

Anoka Rehab and Living Center						
Life Enrichment Calendar				November 2025		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	Anoka Rehabilitation and Living Center 	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 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
Daylight Savings: Fall Back! 2 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	3 10:00 Devotions w/ Chaplain Scott - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Piano Music with James Shaw - DR 6:00 Resident-Led Game: UNO - AR	4 10:00 Daily Portals of Prayer - CH 10:10 Bowling - CH 2:00 BINGO! - DR 3:30 Paula's Leisure Cart	5 10:00 Manicures/Calming Hands - CH 10:45 Mind & Move Stretch - CH Afternoon Treat Cart Day! 2:45 Bible Trivia with Chaplain Scott - CH	6 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 Leisure Cart 6:00 Coloring - Lounge Area	7 9:30 St. Stephen's Communion Mass with Priest - AL/IL CH 11:00 Physio Step Fitness -AR 2:00 Widow's Grief Group -CH 6:00 Resident Led Card Games -DR Friday Funnies	8 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
9 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	10 10:00 Devotions w/ Chaplain Scott - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment: Jim Kirkendall - DR (Guitar Player & Singer) 6:00 Resident-Led Game: 500 Card Game - AR	Veteran's Day 11 10:00 Bus Outing to Aldi - Sign Up At The Front Desk 2:00 Veteran's Day Program - DR 3:30 Paula's Leisure Cart	12 10:00 Educational Games with Ximena - CH 10:45 Mind & Move Stretch - CH 2:00 Drumming Afternoon Treat Cart Day!	World Kindess Day 13 9:30 Larry's Art-4-All 10:30 Making Cinnamon-Spiced Bananas Ice Cream Treat - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart 6:00 Coloring - Lounge Area	14 9:30 Rosary Group with Katie - CH (from St. Stephens) 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 6:00 Resident Led Card Games - DR Friday Funnies!	15 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 BINGO! - DR
16 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	17 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: Snow on The Roof - Keyboard & Singing Showtunes and Popular Musical Songs - DR 6:00 Resident-Led Game: Rummy Card Game - AR	18 10:00 Daily Portals of Prayer - CH 10:10 Group Exercise - CH 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart	19 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 3:15 Rummy Card Game - AR	20 10:00 Daily Portals of Prayer - AR 10:10 Craft Group! Fall Acorn Signs - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	21 9:30 Rosary Group with Katie - CH (from St. Stephens) 10:30 Cover the Number Dice Game - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH Friday Funnies!	22 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 Bingo! - DR
23 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	24 11:00-1:00 Physio Step Fitness - AR 2:00 Music Entertainment: Miss Jill & John - DR (Piano Player & Singer) 6:00 Resident-Led Game: 500 Card Games - AR	25 10:45 Lunch Outing to Panera Bread - Sign Up at the Front Desk 11:00 Manicures/Calming Hands 2:00 Thanksgiving BINGO! - DR 3:30 Paula's Leisure Cart	26 10:00 Educational Games with Ximena - CH 10:30 Mind & Move Stretch - CH 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	Thanksgiving 27 11:00 Thanksgiving Sand Art Craft - AR 3:00 BINGO! - DR 6:00 Jigsaw Puzzles - Lounge Area	28 9:30 Rosary Group with Katie - CH (from St. Stephens) 2:00 Wheel of Fortune - AR 6:00 Resident-Led Card Games - DR Friday Funnies!	29 10:30 Hymn Sing & Daily Portals of Prayer - CH 11:00 Exercises - CH 2:00 Bingo! - DR