

~Life Enrichment Activities~

January 2025



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.			Happy New Year! 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Communion Service ~Chaplain Jon 1:15pm Room Visits 3:00pm Bingo & Ice Cream 5:00pm Bean Bag Toss 7:00pm Brain Waves	1 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 3:00pm Game Time 5:00pm Toss Across 7:00pm Tea & Cookies	2 9:30am 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 Comedy Night	3 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 2:30pm Music by Brett Borg 5:00pm Resident Choice Activity 7:00pm Singalong Saturdays
	5 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 Basketball Toss 7:00pm Mindful Meditation	6 9:30am Chair Yoga -Day Room 10:30am Winter Crafting 1:15pm Room Visits 3:00pm Resident Council 5:00pm Noodle Ball 7:00pm Hand Massages	7 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 Horseshoes 7:00pm Tunes Tuesday	8 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 Bean Bag Toss 7:00pm Brain Waves	9 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study -Community Room 5:00pm Toss Across 7:00pm Tea & Cookies	10 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Music by Joseph Koitiranta 5:00pm Fly Swatters 7:00pm Comedy Night
12 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 Basketball Toss 7:00pm Mindful Meditation	13 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 Noodle Ball 7:00pm Hand Massages	14 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Jon 1:15pm Room Visits 2:00pm Bracelet Making w/Cloquet Middle School Students 5:00pm Horseshoes 7:00pm Page Turners	15 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 Bean Bag Toss 7:00pm Brain Waves	16 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study -Community Room 5:00pm Toss Across 7:00pm Tea & Cookies	17 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Bowling & Popcorn 5:00pm Fly Swatters 7:00pm Comedy Night	18 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 Resident Choice Activity 7:00pm Singalong Saturdays
19 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 Basketball Toss 7:00pm Mindful Meditation	20 9:30am Chair Yoga -Day Room 10:30am Painting 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Noodle Ball 7:00pm Hand Massages	21 9:30am 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	22 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 Bean Bag Toss 7:00pm Brain Waves	23 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study -Community Room 5:00pm Toss Across 7:00pm Tea & Cookies	24 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Music by Glenn Laspi 5:00pm Fly Swatters 7:00pm Comedy Night	25 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 Resident Choice Activity 7:00pm Singalong Saturdays
26 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 Basketball Toss 7:00pm Mindful Meditation	27 9:30am Soma Yoga Relaxation -Community Room 10:30am Baking Bunch 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Noodle Ball 7:00pm Hand Massages	28 9:30am 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	29 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 Bean Bag Toss 7:00pm Brain Waves	30 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study -Community Room 5:00pm Toss Across 7:00pm Tea & Cookies	31 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm January Birthday Party ~Music by Gina Devaney 5:00pm Fly Swatters 7:00pm Comedy Night	*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.