

Anoka Rehab and Living Center

Life Enrichment Calendar

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar is Subject to Change. The Daily Calendar reflects modifications. Groups may be paused due to unforeseen reasons. Do not hesitate to call staff for escort to groups. Please call if you have any questions. #763-528-6463	Staff Leisure Rounds are completed every morning: daily calendar, daily perk, room order, and encourage different groups for the day. Heart2Heart Visits received daily by Staff.	Bistro Open: 12:30pm-1:30pm CH = Chapel DR = Dining Room ALCR = Assisted Living AR = Activity Room next to the Dining Room Special Event/Visitors Spiritual Activity	1 10:00 Finish the Phrase - CH 10:15 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 2:45 Bible Trivia w/ Chaplain Scott - CH	National Poetry Day! 2 10:30 Zion Holy Communion Church with Pastor Sue - CH 11:15 Reading Poetry - CH <i>Bring Any Poetry You Have Written Or Your Favorite Poem!</i> 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:00 Coloring - Lounge Area	World Smile Day 3 9:30 St. Stephen's Communion Mass with Priest - IL/AL CH 10:00 Making Ghost Treats - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group w/ Chaplain Scott - CH 2:45 Men's Group - CH 3:30 Balloon Tennis - AR 6:00 Resident Led Card Games - DR Friday Funnies!	4 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
5 10:00 Exercise Group - AR 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	6 10:00 Devotions w/ Chaplain Scott - CH 10:45 Coffee Time & Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment: Tom Paquin - DR 6:00 Resident-Led Game: Uno Card Game - AR	7 10:00 Daily Portals of Prayer - AR 10:10 Painting Ceramics - AR 10:45 Group Exercise Class - CH 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart	8 10:30 Mind & Move Stretch - CH 11:00 Uno Card Game - AR 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day!	9 9:30 Larry's Art-4-All 11:00 Rhythm Music with Lana - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:00 Coloring - Lounge Area	10 9:30 Rosary Group with Katie (From St. Stephens) - CH 10:00 Bowling - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group w/ Chaplain Scott - CH 2:45 Men's Group - CH 3:15 Wheel of Fortune Game - AR 6:00 Resident Led Card Games - DR Friday Funnies!	11 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
12 10:00 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	13 10:00 Devotions w/ Chaplain Scott - CH 10:45 Coffee Time & Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment: Red Gallagher - DR 6:00 Resident-Led Game: 500 Card Game - AR	14 10:00 Daily Portals of Prayer - CH 10:10 Sing-Along - CH 10:45 Manicures / Calming Hands 11:00 Lunch Outing to Baker's Square - Sign up at the Front Desk 2:00 BINGO! - DR 3:30 Paula's Leisure Cart	15 10:00 Back to School Educational Games with Ximena - CH 10:45 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day!	16 10:00 Daily Portals of Prayer - AR 10:10 Craft Group! - AR Painting Ceramics 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:00 Coloring - Lounge Area	17 9:30 Rosary Group with Katie (From St. Stephens) - CH 10:00 Making Apple Pie Bites -DR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group w/ Chaplain Scott - CH 2:45 Men's Group - CH 3:15 Ring Toss Game - CH Friday Funnies!	18 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
19 10:00 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	20 10:00 Devotions w/ Chaplain Scott - CH 10:45 Coffee Time & Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment: Gloryland Gospel Band - DR 6:00 Resident-Led Game: Rummy Card Game -AR	21 10:00 Daily Portals of Prayer - CH 10:10 Relearning the Alphabet with Ximena - CH 10:45 Group Exercise Class - CH 11:00 Manicures / Calming Hands 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart	22 10:00 Hymn Sing with Lana - CH 10:30 Mind & Move Stretch - CH 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	23 10:00 Daily Portals of Prayer - AR 10:10 Craft Group! - AR Making Autumn Coasters 11:00 Rhythm Music with Lana - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	24 9:30 Rosary Group with Katie (From St. Stephens) 10:00 Bowling - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group w/ Chaplain Scott - CH 2:45 Men's Group - CH 6:00 Resident Led Card Games - DR Friday Funnies!	25 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR Halloween Parade!
26 10:00 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	27 10:00 Devotions w/ Chaplain Scott - CH 10:45 Coffee Time and Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment: Bill Mann - DR 6:00 Resident-Led Game: 500 Card Game - AR	28 10:00 Bus Outing to Cub Foods - Sign up at the Front Desk 10:00 Daily Portals of Prayer - CH 10:15 Sing Along - CH 11:00 Manicures/Calming Hands 2:00 BINGO! - DR 3:30 Paula's Leisure Cart	29 10:00 Back to School Educational Games with Ximena - CH 10:45 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 2:45 Bible Trivia w/ Chaplain Scott - CH	30 10:00 Daily Portals of Prayer - AR 10:10 Pumpking Painting! - AR 11:00 Rhythm Music with Lana - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	Halloween 31 9:30 Rosary Group with Katie (From St. Stephens) - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Halloween Party & Costume Contest! - ALCR Friday Funnies!	Anoka Rehabilitation and Living Center 