

~Life Enrichment Activities~

August 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
					9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm ~Worship Music with Neal 5:00pm Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Poppin' Popcorn & Pop
3	4	5	6	7	8	9
9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 2:30pm National Watermelon Day ~Watermelon in Cedar Dining Room/Courtyard 5:00pm Sunset Social -Dining Room Activity 7:00pm Sunday Sundaes	9:30am This Day in History 10:30am Baking Bunch 1:15pm Room Visits 3:00pm Resident Council 5:00pm Sunset Social -Dining Room Activity 7:00pm Lemonade & Sweet Treats	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 Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 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 Sunset Social -Dining Room Activity 7:00pm Iced Tea & Treats	9:30am This Day in History 10:00am Chair Yoga -Day Room 10:30am Food Committee Meeting -Community Room 1:15pm Room Visits 3:00pm ~Music by Joseph Koitiranta 5:00pm Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Poppin' Popcorn & Pop
10	11	12	13	14	15	16
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 Sunset Social -Dining Room Activity 7:00pm Sunday Sundaes	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 1:15pm Room Visits 3:30pm ~Music by "Squeezy" Wes Miller 5:00pm Sunset Social -Dining Room Activity 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 Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Ice Cream Treats	9:30am This Day in History 10:00am Soma Yoga Relaxation 11:00am Remember When 1:30pm Bible Study 2:30pm Carlton County Fair Day FUN! 5:00pm Sunset Social -Dining Room Activity 7:00pm Iced Tea & Treats	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 Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Poppin' Popcorn & Pop
17	18	19	20	21	22	23
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 Sunset Social -Dining Room Activity 7:00pm Sunday Sundaes	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Sunset Social -Dining Room Activity 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 Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Ice Cream Treats	9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 1:15pm Room Visits 4:30pm Family Picnic ~Music, Photos, Food 5:00pm Sunset Social -Dining Room Activity 7:00pm Iced Tea & Treats	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 Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Poppin' Popcorn & Pop
24	25	26	27	28	29	30
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 Sunset Social -Dining Room Activity 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 Sunset Social -Dining Room Activity 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 Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Ice Cream Treats	9:30am This Day in History 10:00am Soma Yoga Relaxation 11:00am Remember When 1:15pm Room Visits 2:30pm Bible Study -Community Room 5:00pm Sunset Social -Dining Room Activity 7:00pm Iced Tea & Treats	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:15pm Room Visits 3:00pm August Birthday Party 5:00pm Sunset Social -Dining Room 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 Sunset Social -Dining Room Activity 7:00pm Poppin' Popcorn & Pop
31			*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.			