

**LIFE ENRICHMENT CALENDAR ANOKA REHAB & LIVING CENTER**

**3000 4th Ave. Anoka, MN 55303**

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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</b></p>						<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>  <b>10:00 Bond Between Dog Visits</b>                      10:15 Exercises                      11:00 Hymn Sing                      Manicures/Calming Hands                      1:30 Kentucky Derby Race: NBC  <b>2:00 BINGO!</b></p>
<p>Staff Leisure Rounds                      10:00 Exercise Group  <b>11:00 Church Service with Riverdale Church</b>                      Manicures/Calming Hands                      2:00 Trivia &amp; Treats</p> <p><b>5</b></p>	<p>Staff Leisure Rounds  <b>10:00 Devotions with Chaplain Scott</b>                      10:30 Mind &amp; Move Stretch                      Manicures/Calming Hands                      11-1 Physio Step Fitness  <b>2:00 Guitar Music with Bill Mann - CR</b>                      Heart2Heart Visits                      6:00 Card Making -Micki- CR</p> <p><b>6</b></p>	<p>Staff Leisure Rounds                      Beauty Shop Day  <b>10:00 Daily Portals of Prayer</b>                      10:30 Craft Group with Tammy                      11:15 Balloon Toss                      11-1 Physio Step Fitness  <b>2:00 BINGO!</b>                      Heart2Heart Visits                      3:30 Paula's Leisure Cart</p> <p><b>7</b></p>	<p>Staff Leisure Rounds  <b>10:00 Hymn Sing-Lana</b>                      10:30 Mind &amp; Move Stretch                      Manicures/Calming Hands                      11-1 Physio Step Fitness                      Afternoon Treat Cart                      2:00 Drumming Class-Lana  <b>2:00 Bond Between Dog Visits</b>  <b>3:00 Bible Trivia—Chaplain Scott CH</b>                      Heart2Heart Visits                      4:00 Games Club</p> <p><b>8</b></p>	<p>Staff Leisure Rounds  <b>9:30 Art 4 All with Larry</b>  <b>10:00 Daily Portals of Prayer</b>                      10:30 Baking Group!                      11:00 Rhythm Music                      Manicures/Calming Hands                      11-1 Physio Step Fitness  <b>2:00 Bingo!</b>                      Heart2Heart Visits                      3:15 Tammy's Leisure Cart                      3:15 Scott's Trivia Time</p> <p><b>9</b></p>	<p>Staff Leisure Rounds  <b>9:30 Rosary Group—Katie From St. Stephens Church</b>                      10:30 Noodles &amp; Stretch                      11-1 Physio Step Fitness  <b>1:30 Prayer Group—Chaplain Scott</b>                      Heart2Heart Visits                      2:15 Men's Group                      Friday Funnies!</p> <p><b>10</b></p>	<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>  <b>10:30 Hymn Sing</b>                      11:30 Cover All with Lana                      Manicures/Calming Hands  <b>2:00 BINGO!</b></p> <p><b>11</b></p>
<p>Staff Leisure Rounds                      10:00 Exercise Group  <b>11:00 Church Service with Riverdale Church</b>  <b>Flower Delivery!</b>                      Manicures/Calming Hands  <b>Mother's Day</b></p> <p><b>12</b></p> 	<p>Staff Leisure Rounds  <b>10:00 Devotions with Chaplain Scott</b>                      10:30 Mind &amp; Move Stretch                      Manicures/Calming Hands                      11-1 Physio Step Fitness  <b>2:00 Anoka Happenings Talk with Erik Skogquist</b>  <b>2:00 Piano Music -Red Gallagher Homestead Spirit Week!</b></p> <p><b>13</b> 20&amp;30's Era</p>	<p>Staff Leisure Rounds                      Beauty Shop Day  <b>10:00 Daily Portals of Prayer</b>                      10:30 Craft Group-Tammy                      11:15 Balloon Toss                      11-1 Physio Step Fitness  <b>2:00 50's BINGO!</b>                      Heart2Heart Visits                      3:30 Paula's Leisure Cart</p> <p><b>14</b> 40&amp;50's Era</p>	<p>Staff Leisure Rounds  <b>10:00 Hymn Sing-Lana</b>                      10:30 Mind &amp; Move Stretch                      11-1 Physio Step Fitness                      Manicures/Calming Hands  <b>Afternoon PEACE Treat Cart</b>  <b>1-3 Ceramics with Michelle-ALCR</b>                      2:00 Drumming Class-Lana                      Heart2Heart Visits                      4:00 Games Club</p> <p><b>15</b> 60&amp;70's Era</p>	<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>                      10:30 Baking Group!                      11:00 Rhythm Music                      11-1 Physio Step Fitness                      Manicures/Calming Hands  <b>2:00 80's BINGO!</b>                      Heart2Heart Visits                      3:15 Tammy's Leisure Cart                      3:15 Scott's Trivia Time</p> <p><b>16</b> 80&amp;90's Era</p>	<p>Staff Leisure Rounds  <b>9:30 Rosary Group—Katie From St. Stephens Church</b>                      10:30 Noodles &amp; Stretch                      11-1 Physio Step Fitness  <b>1:30 Prayer Group—Chaplain Scott</b>                      Afternoon Popcorn Treat Cart  <b>2:00 Food Council Meeting</b>  <b>2:30 Resident Council Mtg.</b>                      Friday Funnies!</p> <p><b>17</b> Today's Era</p>	<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>  <b>10:30 Hymn Sing</b>                      11:00 Exercises                      Manicures/Calming Hands  <b>2:00 BINGO!</b>  <b>3:00 Bond Between Dog Visits</b></p> <p><b>18</b></p>
<p>Staff Leisure Rounds                      10:00 Exercise Group  <b>11:00 Church Service with Riverdale Church</b>                      Manicures/Calming Hands                      2:00 Trivia and Treats</p> <p><b>19</b></p>	<p>Staff Leisure Rounds  <b>10:00 Devotions with Chaplain Scott</b>                      10:30 Mind &amp; Move Stretch                      Manicures/Calming Hands                      11-1 Physio Step Fitness                      Heart2Heart Visits  <b>2:00 Guitar Music with Bill Cagley</b></p> <p><b>20</b></p>	<p>Staff Leisure Rounds                      Beauty Shop Day  <b>10:00 Daily Portals of Prayer</b>                      10:30 Craft Group with Tammy                      11:15 Balloon Toss                      11-1 Physio Step Fitness  <b>2:00 BINGO!</b>                      Heart2Heart Visits                      3:30 Paula's Leisure Cart</p> <p><b>21</b></p>	<p>Staff Leisure Rounds  <b>10:00 Hymn Sing-Lana</b>                      10:30 Mind &amp; Move Stretch                      Manicures/Calming Hands                      11-1 Physio Step Fitness                      Afternoon Treat Cart                      2:00 Drumming Class-Lana  <b>3:00 Bible Trivia—Chaplain Scott CH</b>                      Heart2Heart Visits                      4:00 Games Club</p> <p><b>22</b></p>	<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>                      11:00 Rhythm Music                      11-1 Physio Step Fitness                      Manicures/Calming Hands  <b>2:00 BINGO!</b>                      Heart2Heart Visits                      3:15 Tammy's Leisure Cart                      3:15 Scott's Trivia Time</p> <p><b>23</b></p>	<p>Staff Leisure Rounds  <b>9:30 Rosary Group—Katie from St. Stephens Church</b>                      10:30 Noodles &amp; Stretch                      11-1 Physio Step Fitness  <b>1:30 Prayer Group-Chaplain Scott</b>                      Heart2Heart Visits                      Friday Funnies!</p> <p><b>24</b></p>	<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>  <b>10:00 Bond Between Dog Visits</b>                      10:15 Exercises                      11:00 Hymn Sing                      Manicures/Calming Hands  <b>2:00 BINGO!</b></p> <p><b>25</b></p>
<p>Staff Leisure Rounds                      10:00 Exercise Group  <b>11:00 Church Service with Riverdale Church</b>                      Manicures/Calming Hands                      2:00 Trivia &amp; Treats</p> <p><b>26</b></p>	<p>Staff Leisure Rounds  <b>10:00 Devotions and Remembrance for those who served</b>                      11-1 Physio Step Fitness  <b>2:00 Patriotic Accordion Music With Harold</b>  <b>Memorial Day</b></p>  <p><b>27</b></p>	<p>Staff Leisure Rounds                      Beauty Shop Day  <b>10:00 Daily Portals of Prayer</b>                      10:30 Craft Group with Tammy                      11:15 Balloon Toss                      11-1 Physio Step Fitness  <b>2:00 BINGO!</b>                      Heart2Heart Visits                      3:30 Paula's Leisure Cart</p> <p><b>28</b></p>	<p>Staff Leisure Rounds  <b>10:00 Hymn Sing-Lana</b>                      10:30 Mind &amp; Move Stretch                      Manicures/Calming Hands                      11-1 Physio Step Fitness                      Afternoon Treat Cart  <b>2:00 Bond Between Dog Visits</b>                      2:00 Drumming Class-Lana  <b>3:00 Bible Trivia—Chaplain Scott CH</b>                      Heart2Heart Visits                      4:00 Games Club</p> <p><b>29</b></p>	<p>Staff Leisure Rounds  <b>10:00 Daily Portals of Prayer</b>                      11:00 Rhythm Music                      11-1 Physio Step Fitness                      Manicures/Calming Hands  <b>2:00 BINGO!</b>                      Heart2Heart Visits                      3:15 Tammy's Leisure Cart                      3:15 Scott's Trivia Time</p> <p><b>30</b></p>	<p>Staff Leisure Rounds  <b>9:30 Rosary Group—Katie from St. Stephens Church</b>                      10:30 Noodles &amp; Stretch                      11-1 Physio Step Fitness  <b>1:30 Prayer Group-Chaplain Scott</b>                      Heart2Heart Visits                      Friday Funnies!  <b>2:00 James Shaw Piano entertainment</b></p> <p><b>31</b></p>	 <p><b>Volunteers of America®</b></p>