


<div> <div>The Homestead at Anoka // Memory Care</div> <div>Life Enrichment Calendar</div> <div>January 2026</div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>The Homestead at Anoka</div> <div> <div>Volunteers of America</div> <div>NATIONAL SERVICES</div> </div> </div>	CR – Assisted Living Community Room CG – Caregiver Spiritual Activities Special Events/Visitors	Calendar and activities are subject to changes. Groups may be paused due to unforeseen reasons. Please call if you have any questions. #763-528-6463		Happy New Year! 1 9:30 The Daily Perk 9:40 Mindful Stretches 6:30 Rhythm & Reminisce with Caregiver	2 9:30 St. Stephen's Communion Mass with Priest - CH 10:30 Prayer with Chaplain Scott 11:00 Music Therapy with Michelle 2:00 Hand and Nail Care Afternoon Treat Cart 2:30 Exercise 6:30 Motion Match with Caregiver	3 The Daily Perk 9:30 Eye for Detail (I-Spy) with Activity Staff 10:30 Morning Stretch with Caregiver 6:30 Short Stories with Caregiver
4 The Daily Perk 10:30 Balloon Catch with Caregiver 3:30 Trivia Time 6:30 Short Stories with Caregivers	5 9:30 Hand & Nail Care 10:00 The Daily Perk 10:10 Morning Stretches 11:30 Devotion with Chaplain Scott 3:00 Music with Vinnie Rose- CR 6:30 Reminiscing with Caregiver	6 9:30 Catholic Mass -CH 1:45 Hymn Sing 2:15 Exercise with Noodles 3:00 Name that Tune 6:30 This or That with Caregiver	7 10:00 Beach Ball Catch 10:15 Trivia 11:15 One-on-Ones 1:30 Accordion Music with Lori 6:30 BINGO with Caregiver	8 10:00 The Daily Perk 10:15 Mindful Stretches 1:30 Spiritual Sing-a-Long with Chaplain Scott 3:15 Guess the Song 6:30 Rhythm & Reminisce with Caregiver	9 10:30 Prayer with Chaplain Scott 11:00 Music Therapy with Michelle Afternoon Treat Cart 2:30 Exercise 3:00 Hand and Nail Care 6:30 Motion Match with Caregiver	10 The Daily Perk 9:30 Eye for Detail (I-Spy) with Activity Staff 10:30 Morning Stretch with Caregiver 6:30 Short Stories with Caregiver
11 The Daily Perk 10:30 Animal Trivia on the Patio with Caregiver 3:00 Group Exercise 6:30 Short Stories with Caregiver	12 10:00 The Daily Perk 10:15 Morning Stretches 11:30 Devotion with Chaplain Scott Leisure Cart 3:00 Gloryland Gospel Band- CR 6:30 Reminiscing with Caregiver	13 9:30 Catholic Mass -CH 1:45 Hymn Sing 2:15 One on Ones 6:30 This or That with Caregiver	14 10:15 Chair Yoga 10:30 Music with Gordy 3:30 One-on-Ones 6:30 BINGO with Caregiver	15 11:00 The Daily Perk 11:15 Mindful Stretches 1:30 Spiritual Sing-a-Long with Chaplain Scott 3:30 Water Color Snow Flakes Craft 6:30 Rhythm & Reminisce with Caregiver	16 10:30 Prayer with Chaplain Scott 11:00 Music Therapy with Michelle 3:15 Exercise 3:30 Hand and Nail Care 6:30 Motion Match with Caregiver	17 The Daily Perk 9:30 Eye for Detail Game (I-Spy) with Activity Staff 10:30 Morning Stretch with Caregiver 6:30 Short Stories with Caregiver
18 The Daily Perk 10:30 Balloon Catch with Caregiver 3:00 Trivia Time 6:30 Short Stories with Caregiver	MLK Jr. Day 19 10:00 The Daily Perk 10:15 Name that Bird Trivia 11:30 Devotion with Chaplain Scott 1:30 Stretching with Music 3:00 Guitar Music with Michael Riddle - CR 6:30 Reminiscing with Caregiver	20 9:30 Catholic Mass -CH 2:15 Music Exercises 2:30 Movie 6:30 This or That with Caregiver	21 11:00 The Daily Perk/ Jokes 11:15 Group Sing Along 1:30 Bean Bag Toss Exercise Game 6:30 BINGO with Caregiver	22 11:00 The Daily Perk 11:15 Mindful Stretches 1:30 Spiritual Sing-a-Long with Chaplain Scott 3:15 Noodle Exercises 6:30 Rhythm & Reminisce with Caregiver	23 10:30 Prayer with Chaplain Scott 11:00 Music Therapy with Michelle Afternoon Treat Cart 2:30 Hand and Nail Care 6:30 Motion Match with Caregiver	24 The Daily Perk 9:30 Eye for Detail Game (I-Spy) with Activity Staff 10:30 Morning Stretch with Caregiver 6:30 Short Stories with Caregiver
25 The Daily Perk 10:30 Animal Trivia on the Patio with Caregiver 3:00 Group Exercise 6:30 Short Stories with Caregiver	26 10:00 The Daily Perk 10:15 Famous Faces Trivia Leisure Cart 11:30 Devotion with Chaplain Scott 3:00 Music with the Barsolo Brothers -CR 6:30 Reminiscing with Caregiver	27 9:30 Catholic Mass -CH 1:45 Hymn Sing 2:15 Exercise with Noodles 3:30 Movie Time 6:30 This or That with Caregiver	28 10:00 The Daily Perk 10:15 Make Your Own Mini Pizza 1:30 Music Trivia 3:30 One on One Visits 6:30 BINGO with Caregiver	29 10:00 The Daily Perk 10:15 Mindful Stretches 1:30 Spiritual Sing-a-Long with Chaplain Scott 3:15 One on Ones 6:30 Rhythm & Reminisce with Caregiver	30 10:30 Prayer with Chaplain Scott 11:00 Music Therapy with Michelle 2:00 Hand and Nail Care Afternoon Treat Cart 2:30 Exercise 6:30 Motion Match with Caregiver	31 The Daily Perk 9:30 Eye for Detail Game (I-Spy) with Activity Staff 10:30 Morning Stretch with Caregiver 6:30 Short Stories with Caregiver