

~Life Enrichment Activities~

February 2026



Inter-Faith Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 2:30pm Worship Music 4:00pm Horseshoes 7:00pm Sunday Sundaes	2 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:30pm Brain Waves 3:00pm Resident Council 4:15pm Bean Bag Toss 7:00pm Apple Cider & Sweet Treats	3 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 1:30pm Game Time 4:15pm Fly Swatters 7:00pm Crunch & Munch	4 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Music (No Mass) 1:30pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	5 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:30pm Game Time 4:15pm Noodle Ball 7:00pm Tea & Cookies	6 9:30am This Day in History 10:00am ~Activities w/Mater Dei High School Students 1:00pm Rosary Gathering 1:30pm Game Time 3:00pm Winter Olympics 7:00pm Dunkin' Donuts Winter Olympic Games Opening Ceremony in Milan	7 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Game Time 2:30pm ~Music by Spencer Walton 4:00pm Resident Choice Sport Activity 7:00pm Poppin' Popcorn & Pop
8 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 4:00pm Horseshoes 7:00pm Sunday Sundaes	9 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:30pm Brain Waves 3:30pm ~Music by "Squeazy" Wes Miller 7:00pm Apple Cider & Sweet Treats	10 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:30pm Valentine Activities & Cookies w/CMS Student Council 4:15pm Fly Swatters 7:00pm Crunch & Munch	11 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:30pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	12 9:30am This Day in History 10:00am Soma Yoga Relaxation 11:00am Meet & Greet w/Chaplain Rebecca 1:30pm Game Time 4:15pm Noodle Ball 7:00pm Tea & Cookies	13 9:30am This Day in History 10:00am Valentine Craft w/Grace Church Homeschool Co-op Students 1:00pm Rosary Gathering 1:30pm Game Time 3:00pm Sing a Love Song Karaoke 7:00pm Dunkin' Donuts	14 Happy Valentine's Day 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Game Time 2:00pm Valentine Party ~Music by Joseph Koitiranta 4:00pm Resident Choice Sport Activity 7:00pm Poppin' Popcorn & Pop
15 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 2:30pm Worship Music 4:00pm Horseshoes 7:00pm Sunday Sundaes	16 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:30pm Brain Waves 1:30pm Bake & Eat Pizza Pies 4:15pm Fly Swatters 7:00pm Crunch & Munch	17 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Rebecca 1:30pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	18 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:30pm Game Time 3:00pm Images ~A Reading w/Author Gary Homstad 7:00pm Tea & Cookies	19 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:30pm Game Time 3:00pm Images ~A Reading w/Author Gary Homstad 7:00pm Tea & Cookies	20 9:30am This Day in History 10:00am Chair Yoga -Day Room 1:00pm Rosary Gathering 1:30pm Game Time 2:30pm ~Music by Tom Cawcutt 7:00pm Dunkin' Donuts	21 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Game Time 4:00pm Resident Choice Sport Activity 7:00pm Poppin' Popcorn & Pop
22 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games 2:30pm Worship Service with Bill 4:00pm Horseshoes 7:00pm Sunday Sundaes Winter Olympic Games Closing Ceremony	23 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When 1:30pm Brain Waves 4:15pm Bean Bag Toss 7:00pm Apple Cider & Sweet Treats	24 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Bethesda Lutheran Church 1:30pm Game Time 3:00pm Campfire in the Basement Reading w/Author Darrell Pederson 7:00pm Crunch & Munch	25 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:30pm Game Time 3:00pm Prize Bingo w/St. Matthews Church 7:00pm Ice Cream Treats	26 9:30am This Day in History 10:00am Soma Yoga Relaxation 11:00am Armchair Travel 1:30pm Game Time 4:15pm Noodle Ball 7:00pm Tea & Cookies	27 9:30am This Day in History 10:00am Chair Yoga -Day Room 1:00pm Rosary Gathering 1:30pm Game Time 3:00pm February Birthday Party ~Music by Ted & Rose 7:00pm Dunkin' Donuts	28 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Chmielewski Funtime 1:30pm Game Time 4:00pm Resident Choice Sport Activity 7:00pm Poppin' Popcorn & Pop

Activities Subject to Change.

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.