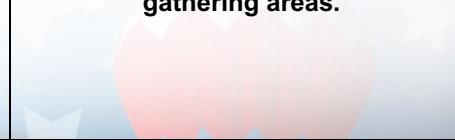


~Life Enrichment Activities~

July 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 you to the activities.		1	2	3	4	5
		9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Bethesda Lutheran Church 1:15pm Room Visits 3:00pm Game Time 5:00pm Resident Choice Activity 7:00pm Crunch & Munch	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 Noodle Ball 7:00pm Ice Cream Treats	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 Brain Waves 7:00pm Tea & Cookies	Happy Independence Day! 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm July 4th Ice Cream Social 5:00pm Resident Choice Activity 7:00pm Dunkin' Donuts	9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Singalong Saturdays 7:00pm Poppin' Popcorn & Pop
	6	7	8	9	10	11
	9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Mindful Moments 7:00pm Sunday Sundaes	9:30am Chair Yoga -Day Room 10:30am Baking Bunch 1:15pm Room Visits 3:00pm Resident Council 5:00pm Horseshoes 7:00pm Lemonade & Sweet Treats	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 Crunch & Munch	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 Noodle Ball 7:00pm Ice Cream Treats	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 Brain Waves 7:00pm Tea & Cookies	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm ~Music by Spencer Walton 5:00pm Resident Choice Activity 7:00pm Dunkin' Donuts
	13	14	15	16	17	18
	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	9:30am Soma Yoga Relaxation -Community Room 11:00am This Day in History 1:15pm Room Visits 3:00pm Courtyard Fun 3:00pm ~Music by Finnish One-Man Band Steve Solkela 5:00pm Horseshoes 7:00pm Lemonade & Sweet Treats	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 Crunch & Munch	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 Noodle Ball 7:00pm Ice Cream Treats	9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Brain Waves 7:00pm Tea & Cookies	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 Resident Choice Activity 7:00pm Dunkin' Donuts
20	21	22	23	24	25	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 Ladies of Kaleva Social & Snacks 5:00pm Mindful Moments 7:00pm Sunday Sundaes	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Campfire in the Basement ~With Author Darrell J. Pedersen 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Horseshoes 7:00pm Lemonade & Sweet Treats	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 Resident Choice Activity 7:00pm Crunch & Munch	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 Noodle Ball 7:00pm Ice Cream Treats	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 Brain Waves 7:00pm Tea & Cookies	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm July Birthday Party ~Music by Heart to Heart 5:00pm Resident Choice Activity 7:00pm Dunkin' Donuts	9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Singalong Saturdays 7:00pm Poppin' Popcorn & Pop
27	28	29	30	31	*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas. 	
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	9:30am Soma Yoga Relaxation -Community Room 11:00am This Day in History 1:15pm Room Visits 2:00pm ~Autumn Voices Spring Concert 5:00pm Horseshoes 7:00pm Lemonade & Sweet Treats	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 Crunch & Munch	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 Noodle Ball 7:00pm Ice Cream Treats	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 Brain Waves 7:00pm Tea & Cookies		