Bags for Student Visitors</b> 11:00am Remember When 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Toss Across 7:00pm Hand Massages	<b>29</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Chaplain Jon 1:15pm Room Visits <b>2:00pm Fall Crafting with Cloquet Middle School Students</b> 5:00pm Resident Choice Activity 7:00pm Tunes Tuesday	<b>30</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:15pm Room Visits <b>3:00pm Bingo</b> 5:00pm Fly Swatters 7:00pm Brain Waves	<b>31</b> <b>Happy Halloween</b> 9:15am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When <b>1:00pm Bible Study</b> 1:15pm Room Visits <b>2:30pm Halloween Party</b> 5:00pm Horseshoes 7:00pm Tea & Cookies	*Activities are subject to change.*  <b>Movies, games, and puzzles, always available for use in rooms or gathering areas.</b>	