

~Life Enrichment Activities~

October 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.		1 10:00am Movin' & Shakin' Fitness 10:30am Armchair Travel 1:30pm Apple Treat Baking 4:15pm Noodle Ball 7:00pm Apple Cider & Cookies	2 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 2:30pm Apple Fest ~Music by James Wiita 7:00pm Dunkin' Donuts	3 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Brain Waves 2:30pm Fall Treats & Friends 4:15pm Noodle Ball 7:00pm Poppin' Popcorn & Pop
4 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 Worship Service ~Chaplain Rebecca & Friends 3:00pm MN Vikings Watch Party -Cedar Fireside Room 7:00pm Sunday Sundaes	5 10:00am Chair Yoga -Day Room 10:30am Remember When 1:15pm Game Time 2:00pm Bible Study 3:00pm Resident Council 4:15pm Music Mondays 7:00pm Sweet Treats	6 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Our Saviors Lutheran 1:30pm Brain Waves 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	7 10:00am Movin' & Shakin' Fitness 11:00am Mass CANCELED 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	8 10:00am Movin' & Shakin' Fitness 10:30am Armchair Travel 1:30pm Brain Waves 3:00pm Halloween Craft 7:00pm Apple Cider & Cookies	9 9:30am Chair Yoga -Day Room 10:00am Activities w/Grace Church Homeschool Students 1:00pm Rosary Gathering 1:15pm Game Time 3:00pm ~Music by Ted & Rose 7:00pm Dunkin' Donuts	10 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Brain Waves 2:30pm Fall Treats & Friends 4:15pm Noodle Ball 7:00pm Poppin' Popcorn & Pop
11 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 Service ~Bethesda Lutheran Church 3:00pm Finnish Ladies of Kaleva Treats & Social 7:00pm Sunday Sundaes	12 10:00am Chair Yoga -Day Room 10:30am Bible Study 1:15pm Game Time 3:30pm ~Music by "Squeezy" Wes Miller 7:00pm Sweet Treats	13 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Chaplain Rebecca 1:30pm Brain Waves 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	14 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	15 10:00am Soma Yoga Relaxation 10:30am Armchair Travel 1:30pm Brain Waves 4:15pm Noodle Ball 7:00pm Apple Cider & Cookies	16 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 2:30pm Movie Matinee & Popcorn 7:00pm Dunkin' Donuts	17 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Brain Waves 2:30pm Fall Treats & Friends 4:15pm Noodle Ball 7:00pm Poppin' Popcorn & Pop
18 10:00am Fit to Go & Balloon Toss 10:30am Game Time 1:00pm Sunday Funday 3:00pm Worship Service 7:00pm Sunday Sundaes	19 10:00am Chair Yoga -Day Room 10:30am Remember When 1:15pm Game Time 2:00pm Daily Devotion 4:15pm Music Mondays 7:00pm Sweet Treats	20 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Reverend Larry Cain 1:30pm Brain Waves 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	21 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	22 10:00am Movin' & Shakin' Fitness 10:30am Armchair Travel 2:00pm Tie-Dye Time 4:15pm Noodle Ball 7:00pm Apple Cider & Cookies	23 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 3:00pm October Birthday Party ~Music by Glenn Laspi 7:00pm Dunkin' Donuts	24 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Brain Waves 2:30pm ~Music by Spencer Walton 4:15pm Noodle Ball 7:00pm Poppin' Popcorn & Pop
25 10:00am Fit to Go & Balloon Toss 10:30am Game Time 1:00pm Sunday Funday 2:00pm Memorial Service 4:15pm Mindful Moments 7:00pm Sunday Sundaes	26 Fall Colors Day 10:00am Chair Yoga -Day Room 10:30am Tools, Tales, & Treats Men's Group 1:15pm Game Time 2:00pm Bible Study 4:15pm Music Mondays 7:00pm Sweet Treats	27 Hat Day 10:00am Movin' & Shakin' Fitness 11:00am Worship Service ~Bethesda Lutheran Church 1:30pm Brain Waves 4:15pm Bean Bag Toss 7:00pm Crunch & Munch	28 Farmer/Lumberjack Day 10:00am Movin' & Shakin' Fitness 11:00am Catholic Mass ~St. Francis Church 1:15pm Game Time 3:00pm Bingo 7:00pm Ice Cream Treats	29 Tie-Dye Day 10:00am Movin' & Shakin' Fitness 10:30am Armchair Travel 1:30pm Brain Waves 3:00pm Card Making Club 7:00pm Apple Cider & Cookies	30 Costume Day 10:00am Chair Yoga -Day Room 10:30am Joyful Inspirations 1:00pm Rosary Gathering 1:15pm Game Time 3:00pm Halloween Glow Party 7:00pm Dunkin' Donuts	31 Happy Halloween 10:00am Fit to Go & Balloon Toss 10:30am Music & Memories 1:30pm Brain Waves 2:30pm Halloween Bingo 4:15pm Noodle Ball 7:00pm Poppin' Popcorn & Pop

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