

Anoka Rehab & Living Center

Life Enrichment Calendar

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie Matinee - CH</p>	<p>2</p> <p>10:00 In Memoriam & Devotions with Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Music Entertainment with Lori Ranchak - DR 6:00 Resident-Led Card Games - AR</p>	<p>3</p> <p>10:00 Daily Portals of Prayer Devotional - AR 10:10 Uno Card Game - AR 10:45 Bean Bag Toss Game - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Coloring - Lounge Area</p>	<p>4</p> <p>10:00 Mind & Move Stretch - AR 10:30 Educational Games - AR 11:00 Manicures/Calming Hands - In Room Activity 2:45 Bible Trivia w/ Chaplain Scott - CH Afternoon Treat Cart Day!</p>	<p>5</p> <p>10:30 Zion Holy Communion Church with Pastor Sue - CH 11:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart</p>	<p>6</p> <p>9:30 St. Stephen's Communion Mass with Priest - ALCH 10:00-12:00 Physio Step Fitness - AR 2:00 Widow's Grief Group - CH 3:00 Craft Group! Balloon Mail Craft - AR 6:00 Resident Led Card Games - DR Friday Funnies!</p>	<p>7</p> <p>10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 BINGO! - DR</p>
<p>Daylight Saving Time 8</p> <p>11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Founder's Week 130th Anniversary: Treats & Conversation - DR</p>	<p>9</p> <p>10:00 Devotions with Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Accordion Music with Lori Lachner - DR 6:00 Resident-Led Card Games - AR</p>	<p>10</p> <p>10:00 Bus Outing to Dollar Tree - Sign up at the Front Desk 10:30 -1:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Coloring - Lounge Area</p>	<p>11</p> <p>10:00 Mind & Move Stretch - AR 10:30 Making Raspberry Cream Cheese Squares - AR 2:00 Drumming Class with Lana - CH Afternoon Treat Cart Day! 3:00 Resident-Led Uno Game - AR</p>	<p>12</p> <p>9:30-11:30 Larry's Art 4-All - TV Room 10:00 Daily Portals of Prayer Devotional - AR 10:10 Stretching - AR 10:30 Craft Group! Blooming Trees Pictures - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart</p>	<p>13</p> <p>9:30 Rosary Group with Katie (from St. Stephens) - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:30 Fly Swatter Tennis - AR Friday Funnies! 6:00 Resident Led Card Games - DR Friday Funnies!</p>	<p>14</p> <p>10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 BINGO! - DR</p>
<p>15</p> <p>10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH</p>	<p>16</p> <p>10:00 Devotions w/ Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 St. Patrick's Day Music Light of the Moon Duo - DR 6:00 Resident-Led Card Games - AR</p>	<p>St. Patrick's Day 17</p> <p>10:00 Daily Portals of Prayer Devotional - AR 10:10 Beach Ball Volleyball - CH 2:00 BINGO! - DR 3:15 St. Patrick's Day Social Hour - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area</p>	<p>18</p> <p>10:00 Mind & Move Stretch - AR 10:30 Rummy Card Game - AR 2:45 Bible Trivia w/ Chaplain Scott - CH Afternoon Treat Cart Day! 2:30 Pet Visits - In Room Activity</p>	<p>19</p> <p>10:00 Daily Portals of Prayer - AR 10:10 Craft Group! Spring Carrots Craft - AR 11:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart</p>	<p>First Day of Spring 20</p> <p>9:30 Rosary Group with Katie (from St. Stephens) - CH 10:00-12:00 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!</p>	<p>21</p> <p>10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR</p>
<p>22</p> <p>10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie Matinee - CH</p>	<p>23</p> <p>10:00 Devotions w/ Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Music with "The Wonderful World of Woody" (One Man Band) - DR 6:00 Resident-Led Card Games - AR</p>	<p>24</p> <p>10:10 Bowling - CH 10:45 Bus Outing to Baker's Square - 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</p>	<p>25</p> <p>10:00 Mind & Move Stretch - AR 10:30 Educational Games with Ximena - AR 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!</p>	<p>26</p> <p>10:00 Daily Portals of Prayer Devotional - AR 10:10 Craft Group! Knitting Colors - AR 11:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart</p>	<p>27</p> <p>9:30 Rosary Group with Katie (from St. Stephens) - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:30 Coffee Time and Jokes - AR Friday Funnies! 6:00 Resident Led Card Games - DR</p>	<p>28</p> <p>10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR</p>
<p>Palm Sunday 29</p> <p>10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH</p>	<p>30</p> <p>10:00 Devotions w/ Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Guitar Music with Tom Paquin - DR 6:00 Resident-Led Card Games - AR</p>	<p>31</p> <p>10:00 Daily Portals of Prayer Devotional - AR 10:10 Chair Dancing - CH Manicures/Calming Hands 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area</p>	<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. Please call if you have any questions. #763-528-6463</p>	<p>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.</p>	<p>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</p>	<p>Anoka Rehabilitation and Living Center Volunteers of America NATIONAL SERVICES</p>

Calendar Subject to Changes