

~Life Enrichment Activities~

February 2025



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>			<p>*Activities are subject to change.*</p> <p>Movies, games, and puzzles, always available for use in rooms or gathering areas.</p>			<p>9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Game Time 5:00pm Fly Swatters 7:00pm Crunch & Munch</p>
2	3	4	5	6	7	8
<p>9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 3:00pm Hymn Singalong 5:00pm Mindful Moments 7:00pm Sunday Sundaes</p>	<p>9:30am Soma Yoga Relaxation -Community Room 10:30am Baking Bunch 1:15pm Room Visits 3:00pm Resident Council 5:00pm Horseshoes 7:00pm Apple Cider & Cookies</p>	<p>9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 1:15pm Room Visits 2:00pm Self-Advocacy Workshop -Community Room 5:00pm Tunes Tuesday 7:00pm Crunch & Munch</p>	<p>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 Brain Waves 7:00pm Ice Cream Treats</p>	<p>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 Resident Choice Activity 7:00pm Tea & Cookies</p>	<p>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 Dunkin' Donuts</p>	<p>9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 2:00pm Bingo with Carlton County 4-H 5:00pm Fly Swatters 7:00pm Crunch & Munch</p>
9	10	11	12	13	14	15
<p>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 5:00pm Mindful Moments 7:00pm Sunday Sundaes</p>	<p>9:30am Chair Yoga -Day Room 10:30am Valentine Crafting 3:30pm Music by "Squeezy" ~Wes Miller 5:00pm Horseshoes 7:00pm Apple Cider & Cookies</p>	<p>9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:15pm Room Visits 2:00pm Valentine Cards & Cookies with Cloquet Middle School Students 5:00pm Tunes Tuesday 7:00pm Crunch & Munch</p>	<p>9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Room Visits 3:00pm Prize Bingo w/St. Matthew's Church 5:00pm Brain Waves 7:00pm Ice Cream Treats</p>	<p>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 Resident Choice Activity 7:00pm Tea & Cookies</p>	<p>Happy Valentine's Day 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm ~Valentine's Day Concert with Tom Cawcutt 5:00pm Noodle Ball 7:00pm Dunkin' Donuts</p>	<p>9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Game Time 5:00pm Fly Swatters 7:00pm Crunch & Munch</p>
16	17	18	19	20	21	22
<p>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 Mindful Moments 7:00pm Sunday Sundaes</p>	<p>President's Day 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 Horseshoes 7:00pm Apple Cider & Cookies</p>	<p>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 Tunes Tuesday 7:00pm Crunch & Munch</p>	<p>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 Brain Waves 7:00pm Ice Cream Treats</p>	<p>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 Resident Choice Activity 7:00pm Tea & Cookies</p>	<p>9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm Parachute & Popcorn 5:00pm Noodle Ball 7:00pm Dunkin' Donuts</p>	<p>9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Game Time 5:00pm Fly Swatters 7:00pm Crunch & Munch</p>
23	24	25	26	27	28	
<p>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 5:00pm Mindful Moments 7:00pm Sunday Sundaes</p>	<p>9:30am Chair Yoga -Day Room 10:30am Painting 1:15pm Room Visits 3:00pm Snack & Chat Group 5:00pm Horseshoes 7:00pm Apple Cider & Cookies</p>	<p>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 Tunes Tuesday 7:00pm Crunch & Munch</p>	<p>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 Brain Waves 7:00pm Ice Cream Treats</p>	<p>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 Resident Choice Activity 7:00pm Tea & Cookies</p>	<p>9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm February Birthday Party ~Music by Gina Devaney 5:00pm Noodle Ball 7:00pm Dunkin' Donuts</p>	