

# ~Life Enrichment Activities~

March 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 <b>3:00pm Worship Service</b> ~Chaplain Rebecca & Friends 4:15pm Horseshoes 7:00pm Sunday Sundaes	2 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When <b>2:00pm Bible Study</b> <b>3:00pm Resident Council</b> 4:15pm Fly Swatters 7:00pm Apple Cider & Sweet Treats	3 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Our Saviors Lutheran 1:30pm Game Time 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	4 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:30pm Game Time <b>3:00pm Bingo</b> 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 Chair Yoga -Day Room <b>11:00am Prayer Time on World Prayer Day</b> <b>1:00pm Rosary Gathering</b> 1:30pm Game Time <b>3:30pm T-Bone Rey Show</b> 7:00pm Dunkin' Donuts	7 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Music & Memories 1:30pm Game Time 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
8 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games <b>2:30pm Worship Service</b> ~Bethesda Lutheran Church 4:15pm Horseshoes 7:00pm Sunday Sundaes	9 9:30am This Day in History 10:00am Chair Yoga -Day Room 11:00am Remember When <b>2:00pm Bible Study</b> 4:15pm Fly Swatters 7:00pm Apple Cider & Sweet Treats	10 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Chaplain Rebecca 1:30pm Game Time <b>3:00pm Campfire in the Basement Reading w/Author Darrell Pederson</b> 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	11 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:30pm Game Time <b>3:00pm Bingo</b> 7:00pm Ice Cream Treats	12 9:30am This Day in History <b>10:00am Soma Yoga Relaxation</b> 11:00am Armchair Travel 1:30pm Game Time 4:15pm Noodle Ball 7:00pm Tea & Cookies	13 9:30am This Day in History 10:00am Chair Yoga -Day Room <b>11:00am Joyful Inspirations</b> <b>1:00pm Rosary Gathering</b> 1:30pm Game Time <b>2:30pm "Travel" to Ireland</b> 7:00pm Dunkin' Donuts	14 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Music & Memories 1:30pm Game Time 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
15 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games <b>3:00pm Worship Service</b> ~Chaplain Rebecca & Friends 4:15pm Horseshoes 7:00pm Sunday Sundaes	16 9:30am This Day in History <b>10:00am Baking Bunch</b> 11:00am Remember When <b>2:00pm Bible Study +St. Urho's Treats</b> 4:15pm Fly Swatters 7:00pm Apple Cider & Sweet Treats	17 <b>St. Patrick's Day</b> 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Reverend Larry Cain 1:30pm Game Time <b>3:00pm Shamrock Sundaes</b> ~Violin Music 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	18 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:30pm Game Time <b>3:00pm Bingo</b> 7:00pm Ice Cream Treats	19 9:30am This Day in History 10:00am Movin' & Shakin' Fitness 11:00am Armchair Travel 1:30pm Game Time <b>3:00pm Images ~A Reading w/Author Gary Homstad</b> 4:15pm Noodle Ball 7:00pm Tea & Cookies	20 9:30am This Day in History 10:00am Chair Yoga -Day Room <b>11:00am Joyful Inspirations</b> <b>1:00pm Rosary Gathering</b> 1:30pm Game Time <b>3:00pm Music by Gina Devaney</b> 7:00pm Dunkin' Donuts	21 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Music & Memories 1:30pm Game Time 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
22 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games <b>2:30pm Worship Music</b> 4:15pm Horseshoes 7:00pm Sunday Sundaes	23 9:30am This Day in History 10:00am Chair Yoga -Day Room <b>10:30am Easter Art</b> <b>2:00pm Bible Study</b> 4:15pm Fly Swatters 7:00pm Apple Cider & Sweet Treats	24 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Bethesda Lutheran Church 1:30pm Game Time 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	25 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Catholic Mass</b> ~St. Francis Church 1:30pm Game Time <b>3:00pm Bingo</b> 7:00pm Ice Cream Treats	26 9:30am This Day in History <b>10:00am Soma Yoga Relaxation</b> 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 <b>11:00am Joyful Inspirations</b> <b>1:00pm Rosary Gathering</b> 1:30pm Game Time <b>3:00pm March Birthday Party ~Music by Spencer Walton</b> 7:00pm Dunkin' Donuts	28 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Music & Memories 1:30pm Game Time 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
29 9:30am This Day in History 10:00am Fit to Go & Balloon Toss 11:00am Sunday Funday Games <b>3:00pm Palm Sunday Worship Service</b> ~Chaplain Rebecca & Friends 4:15pm Horseshoes 7:00pm Sunday Sundaes	30 9:30am This Day in History 10:00am Chair Yoga -Day Room <b>10:45am Memories of Easter: Egg Coloring</b> <b>2:00pm Bible Study</b> 4:15pm Fly Swatters 7:00pm Apple Cider & Sweet Treats	31 9:30am This Day in History 10:00am Movin' & Shakin' Fitness <b>11:00am Worship Service</b> ~Zion Lutheran Church <b>2:00pm DIY: Egg Salad Creations</b> 4:15pm Bean Bag Toss 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.	