

~Life Enrichment Activities~

December 2024



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 3:00pm Ice Cream Treats 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	2 9:30am Soma Yoga Relaxation -Community Room 10:30am Baking Bunch 1:15pm Room Visits 3:00pm Resident Council 5:00pm Toss Across 7:00pm Hand Massages	3 9:30am 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 Resident Choice Activity 7:00pm Page Turners	4 9:30am 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 Fly Swatters 7:00pm Brain Waves	5 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study 5:00pm Horseshoes 7:00pm Tea & Cookies	6 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm ~Music by Ted & Rose 5:00pm Noodle Ball 7:00pm Comedy Night	7 9:30am 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	
8 9:30am 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 Ice Cream Treats 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	9 9:30am Chair Yoga -Day Room 10:30am Winter Crafting 1:15pm Room Visits 3:00pm ~Music by Brett Borg 5:00pm Toss Across 7:00pm Hand Massages	10 9:30am 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 Resident Choice Activity 7:00pm Tunes Tuesday	11 9:30am 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 Fly Swatters 7:00pm Brain Waves	12 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study 5:00pm Horseshoes 7:00pm Tea & Cookies	13 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 2:00pm Autumn Voices Holiday Performance 5:00pm Noodle Ball 7:00pm Comedy Night	14 9:30am 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	
15 9:30am 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 Bean Bag Toss 7:00pm Mindful Meditation	16 9:30am Soma Yoga Relaxation -Community Room 10:30am Painting 1:15pm Room Visits 3:00pm Holiday Concert w/Tom Cawcutt 5:00pm Toss Across 7:00pm Hand Massages	17 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:15pm Room Visits 2:00pm Christmas Cards w/Cloquet Middle School Students 5:00pm Resident Choice Activity 7:00pm Page Turners	18 9:30am This Day in History 10:00am Winter Craft & Frosting Cookies w/Carlton 2nd Graders 11:00am Catholic Mass ~St. Francis Church 1:15pm Room Visits 3:00pm Bingo 5:00pm Fly Swatters 7:00pm Brain Waves	19 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:00pm Christmas Program by Grace Church Homeschool Students 3:00pm Bible Study 5:00pm Horseshoes 7:00pm Tea & Cookies	20 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 2:30pm Holiday Tea Party 5:00pm Noodle Ball 7:00pm Comedy Night	21 9:30am 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	
22 9:30am 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 Bean Bag Toss 7:00pm Mindful Meditation	23 9:30am Chair Yoga -Day Room 10:30am Baking Bunch 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Toss Across 7:00pm Hand Massages	24 9:30am This Day in History 10:00am Fit to Go Exercise -Day Room 11:00am Remember When ~Christmas Memories 1:15pm Room Visits 2:30pm Christmas Eve Social 5:00pm Resident Choice Activity 7:00pm Christmas Carols	25 Christmas Day 9:30am This Day in History 10:00am Fit to Go Exercise -Day Room 11:00am Christmas Message with Reverend Larry Cain 1:15pm Room Visits 3:00pm Bingo & Peppermint Ice Cream 5:00pm Fly Swatters 7:00pm Brain Waves	26 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study 5:00pm Horseshoes 7:00pm Tea & Cookies	27 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm December Birthday Party ~Music by Gina Devaney 5:00pm Noodle Ball 7:00pm Comedy Night	28 9:30am 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	
29 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 2:30pm ~Music by Spencer Walton 5:00pm Bean Bag Toss 7:00pm Mindful Meditation	30 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 Toss Across 7:00pm Hand Massages	31 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 1:15pm Room Visits 2:30pm New Year's Eve Karaoke & Social 5:00pm Resident Choice Activity 7:00pm Page Turners	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.	