

~Life Enrichment Activities~

January 2026



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.		*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.		Happy New Year! 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 3:00pm Ice Cream Social 5:00pm Mix & Mingle -Dining Room 7:00pm Tea & Cookies	1 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 3:00pm Game Time 5:00pm Mix & Mingle -Dining Room 7:00pm Dunkin' Donuts	2 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 3:00pm Apple Cider & Chats 5:00pm Mix & Mingle -Dining Room 7:00pm Poppin' Popcorn & Pop
4 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 12:00pm Vikings vs Packers Football Watch Party -After lunch 5:00pm Mix & Mingle -Dining Room 7:00pm Sunday Sundaes	5 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 3:00pm Resident Council 5:00pm Mix & Mingle -Dining Room 7:00pm Apple Cider & Sweet Treats	6 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 3:15pm Daily Devotional 5:00pm Mix & Mingle -Dining Room 7:00pm Crunch & Munch	7 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Music 3:00pm Bingo 5:00pm Mix & Mingle -Dining Room 7:00pm Ice Cream Treats	8 9:30am This Day in History 10:00am Soma Yoga Relaxation 11:00am Remember When 3:15pm Game Time 5:00pm Mix & Mingle -Dining Room 7:00pm Tea & Cookies	9 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 3:00pm ~Music by Gina Devaney 5:00pm Mix & Mingle -Dining Room 7:00pm Dunkin' Donuts	10 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 3:00pm Apple Cider & Chats 5:00pm Mix & Mingle -Dining Room 7:00pm Poppin' Popcorn & Pop
11 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 2:30pm Worship Service ~Bethesda Lutheran Church 5:00pm Mix & Mingle -Dining Room 7:00pm Sunday Sundaes	12 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 2:00pm Winter Painting 5:00pm Mix & Mingle -Dining Room 7:00pm Apple Cider & Sweet Treats	13 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service 3:00pm Campfire in the Basement ~Author Darrell Pederson 5:00pm Mix & Mingle -Dining Room 7:00pm Crunch & Munch	14 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 3:00pm Bingo 5:00pm Mix & Mingle -Dining Room 7:00pm Ice Cream Treats	15 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 3:15pm Game Time 5:00pm Mix & Mingle -Dining Room 7:00pm Tea & Cookies	16 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 3:00pm Hello 2026 Party! 5:00pm Mix & Mingle -Dining Room 7:00pm Dunkin' Donuts	17 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 2:30pm ~Music by Spencer Walton 5:00pm Mix & Mingle -Dining Room 7:00pm Poppin' Popcorn & Pop
18 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 2:30pm Worship Music 5:00pm Mix & Mingle -Dining Room 7:00pm Sunday Sundaes	19 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 2:00pm Baking Bunch 5:00pm Mix & Mingle -Dining Room 7:00pm Apple Cider & Sweet Treats	20 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 3:15pm Daily Devotional 5:00pm Mix & Mingle -Dining Room 7:00pm Crunch & Munch	21 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 3:00pm Bingo 5:00pm Mix & Mingle -Dining Room 7:00pm Ice Cream Treats	22 9:30am This Day in History 10:00am Soma Yoga Relaxation 11:00am Remember When 1:30pm ~Activity w/CMS Student Council Students 3:15pm Game Time 5:00pm Mix & Mingle -Dining Room 7:00pm Tea & Cookies	23 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 3:00pm ~Music by Glenn Laspi 5:00pm Mix & Mingle -Dining Room 7:00pm Dunkin' Donuts	24 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 3:00pm Apple Cider & Chats 5:00pm Mix & Mingle -Dining Room 7:00pm Poppin' Popcorn & Pop
25 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 2:30pm Worship Service with Bill 5:00pm Mix & Mingle -Dining Room 7:00pm Sunday Sundaes	26 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Brain Waves 3:30pm Snack & Chat Group 5:00pm Mix & Mingle -Dining Room 7:00pm Apple Cider & Sweet Treats	27 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Bethesda Lutheran Church 3:15pm Daily Devotional 5:00pm Mix & Mingle -Dining Room 7:00pm Crunch & Munch	28 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 3:00pm Bingo 5:00pm Mix & Mingle -Dining Room 7:00pm Ice Cream Treats	29 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Remember When 3:15pm Game Time 5:00pm Mix & Mingle -Dining Room 7:00pm Tea & Cookies	30 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Armchair Travel 1:00pm Rosary Gathering 2:30pm January Birthday Party ~Music by Tom Cawcutt 5:00pm Mix & Mingle -Dining Room 7:00pm Dunkin' Donuts	31 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 3:00pm Apple Cider & Chats 5:00pm Mix & Mingle -Dining Room 7:00pm Poppin' Popcorn & Pop

Room and 1:1 Visits occur as needed at 1:15 PM each day.