

Anoka Rehab and Living Center

Life Enrichment Calendar

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 11:00 -1:00 Physio Step Fitness - AR 2:00 Labor Day List It Competition - AR 6:30 Resident-Led Card Games - AR	2 10:00 Daliy Portals of Prayer - CH 10:10 Wheel of Fortune Game - AR 10:45 Exercise Class - CH 11:00 Manicures/Calming Hands 2:00 BINGO! - DR 3:30 Paula's Leisure Cart	3 10:00 Patio Time - Patio 10:30 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 2:45 Bible Trivia with Chaplain Scott - CH 3:30 Nix the Six Dice Game - AR	4 10:00 Daily Portals of Prayer - CH 10:30 Zion Holy Communion Church with Pastor Sue - CH 11:00 Rhythm Music with Lana - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:30 Coloring - Lounge Area	5 9:30 St. Stephen's Communion Mass with Priest - CH 10:30 Bean Bag Toss - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:30 Dominoes - AR 6:30 Resident Led Card Games - DR Friday Funnies!	6 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
Grandparents Day 7 10:00 Making Memory Lane Maps and Reminiscing - AR 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	8 10:00 Devotions with Chaplain Scott - CH 10:45 Coffee Time & Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment with Miss Jill & John - DR 6:30 Resident-Led Card Game: Rummy - AR	9 10:00 Daily Portals of Prayer - CH 10:10 Ceramics Painting - AR 11:00 Bus Outing to Culver's - Sign Up At The Front Desk 2:00 BINGO! - DR 3:15 Bowling - CH 3:30 Paula's Leisure Cart	10 10:00 Hymn Sing with Lana - CH 10:30 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 3:30 Patio Time - Patio	11 9:30 Larry's Art-4-All 10:00 Daily Portals of Prayer - AR 10:10 Craft Group: Making Autumn Wreaths - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Tammy's Leisure Cart 6:30 Coloring - Lounge Area	12 9:30 Rosary Group with Katie (From St. Stephens) - CH 10:00 Neighborly Encouragement Notes for National Day of Encouragement - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:15 Carmel Apples and Reminiscing - DR 6:30 Resident Led Card Games - DR Friday Funnies!	13 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
14 10:00 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	15 10:00 Devotions with Chaplain Scott - CH 10:45 Coffee Time & Jokes - DR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment with Mary Franz - DR 6:30 Resident-Led Card Games - AR	16 10:00 Daily Portals of Prayer - CH 10:10 Sing-Along - CH 10:45 Exercise Class - CH 11:00 Manicures / Calming Hands 2:00 BINGO! - DR 3:30 Paula's Leisure Cart	17 10:00 Back to School Educational Games with Ximena - AR 10:30 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 2:45 Bible Trivia with Chaplain Scott - CH	18 10:00 Daily Portals of Prayer - CH 10:10 Craft Group: Tissue Paper Apple Suncatchers - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 6:30 Coloring - Lounge Area	19 9:30 Rosary Group with Katie (From St. Stephens) - CH 10:30 Walk to End Alzheimer's For World Alzheimer's Day - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 6:30 Resident Led Card Games - DR Friday Funnies!	20 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
World Alzheimer's Day 21 10:00 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	First Day of Fall 22 10:00 Devotions with Chaplain Scott - CH 10:45 Coffee Time & Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Accordion Music with Brad Olson - DR 6:30 Resident-Led Poker Game - AR	23 10:00 Daily Portals of Prayer - CH 10:10 Relearning the Alphabet with Ximena - CH 10:45 Bowling - CH 11:00 Manicures / Calming Hands 2:00 Fall BINGO! - DR 3:30 Paula's Leisure Cart	24 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! 3:30 Patio Time - Patio	25 10:00 Daily Portals of Prayer - AR 10:10 Craft Group: Making Sunflower Decorations - 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 6:30 Jigsaw Puzzles - Lounge Area	26 9:30 Rosary Group with Katie (From St. Stephens) - CH 10:00 Making Pumpkin Cheesecake - DR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group w/ Chaplain Scott - CH 2:45 Men's Group - CH 6:30 Resident Led Card Games - DR Friday Funnies!	27 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
28 10:00 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	29 10:00 Devotions with Chaplain Scott - CH 10:45 Coffee Time & Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment with Tim Meyers - DR 6:30 Resident-Led Card Games - AR	30 10:00 Daily Portals of Prayer - CH 10:10 Sing Along - CH 10:45 Exercise Class - DR 11:00 Manicures/Calming Hands 2:00 BINGO! - DR 3:30 Paula's Leisure Cart	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	