


# Anoka Rehab & Living Center

## Life Enrichment Calendar

### July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CH = 2<sup>nd</sup> Floor Chapel DR = Dining Room AR = Activity Room (next to DR) ALCR = Assisted Living Community Room ALCH = Assisted Living Chapel (1FL) <b>Special Event/Visitors Spiritual Activity</b></p>	<p><b>Staff Leisure Rounds</b> are completed every morning: daily perk, room order, and encourage different groups for the day.</p> <p><b>Heart2Heart Visits</b> are received daily by staff.</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. <b>Please call if you have any questions. #763-528-6463</b></p>	<p>10:00 Mind &amp; Move Stretch - AR 10:20 Making Ice-Cream - AR Manicures/Calming Hands - In Room Activity 3:00 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day! 6:00 Resident-Led Uno Game - AR</p>	<p>2 10:30 Zion Holy Communion Church with Pastor Sue - CH 2:00-3:30 4<sup>th</sup> of July Family Celebration - ALCR 3:15 Leisure Cart</p>	<p>3 Friday Funnies! 9:30 St. Stephen's Communion Mass - ALCH (on 1<sup>st</sup> Floor) 11:00-12:00 Physio Step Fitness - AR 2:00 Widow's Grief Group - CH 6:00 Resident Led Card Games - DR</p>	<p>4 <b>Happy 4<sup>th</sup> of July!</b> 10:30 Hymn Sing &amp; Daily Devotional - CH 11:00 Exercises - CH 2:00 BINGO! - DR</p>
<p>5 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia &amp; Treats - CH</p>	<p>6 10:00 In Memoriam &amp; Devotions with Chaplain Scott - CH 10:45 Bean Bag Toss Game - AR 2:00 Accordion Music with Michael Larson - DR 3:15 Patio Time/Gardening - LTC Patio 6:00 Resident-Led Card Games</p>	<p>7 10:00-12:00 Primary Election Absentee Voting - DR 1:30-3:30 Primary Election Absentee Voting - DR Manicures/Calming Hands - In Room Activity 3:30 Paula's Leisure Cart 6:00 Coloring - Lounge Area</p>	<p>8 10:00 Daily Devotion - AR 10:10 Stretching - AR 10:20 Craft Group! Glitter Fireworks - AR Afternoon Treat Cart Day! 6:00 Resident-Led Uno Game - AR</p>	<p>9 9:30-11:30 Larry's Art 4-All - TV Room Manicures/Calming Hands - In Room Activity 10:30 Lunch Outing: Carole's Restaurant - Sign up at the Front Desk 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart</p>	<p>10 Friday Funnies! 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 3:15 Lemonade on the Patio - LTC Patio 6:00 Resident Led Card Games - DR</p>	<p>11 10:30 Hymn Sing &amp; Daily Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR</p>
<p>12 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH</p>	<p>13 10:00 Devotions with Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Piano and Violin Music with Webber St. John - DR 6:00 Resident-Led Card Games - AR</p>	<p>14 10:00 Flower Arranging! - AR Manicures/Calming Hands - In Room Activity 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area</p>	<p>15 10:00 Daily Devotions - LTC Patio 10:10 Mind &amp; Move Stretch - LTC Patio 10:30 Name That Movie Poster Game - LTC Patio 11:00 Manicures/Calming Hands - Reflections TV Room 2:00 Western Daze Social with Music by Lisa Murphy, The Singing Cowgirl - DR 2:30 Pet Visits - In Room Activity</p>	<p>16 10:00 Daily Devotions - AR 10:10 Stretching - AR 10:20 Craft Group: Forest Picture Craft - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart 4:00 Patio Time/Gardening - LTC Patio</p>	<p>17 Friday Funnies! 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 3:15 Ring Toss Game - LTC Patio 6:00 Resident Led Card Games - DR</p>	<p>18 10:30 Hymn Sing &amp; Daily Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR</p>
<p>19 <b>National Ice Cream Day</b> 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia &amp; Ice Cream Treats - CH</p>	<p>20 10:00 Devotions with Chaplain Scott - CH 10:45 Bowling - CH 2:00 Music Entertainment with Guitar Player &amp; Singer Loren Wolfe - DR 3:15 Pet Visits - AR 6:00 Resident-Led Card Games - AR</p>	<p>21 10:00 Daily Devotions - LTC Patio 10:10 Name That Movie Poster - LTC Patio 10:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area</p>	<p>22 10:00 Daily Devotional - LTC Patio 10:10 Mind &amp; Move Stretch - LTC Patio 10:30 Educational Games with Ximena - LTC Patio 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!</p>	<p>23 10:00 Stretching - AR 10:10 Craft Group: Pressed Flower Art - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart 4:00 Patio Time/Gardening - LTC Patio</p>	<p>24 Friday Funnies! 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</p>	<p>25 10:30 Hymn Sing &amp; Daily Devotional - CH 11:00 Exercises - CH 2:00 Bingo! - DR</p>
<p>26 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH</p>	<p>27 10:00 Devotions with Chaplain Scott - CH 10:45 Chair Dancing - CH 2:00 Accordion Music with Lori Lachner - DR 6:00 Resident-Led Card Games - AR</p>	<p>28 Manicures/Calming Hands - In Room Activity 10:00 Daily Devotional - CH 10:10 Mind &amp; Move Stretch - CH 10:30 Wheel of Fortune Game - CH 10:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:15 Social Hour! - DR 3:30 Paula's Leisure Cart 6:00 Jigsaw Puzzles - Lounge Area</p>	<p>29 Manicures/Calming Hands - In Room Activity 10:00 Bus Outing to Dollar Tree - Sign up at the Front Desk Afternoon Treat Cart Day! 3:00 Bible Trivia with Chaplain Scott - CH</p>	<p>30 10:00 Stretching - AR 10:10 Craft Group: Dog's Days Craft - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart</p>	<p>31 Friday Funnies! 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</p>	<p><b>Anoka Rehabilitation and Living Center</b></p> 

Calendar Subject to Changes