

~Life Enrichment Activities~

October 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
			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 Apple Treat Baking 1:15pm Room Visits 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Tea & Cookies	9:30am This Day in History 10:00am Chair Yoga -Day Room 10:30am Food Committee Meeting 11:00am Armchair Travel 1:00pm Rosary Gathering 1:15pm Room Visits 2:30pm Apple Fest 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
5	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 2:30pm Hymn Singalong 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 Resident Council 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Apple Cider & 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 Daily Devotional 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 2:00pm Activity w/CMS Student Council 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Tea & Cookies	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 J&P's Entertainment 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
12	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 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 3:30pm ~Music by "Squeezy" Wes Miller 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Apple Cider & Sweet Treats	9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service 1:15pm Room Visits 3:15pm Daily Devotional 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 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Tea & Cookies	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 Finnish One Man Band Steve Solkela 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
19	20	21	22	23	24	25
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	9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 1:15pm Room Visits 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Apple Cider & Sweet Treats	9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service 1:15pm Room Visits 3:15pm Daily Devotional 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 Memorial Service 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Tea & Cookies	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 October Birthday Party ~Music by Ted & Rose 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
26	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 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 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Apple Cider & Sweet Treats	9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Bethesda Lutheran Church 1:15pm Room Visits 3:15pm Daily Devotional 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 3:15pm Game Time -Oak Dining Room 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Tea & Cookies	Happy Halloween 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 Halloween Party 5:00pm Mix & Mingle-Dining Room Activity 7:00pm Dunkin' Donuts	