

~Life Enrichment Activities~

September 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.		1 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Rebecca 1:30pm Courtyard Fun Outdoors 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	2 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass Cancelled Today 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	3 10:00am Movin' & Shakin' Fitness 10:30am Corsage Creations 1:30pm Courtyard Fun Outdoors 4:15pm Noodle Ball 7:00pm Lemonade & Cookies	4 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 3:00pm ~Music by Heart to Heart 7:00pm Dunkin' Donuts	5 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Courtyard Fun Outdoors 2:30pm Popsicles on the Patio 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
6 10:00am Fit to Go & Balloon Toss 10:30am Game Time 11:00am Catholic Communion Service w/Deacon Steve 1:00pm Sunday Funday 3:00pm Worship Service ~Chaplain Rebecca & Friends 7:00pm Sunday Sundaes	7 Happy Labor Day! 10:00am Chair Yoga -Day Room 10:30am Bible Study 10:30am Remember When 1:15pm Game Time 2:00pm Labor Day Ice Cream Social -Cedar Dining 4:15pm Music Mondays 7:00pm Sweet Treats	8 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Rebecca 1:30pm Courtyard Fun Outdoors 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	9 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Lions Club Bingo 7:00pm Ice Cream Treats	10 10:00am Movin' & Shakin' Fitness 10:30am Food Committee 1:30pm Courtyard Fun Outdoors 3:00pm Card Making Club 4:15pm Noodle Ball 7:00pm Lemonade & Cookies	11 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 3:00pm ~Music by Pappy 7:00pm Dunkin' Donuts	12 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Courtyard Fun Outdoors 2:30pm Popsicles on the Patio 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
13 10:00am Fit to Go & Balloon Toss 10:30am Game Time 11:00am Catholic Communion Service w/Deacon Steve 1:00pm Sunday Funday 2:00pm Back to God Community Gathering 7:00pm Sunday Sundaes	14 10:00am Chair Yoga -Day Room 10:30am Baking Bunch 1:15pm Game Time 2:00pm Bible Study 3:00pm Resident Council 4:15pm Music Mondays 7:00pm Sweet Treats	15 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:30pm Courtyard Fun Outdoors 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	16 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	17 10:00am Soma Yoga Relaxation 10:00am Movin' & Shakin' Fitness 10:30am Armchair Travel 1:30pm Courtyard Fun Outdoors 4:15pm Noodle Ball 7:00pm Lemonade & Cookies	18 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 2:30pm "Falling" for Elvis -Popcorn & Movie Matinee 7:00pm Dunkin' Donuts	19 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Courtyard Fun Outdoors 2:30pm Popsicles on the Patio 3:00pm ~Music by Joseph Kotiranta 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
20 10:00am Fit to Go & Balloon Toss 10:30am Game Time 11:00am Catholic Communion Service w/Deacon Steve 1:00pm Sunday Funday 2:30pm Worship Music 4:15pm Horseshoes 7:00pm Sunday Sundaes	21 10:00am Chair Yoga -Day Room 10:30am Remember When 1:15pm Game Time 2:00pm Fall Painting 4:15pm Music Mondays 7:00pm Sweet Treats	22 Welcome Autumn! 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Bethesda Lutheran Church 1:30pm Courtyard Fun Outdoors 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	23 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	24 10:00am Movin' & Shakin' Fitness 10:30am Fall Decorating 1:30pm Courtyard Fun Outdoors 3:15pm Campfire in the Basement Reading w/Author Darrell Pederson 4:15pm Noodle Ball 7:00pm Apple Cider & Cookies	25 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 3:00pm September Birthday Party 7:00pm Dunkin' Donuts	26 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Courtyard Fun Outdoors 2:30pm Popsicles on the Patio 4:15pm Mindful Moments 7:00pm Poppin' Popcorn & Pop
27 10:00am Fit to Go & Balloon Toss 10:30am Game Time 11:00am Catholic Communion Service w/Deacon Steve 1:00pm Sunday Funday 3:00pm Worship Service ~Chaplain Rebecca & Friends 7:00pm Sunday Sundaes	28 10:00am Chair Yoga -Day Room 10:30am Tools, Tales, & Treats Men's Group 10:30am Remember When 1:15pm Game Time 2:00pm Bible Study 4:15pm Music Mondays 7:00pm Sweet Treats	29 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Zion Lutheran Church 1:30pm Courtyard Fun Outdoors 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	30 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats		*Activities are subject to change.* Movies, games, and puzzles, always available for use in rooms or gathering areas.	

This Day in History and Inter-Faith Moments Handout Each Day