

Anoka Rehab & Living Center

Life Enrichment Calendar

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">30</p> <p>10:00 Exercise Group 11:00 Church Service with Riverdale Church Volunteers 2:00 Trivia & Treats</p>	<p style="text-align: right;">31</p> <p>Beauty Shop 10:00 In Memoriam & Devotions with Chaplain Scott 10:45 Coffee Time & Jokes Manicures / Calming Hands 11:00-1:00 Physio Step Fitness 2:00 Music with Beachcomber Bob</p>		<p>Staff Leisure Rounds are completed every morning: daily calendar, daily perk, room order, and encourage different groups for the day.</p> <p>Heart2Heart Visits received daily by Staff.</p>	<p>Bistro Open: 12:30pm-1:30pm</p> <p>Calendar is Subject to Change. The Daily Calendar reflects modifications.</p> <p>Groups may be paused due to unforeseen reasons. Don't hesitate to call staff for escort to groups. Please call if you have any questions. #763-528-6463</p>		<p style="text-align: right;">1</p> <p>10:00 Bond Between Dog Visits 10:30 Hymn Sing & Daily Portals of Prayer 11:00 Exercises 2:00 BINGO!</p>
<p style="text-align: right;">2</p> <p>10:00 Exercise Group 11:00 Church Service with Riverdale Church Volunteers 2:00 Trivia & Treats</p>	<p style="text-align: right;">3</p> <p>Beauty Shop 10:00 In Memoriam & Devotions with Chaplain Scott 10:45 Coffee Time & Jokes Manicures / Calming Hands 11:00-1:00 Physio Step Fitness 2:00 Guitar Music with Michael Riddle</p>	<p style="text-align: right;">4</p> <p>10:00 Cookies Decoration for Mardi Grass 11:00 – 1:00 Physio Step Fitness Manicures/Calming Hands 2:00 MARDI GRASS BINGO 3:30 Paula's Leisure Cart.</p>	<p style="text-align: right;">5</p> <p>Ash Wednesday 10:00 Bond Between Dog Visits 10:30 Mind & Move Stretch Manicures / Calming Hands 11:00-1:00 Physio Step Fitness Afternoon Treat Cart Day! 2:45 Bible Trivia with Scott 4:00 Games Club</p>	<p style="text-align: right;">6</p> <p>10:00 Daily Portals of Prayer 10:30 Zion Holy Communion Church with Pastor Sue 11:00 Rhythm Music with Lana 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:00 Scott's Trivia Time 3:15 Tammy's Leisure Cart</p>	<p style="text-align: right;">7</p> <p>Friday Funnies Day! 9:30 Catholic Mass with Priest from St. Stephens - AL Chapel 10:30 Noodles & Stretch 11:00-1:00 Physio Step Fitness 2:00 Prayer Group w/ Chaplain Scott 2:45 Men's Group</p>	<p style="text-align: right;">8</p> <p>VOA Founder's Day 10:30 Hymn Sing & Daily Portals of Prayer 11:00 Exercises 2:00 BINGO!</p>
<p>Daylight Savings Time</p> <p style="text-align: right;">9</p> <p>10:00 Exercise Group 11:00 Church Service with Riverdale Church Volunteers 2:00 Trivia & Treats</p>	<p style="text-align: right;">10</p> <p>Beauty Shop 10:00 In Memoriam & Devotions with Chaplain Scott 10:45 Coffee Time & Jokes Manicures / Calming Hands 11:00-1:00 Physio Step Fitness 2:00 Piano Music with Mike Nelson</p>	<p style="text-align: right;">11</p> <p>10:00 Daily Portals of Prayer 10:00 Resilience Class with Ximena 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:30 Paula's Leisure Cart</p>	<p style="text-align: right;">12</p> <p>10:00 Hymn Sing with Lana 10:30 Mind & Move Stretch Manicures / Calming Hands 11:00-1:00 Physio Step Fitness Afternoon Treat Cart Day! 1:00-3:00 Ceramics w/ Michelle -ALCR 2:00 Drumming Class with Lana 4:00 Games Club 5:30 Family Council Meeting</p>	<p style="text-align: right;">13</p> <p>9:30 Larry's Art-4-All 10:00 Daily Portals of Prayer 10:00 Craft Group! 11:00 Rhythm Music with Lana 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:00 Scott's Trivia Time 3:15 Tammy's Leisure Cart</p>	<p style="text-align: right;">14</p> <p>Friday Funnies Day! 9:30 Rosary Group with Katie (from St. Stephens) 10:00 Tone Chimes Choir - ALCR 11:00-1:00 Physio Step Fitness 2:00 Prayer Group w/ Chaplain Scott 2:45 Men's Group</p>	<p style="text-align: right;">15</p> <p>10:00 Bond Between Dog Visits 10:30 Hymn Sing & Daily Portals of Prayer 11:00 Exercises 2:00 BINGO!</p>
<p style="text-align: right;">16</p> <p>10:00 Exercise Group 11:00 Church Service with Riverdale Church Volunteers 2:00 Trivia & Treats</p>	<p style="text-align: right;">17</p> <p>St. Patrick's Day 10:00 In Memoriam & Devotions with Chaplain Scott 10:45 Coffee Time & Jokes Manicures / Calming Hands 11:00-1:00 Physio Step Fitness 2:00 Accordion Music with Richard Szyplinski</p>	<p style="text-align: right;">18</p> <p>10:00 Daily Portals of Prayer 10:00 Resilience Class with Ximena 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:30 Paula's Leisure Cart</p>	<p style="text-align: right;">19</p> <p>10:00 Hymn Sing with Lana 10:30 Mind & Move Stretch Manicures / Calming Hands 11:00-1:00 Physio Step Fitness Afternoon Treat Cart Day! 2:00 Drumming Class with Lana 2:45 Bible Trivia with Scott 4:00 Games Club</p>	<p style="text-align: right;">20</p> <p>10:00 Daily Portals of Prayer 10:00 Baking/Decorating Cookies 11:00 Rhythm Music with Lana 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:00 Scott's Trivia Time 3:15 Tammy's Leisure Cart</p>	<p style="text-align: right;">21</p> <p>Friday Funnies Day! 10:30 Noodles & Stretch 11:00-1:00 Physio Step Fitness 2:00 Prayer Group w/ Chaplain Scott 2:45 Men's Group</p>	<p style="text-align: right;">22</p> <p>10:30 Hymn Sing & Daily Portals of Prayer 11:00 Exercises 2:00 BINGO!</p>
<p style="text-align: right;">23</p> <p>10:00 Exercise Group 11:00 Church Service with Riverdale Church Volunteers 2:00 Trivia & Treats</p>	<p style="text-align: right;">24</p> <p>Beauty Shop 10:00 In Memoriam & Devotions with Chaplain Scott 10:45 Coffee Time & Jokes Manicures / Calming Hands 11:00-1:00 Physio Step Fitness 2:00 Showtunes with Snow on the Roof</p>	<p style="text-align: right;">25</p> <p>10:00 Daily Portals of Prayer 10:00 Resilience Class with Ximena 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:30 Paula's Leisure Cart</p>	<p style="text-align: right;">26</p> <p>10:00 Hymn Sing with Lana 10:30 Mind & Move Stretch Manicures / Calming Hands 11:00-1:00 Physio Step Fitness Afternoon Treat Cart Day! 2:00 Food Council Meeting 2:30 Resident Council Meeting</p>	<p style="text-align: right;">27</p> <p>9:30 Larry's Art-4-All 10:00 Daily Portals of Prayer 10:00 Craft Group! 11:00 Rhythm Music with Lana 11:00-1:00 Physio Step Fitness Manicures / Calming Hands 2:00 BINGO! 3:00 Scott's Trivia Time 3:15 Tammy's Leisure Cart</p>	<p style="text-align: right;">28</p> <p>Friday Funnies Day! 9:30 Rosary Group with Katie (from St. Stephens) 10:00 Tone Chimes Choir - ALCR 11:00-1:00 Physio Step Fitness 2:00 Prayer Group w/ Chaplain Scott 2:45 Men's Group</p>	<p style="text-align: right;">29</p> <p>10:30 Hymn Sing & Daily Portals of Prayer 11:00 Exercises 2:00 BINGO!</p>