

~Life Enrichment Activities~

September 2025



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Labor Day 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 1:15pm Room Visits 2:30pm Labor Day Candy Bingo 5:00pm Mix & Mingle-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 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-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 Mix & Mingle-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 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Iced Tea & Treats	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 1:15pm Room Visits 3:00pm Parachute & Popcorn 5:00pm Mix & Mingle-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 Mix & Mingle-Dining Room Activity 7:00pm Poppin' Popcorn & Pop
7	8	9	10	11	12	13
9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 1:15pm Room Visits 2:30pm Grandparents' Day Social ~Ice Cream Floats & Fun in the Community Room 5:00pm Mix & Mingle-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 Mix & Mingle-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 Campfire in the Basement ~Author Darrell Pedersen 5:00pm Mix & Mingle-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 Lions Club Bingo 5:00pm Mix & Mingle-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 2:00pm ~Hymns with Neal 2:30pm Bible Study 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Iced Tea & Treats	9:30am This Day in History 10:00am Songs & Games w/Grace Church Homeschool Co-op 1:00pm Rosary Gathering 1:15pm Room Visits 3:00pm ~Music by Joseph Koitiranta 5:00pm Mix & Mingle-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 Mix & Mingle-Dining Room Activity 7:00pm Poppin' Popcorn & Pop
14	15	16	17	18	19	20
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 Mix & Mingle-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 Mix & Mingle-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 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-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 Mix & Mingle-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 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Iced Tea & Treats	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 1:15pm Room Visits 3:00pm ~Music by Gina Devaney 5:00pm Mix & Mingle-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 Mix & Mingle-Dining Room Activity 7:00pm Poppin' Popcorn & Pop
21	22	23	24	25	26	27
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 Mix & Mingle-Dining Room Activity 7:00pm Sunday Sundaes	Fall Begins 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves-Fall Trivia 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Mix & Mingle-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 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-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 Mix & Mingle-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 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Iced Tea & Treats	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 1:15pm Room Visits 3:00pm September Birthday Party ~Music by Glenn Laspi 5:00pm Mix & Mingle-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 Mix & Mingle-Dining Room Activity 7:00pm Poppin' Popcorn & Pop
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 Mix & Mingle-Dining Room Activity 7:00pm Sunday Sundaes	9:30am This Day in History 10:30am Fall Painting 1:15pm Room Visits 3:00pm Courtyard Fun 5:00pm Mix & Mingle-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 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Crunch & Munch		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.		*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.