

# ~Life Enrichment Activities~

November 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>*Activities are subject to change.*</p> <p><b>Movies, games, and puzzles, always available for use in rooms or gathering areas.</b></p>		<p>1</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits <b>3:00pm Balloon Volleyball ~Snacks &amp; Drinks</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p>2</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 Apple Cider &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>3</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 3:00pm Ice Cream Treats 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p>4</p> <p>9:30am Chair Yoga -Day Room <b>10:30am Baking Bunch</b> 1:15pm Room Visits <b>3:00pm Resident Council</b> <b>3:30pm Music by "Squeezy" ~Wes Miller</b> 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p>5</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 Game Time 5:00pm Horseshoes 7:00pm Page Turners</p>	<p>6</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>7</p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Remember When 1:15pm Room Visits <b>2:30pm Bible Study</b> 5:00pm Resident Choice Activity 7:00pm Tea &amp; Cookies</p>	<p>8</p> <p>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 Joseph Koitiranta</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p>9</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 Apple Cider &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>10</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 Ice Cream Treats 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p>11</p> <p><b>Veterans Day</b> <b>9:30am Soma Yoga Relaxation -Community Room</b> 10:30am Remember When-Veterans Day 1:15pm Room Visits 3:00pm Snack &amp; Chat Group 5:00pm Basketball Toss 7:00pm Hand Massages</p>	<p>12</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 3:00pm Game Time 5:00pm Horseshoes 7:00pm Tunes Tuesday</p>	<p>13</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>14</p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Remember When 1:15pm Room Visits <b>3:00pm Crafting with Grace Church Homeschoolers</b> 5:00pm Resident Choice Activity 7:00pm Tea &amp; Cookies</p>	<p>15</p> <p>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 Missy Paulson</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p>16</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 Apple Cider &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>17</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>18</p> <p>9:30am Chair Yoga -Day Room <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>19</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 Game Time 5:00pm Horseshoes 7:00pm Page Turners</p>	<p>20</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>21</p> <p>9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Remember When 1:15pm Room Visits <b>2:30pm Bible Study</b> 5:00pm Resident Choice Activity 7:00pm Tea &amp; Cookies</p>	<p>22</p> <p>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 Glenn Laspi</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p>23</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 Apple Cider &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>
<p>24</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 Worship Service ~Mahtowa Covenant Church</b> 3:00pm Ice Cream Treats 5:00pm Toss Across 7:00pm Mindful Meditation</p>	<p>25</p> <p><b>9:30am Soma Yoga Relaxation -Community Room</b> <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>26</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 Game Time 5:00pm Horseshoes 7:00pm Tunes Tuesday</p>	<p>27</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>28</p> <p><b>Happy Thanksgiving!</b> 9:15am This Day in History 10:00am Movin' &amp; Shakin' Fitness 11:00am Remember When 1:15pm Room Visits <b>3:00pm Thanksgiving Jingo</b> 5:00pm Resident Choice Activity 7:00pm Tea &amp; Cookies</p>	<p>29</p> <p>9:15am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits <b>3:00pm November Birthday Party ~Music by Gina Devaney</b> 5:00pm Fly Swatters 7:00pm Comedy Night</p>	<p>30</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 Apple Cider &amp; Chats 5:00pm Bean Bag Toss 7:00pm Singalong Saturdays</p>