LIFE ENRICHMENT CALENDAR ANOKA REHAB & LIVING CENTER 3000 4th Ave. Anoka, MN 55303				March 2024		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Volunteers of America®	Calendar is Subject to Change. The Daily Calendars Reflect Modifications. Groups May be Paused due to unforeseen reasons. Please contact Kara if you have any questions. #763-528-6463	Happy St. Parick's Day	Enterster	K com + 1605305865	Staff Leisure Rounds 9:30 Catholic Mass with Priest from St. Stephens Chapel 10:30 Noodles & Stretch 11-1 Physio Step Fitness 1:30 Prayer Group-Chaplain Scott 2:15 Men's Group Friday Funnies!	Staff Leisure Rounds 10:00 Daily Portals of Prayer 10:00 Dog Visits -Bond Between 10:15 Yoga Chair Wellness 11:00 Hymn Sing Manicures/Calming Hands 2:00 BINGO!
<b>3</b> Staff Leisure Rounds 11:00 Church Service with Riverdale Church Manicures/Calming Hands 2:00 Trivia &Treats	Staff Leisure Rounds 10:00 Devotions/Lenten Reflections In Memoriam With Chaplain Scott 10:30 Mind & Move Stretch Manicures/Calming Hands 11-1 Physio Step Fitness 2:00 Bill Mann Guitar Music Entertainment	Staff Leisure Rounds Beauty Shop Day510:00 Daily Portals of Prayer 10:30 Craft Group with Tammy 11:15 Balloon Toss 11-1 Physio Step Fitness 2:00 BINGO! 3:30 Paula's Leisure Cart	Staff Leisure Rounds <b>10:00 Hymn Sing– Lana</b> 10:30 Exercises Manicures/Calming Hands 11-1 Physio Step Fitness Afternoon Treat Cart 2:00 Drumming Class-Lana 4:00 Games Club	Staff Leisure Rounds 10:00 Yoga Chair Wellness <b>10:30 Zion Lutheran Church</b> 11:00 Rhythm Music Manicures/Calming Hands 11:30 Mind & Move Group—CH 11-1 Physio Step Fitness <b>2:00 BINGO!</b> 3:15 Tammy's Leisure Cart 3:15 Scott's Trivia Time	Staff Leisure Rounds 9:30 Rosary Group– Katie From St. Stephens Church 10:30 Noodles & Stretch 11-1 Physio Step Fitness 1:30 Prayer Group– Chaplain Scott 2:15 Men's Group Friday Funnies!	Staff Leisure Rounds 10:00 Daily Portals of Prayer 11:00 Hymn Sing 11:30 Yoga Chair Wellness Manicures/Calming Hands 2:00 BINGO!
<b>Day Light Saving Time</b> Staff Leisure Rounds 11:00 Church Service with Riverdale Church Manicures/Calming Hands 2:00 Trivia and Treats	Staff Leisure Rounds 10:00 Devotions/Lenten Reflections with Chaplain Scott 10:30 Mind & Move Stretch Manicures/Calming Hands 11-1 Physio Step Fitness 2:00 Snow on the Roof Music Entertainment	Staff Leisure Rounds Beauty Shop Day 10:00 Daily Portals of Prayer 10:30 Baking with Tammy 11:15 Balloon Toss 11-1 Physio Step Fitness 2:00 BINGO! 3:30 Paula's Leisure Cart	Staff Leisure Rounds 9:30 Ash Wednesday Distribution 10:00 Hymn Sing-Lana 10:00 Dog Visits -Bond Between 10:30 Exercises Manicures/Calming Hands 11-1 Physio Step Fitness Afternoon Girl Scout Cookie Cart! 2:00 Drumming Class-Lana 3:00 Bible Trivia—Chaplain Scott CH 4:00 Games Club	Staff Leisure Rounds 9:30 Art Therapy with Larry 10:00 Daily Portals of Prayer 10:15 Yoga Chair Wellness 11:00 Rhythm Music 11:30 Mind & Move Group—CH 11-1 Physio Step Fitness Manicures/Calming Hands 2:00 BINGO! 3:15 Tammy's Leisure Cart 3:15 Scott's Trivia Time	<ul> <li>Staff Leisure Rounds</li> <li>9:30 Rosary Group- Katie</li> <li>From St. Stephens Church</li> <li>10:30 Noodles &amp; Stretch</li> <li>11-1 Physio Step Fitness</li> <li>1:30 Prayer Group-Chaplain Scott</li> <li>2:00 Story Time Ministry and Music with Cookies!</li> <li>2:15 Men's Group</li> <li>Friday Funnies!</li> </ul>	Staff Leisure Rounds 10:00 Daily Portals of Prayel 6 10:00 Dog Visits —Bond Between 10:15 Bean Bag Toss with Lana 11:00 Yoga Chair Wellness Manicures/Calming Hands 2:00 BINGO!
St. Patrick's Day Staff Leisure Rounds 11:00 Church Service with Riverdale Church Manicures/Hands 2:15 Lori with Entertainment of Irish Dulcimer/Piano Music	10:00 Devotions/Lenten Reflections with Chaplain Scott 10:30 Mind & Move Stretch Manicures/Calming Hands 11-1 Physio Step Fitness 2:00 Lori Accordion Music Entertainment	First Day of Spring! 19 Staff Leisure Rounds Beauty Shop Day 10:00 Daily Portals of Prayer 10:30 Craft Group with Tammy 11:15 Balloon Toss 11-1 Physio Step Fitness 2:00 BINGO! 3:30 Paula's Leisure Cart	Staff Leisure Rounds <b>10:00 Hymn Sing-Lana</b> 10:30 Exercises 11-1 Physio Step Fitness Manicures/Calming Hands Afternoon Treat Cart 2:00 Drumming Class-Lana 4:00 Games Club	Staff Leisure Rounds 10:00 Daily Portals of Prayer 10:15 Yoga Chair Wellness 11:00 Rhythm Music 11:30 Mind & Move Group—CH 11-1 Physio Step Fitness Manicures/Calming Hands 2:00 BINGO! 3:15 Tammy's Leisure Cart 3:15 Scott's Trivia Time	<ul> <li>9:30 Rosary Group– Katie from St. Stephens Church 10:30 Noodles &amp; Stretch 11-1 Physio Step Fitness 1:30 Prayer Group-Chaplain Scott 2:00 Food Council Meeting 2:30 Resident Council Mtg. Friday Funnies!</li> </ul>	Staff Leisure Rounds 10:00 Daily Portals of Pray 10:00 Dog Visits -Bond Between 10:15 Yoga Chair Wellness 11:00 Hymn Sing Manicures/Calming Hands 2:00 BINGO!
Staff Leisure Rounds2411:00 Palm Sunday Church Service with Riverdale Church Manicures/Calming Hands 2:00 Trivia &Treats31Staff Leisure Rounds 11:00 Easter Church Service with Riverdale Church Manicures/Calming Hands 2:00 Trivia &Treats31	Staff Leisure Rounds 10:00 Devotions/Lenten Reflections with Chaplain Scott 10:30 Mind & Move Stretch Manicures/Calming Hands 11-1 Physio Step Fitness 2:00 Guitar Music Entertainment with Gordy	Staff Leisure Rounds Beauty Shop Day <b>10:00 Daily Portals of Prayer</b> 10:30 Decorating Easter Eggs 11:15 Balloon Toss 11-1 Physio Step Fitness <b>1-4:00 Taylor Clothing Sale ALCR</b> <b>2:00 BINGO!</b> 3:30 Paula's Leisure Cart <b>6:30 Capri Big Band ILFP</b>	Staff Leisure Rounds 10:00 Hymn Sing-Lana 10:30 Exercises Manicures/Calming Hands 11-1 Physio Step Fitness Afternoon Treat Cart 2:00 Dog Visits -Bond Between 2:00 Drumming Class-Lana 3:00 Bible Trivia—Chaplain Scott CH 4:00 Games Club	Staff Leisure Rounds10:00 Daily Portals of Prayer10:15 Yoga Chair Wellness11:00 Rhythm Music11:30 Mind & Move Group—CH11-1 Physio Step FitnessManicures/Calming Hands2:00 BINGO!3:15 Tammy's Leisure Cart3:15 Scott's Trivia Time	<ul> <li>Staff Leisure Rounds</li> <li>9:30 Rosary Group– Katie</li> <li>from St. Stephens Church</li> <li>10:30 Noodles &amp; Stretch</li> <li>11-1 Physio Step Fitness</li> <li>1:30 Prayer Group-Chaplain Scott</li> <li>2:15 Men's Group</li> <li>Friday Funnies!</li> </ul>	<b>30</b> Staff Leisure Rounds 10:00 Daily Portals of Prayer 10:15 Yoga Chair Wellness 11:00 Hymn Sing Manicures/Calming Hands 2:00 BINGO!