



# Anoka Rehab & Living Center

## Life Enrichment Calendar May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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. <b>Please call if you have any questions. #763-528-6463</b>	CH = Chapel ALCH = Assisted Living Chapel DR = Dining Room ALCR = Assisted Living Room AR = Activity Room next to the Dining Room LTC Patio = Long Term Care Patio Special Event/Visitors Spiritual Activity	<b>Staff Leisure Rounds</b> are completed every morning: daily perk, room order, and encourage different groups for the day.  <b>Heart2Heart Visits</b> received daily by Staff.		<b>May Day 1</b> 9:30 St. Stephen's Communion Mass - ALCH 10:00-12:00 Physio Step Fitness - AR 2:00 Widow's Grief Group - CH 6:00 Resident Led Card Games - DR Friday Funnies!	<b>2</b> 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH  11:00 Exercises - CH  2:00 Bingo! - DR
10:30 Exercise Group - CH  11:00 Church Service with Riverdale Church Volunteers - CH  2:00 Movie Matinee - CH	<b>3</b> 10:00 In Memoriam & Devotions with Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Piano Music with James Shaw - DR 6:00 Resident-Led Card Games - AR	<b>4</b> <b>Cinco de Mayo 5</b> 10:00 Stretching - AR 10:15 Making Puppy Chow Snacks - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Coloring - Lounge Area	<b>6</b> <b>Nat'l Nurses Day 6</b> 10:00 Mind & Move Stretch - AR 10:30 Cut the Cards Card Game - AR 2:45 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day! 3:00 Resident-Led Uno Game - AR	<b>7</b> 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	<b>8</b> 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 Friday Funnies! 6:00 Resident Led Card Games - DR	<b>9</b> 11:00 Exercises - CH  2:00 Bingo! - DR  3:15 Girl Scout Cookies Delivery! - DR
<b>Mother's Day 10</b> 10:30 Exercise Group - CH  11:00 Church Service with Riverdale Church Volunteers - CH  2:00 Ladies Mother's Day Tea Social - CH	<b>11</b> 10:00 Devotions with 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	<b>12</b> 10:00 Daily Portals of Prayer Devotional - CH 10:10 Beach Ball Volleyball - CH Manicures / Calming Hands 10:00 Bus Outing to Target - <b>Sign up at the Front Desk</b> 2:00 Flower BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	<b>13</b> 10:00 Mind & Move Stretch - AR 10:30 Craft Group! Making Flower Bottle Decorations - AR Afternoon Treat Cart Day!	<b>14</b> 9:30-11:30 Larry's Art 4-All - TV Rm 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	<b>15</b> 9:30 Rosary Group with Katie (from St. Stephens) 10:00-12:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:15 Lemonade Social - LTC Patio 6:00 Resident Led Card Games - DR Friday Funnies!	<b>Armed Forces Day 16</b> 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH  11:00 Exercises - CH  2:00 Bingo!-DR
<b>17</b> 10:30 Exercise Group - CH  11:00 Church Service with Riverdale Church Volunteers - CH  2:00 Trivia & Treats - CH	<b>18</b> 10:00 Devotions with Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Piano Music with Robert Bozaich - DR 6:00 Resident-Led Card Games - AR	<b>19</b> 10:00 Daily Portals of Prayer - CH 10:10 Bowling - CH 10:45 Bus Outing to Applebee's - <b>Sign up at the Front Desk</b> 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	<b>20</b> 10:00 Mind & Move Stretch - LTC Patio 10:30 Educational Games with Ximena - AR 2:45 Bible Trivia with Chaplain Scott - CH 2:30 Pet Visits - In-Room Activity Afternoon Treat Cart Day!	<b>21</b> 10:00 Stretching - LTC Patio 10:10 Gardening - LTC Patio 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	<b>22</b> 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!	<b>23</b> 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH  11:00 Exercises - CH  2:00 Bingo! - DR
<b>24</b> 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH	<b>Memorial Day 25</b> 10:00 Group Exercise - AR 2:00 Memorial Day Poppy Flower Craft & Reminiscing - CH 6:00 Resident-Led Card Games - AR	<b>26</b> 10:00 Daily Portals of Prayer Devotional - CH 10:10 Chair Dancing - CH Manicures / Calming Hands 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area	<b>27</b> 10:00 Mind & Move Stretch - LTC Patio 10:30 Cover the Number Dice Game - AR Manicures / Calming Hands 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day! 3:00 Resident-Led Uno Game - AR	<b>28</b> 10:00 Daily Portals of Prayer Devotional - LTC Patio 10:10 Gardening - Patio 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart	<b>29</b> 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!	<b>30</b> 10:30 Hymn Sing & Daily Portals of Prayer Devotional - CH  11:00 Exercises - CH  2:00 Bingo! - DR
<b>31</b> 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia & Treats - CH						

Calendar Subject to Changes