

# Anoka Rehab & Living Center

## Life Enrichment Calendar

### February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	1 <b>Groundhog Day</b> 10:00 In Memoriam & Devotions with Chaplain Scott - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Piano Music with Robert Bozaich - DR 6:00 Resident-Led Uno Card Game - AR	2 10:00 Daily Portals of Prayer Devotional with Ximena - AR 10:10 Educational Games - AR 10:45 Bean Bag Toss Game - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Coloring - Lounge Area	3 10:30 Mind & Move Stretch - CH 11:00 Manicures/Calming Hands 2:45 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day!	4 10:30 Zion Holy Communion Church with Pastor Sue - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	5 9:30 St. Stephen's Communion Mass with Priest - ALCH 11:00-1:00 Physio Step Fitness - AR 2:00 Widow's Grief Group - CH 6:00 Resident Led Card Games - DR Friday Funnies!	6 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 BINGO! - DR	7
10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH 5:30 Superbowl on TV	8 10:00 Devotions with Chaplain Scott - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Piano Music with James Shaw - DR 6:00 Resident-Led 500 Card Game - AR	9 10:00 Flower Arranging - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Coloring - Lounge Area	10 10:00 Mind & Move Stretch - AR 10:30 Olympic Themed Wheel of Fortune Game - AR 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 3:00 Resident-Led Uno Game - AR	11 9:30-11:30 Larry's Art 4-All - AR 10:00 Daily Portals of Prayer Devotional - AR 10:10 Craft Group! Making Paper Heart Decorations - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	12 9:30 Rosary Group with Katie (from St. Stephens) - CH 11:00 - 1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:30 Making Valentine's Day Oreo Treats - AR Friday Funnies!	13 <b>Valentine's Day</b> 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 BINGO! - DR	14
10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	15 <b>President's Day</b> 10:00 Devotions with Chaplain Scott - CH 11:00-1:00 Physio Step Fitness - AR 2:00 Music with Mary Franz - Guitar Player and Singer - DR 6:00 Resident-Led Rummy Card Game - AR	16 <b>Mardi Gras</b> 10:00 Daily Portals of Prayer - AR 10:10 Minute to Win It Olympic Games - AR 10:00 Bus Outing to Aldi - Sign up at the Front Desk 2:00 BINGO! - DR 3:15 Mardi Gras Social Hour - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	17 <b>Ash Wednesday</b> 10:00 Mind & Move Stretch - CH 10:15 Educational Games with Ximena 2:45 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day!	18 10:00 Daily Portals of Prayer Devotional - AR 10:10 Craft Group! Painting Plum Blossoms - AR 11:00 Group Exercise - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	19 9:30 Rosary Group with Katie (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!	20 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR	21
10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	22 10:00 Devotions with Chaplain Scott - CH 10:00 Coffee and Jokes - AR 11:00-1:00 Physio Step Fitness - AR 2:00 Bluegrass Music with Dale Martell - DR 6:00 Resident-Led 500 Card Games - AR	23 10:45 Bus Outing to Culver's - Sign up at the Front Desk Manicures/Calming Hands 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	24 10:00 Mind & Move Stretch - CH 10:30 Educational Games with Ximena - CH 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	25 10:00 Daily Portals of Prayer Devotional with Ximena - CH 10:10 Craft Group! Collage Cats - AR 11:00 Bowling - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	26 9:30 Rosary Group with Katie (from St. Stephens) - CH 11:00 - 1:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:30 Hot Cocoa Social - AR Friday Funnies! 6:00 Resident Led Card Games - DR	27 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR	28
	<p>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.</p> <p>Please call if you have any questions. #763-528-6463</p>		<p><b>Staff Leisure Rounds</b> are completed every morning: daily calendar, daily perk, room order, and encourage different groups for the day.</p>	<p><b>Heart2Heart Visits</b> received daily by Staff.</p> <p><b>Special Event/Visitors</b> <b>Spiritual Activity</b></p>	<p><b>Bistro Open:</b> 12:30pm-1:30pm <b>CH</b> = Chapel <b>DR</b> = Dining Room <b>ALCR</b> = Assisted Living <b>AR</b> = Activity Room next to the Dining Room</p>	<p><b>Anoka Rehabilitation and Living Center</b> Volunteers of America   NATIONAL SERVICES</p>	

