

Anoka Rehab & Living Center

Life Enrichment Calendar

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Anoka Rehabilitation and Living Center Volunteers of America NATIONAL SERVICES	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 an escort to groups. Please call if you have any questions. #763-528-6463 Special Event/Visitors Spiritual Activity		Staff Leisure Rounds are completed every morning: daily perk, room order, and encourage different groups for the day. Heart2Heart Visits are received daily by staff.	CH = 2nd Floor Chapel DR = Dining Room AR = Activity Room (next to DR) ALCR = Assisted Living Community Room ALCH = Assisted Living Chapel (1 FL) IR = In-Room Activity		10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
Nat'l Friendship Day 2 10:30 Conversation Catch Game - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	3 10:00 In Memoriam & Devotions with Chaplain Scott - CH 10:45 Bean Bag Toss Game - CH 2:00 Music Entertainment: <i>Legendary Voices with Michael Jones</i> - DR 6:00 Resident-Led Card Games - AR	4 10:00-12:00 Physio Step Fitness - AR Manicures / Calming Hands - IR 2:00 BINGO! - DR 3:15 <i>Night to Unite Ice Cream Social</i> - DR 3:30 Paula's Leisure Cart (2nd Floor) 6:00 Coloring - Lounge Area	5 10:00 Daily Devotion with Ximena - AR 10:10 Chair Aerobics Exercise - AR 10:20 Craft Group! Painting Sunflowers - AR Afternoon Treat Cart Day! 3:00 Bible Trivia w/ Chaplain Scott -	6 10:30 Zion Holy Communion Church with Pastor Sue - CH 11:15 Gardening / Patio Time - LTC Patio 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Paula's Leisure Cart - 1st Floor	7 9:30 St. Stephen's Communion Mass -ALCH (on 1st Floor) 10:00-12:00 Physio Step Fitness - AR 2:00 Widows' Grief Group - CH 3:15 Patio Time - LTC Patio 6:00 Resident-Led Card Games - DR Friday Funnies!	8 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
9 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH	10 10:00 Devotions with Chaplain Scott - CH 10:45 Mini Golf - CH 2:00 <i>Accordion Music Entertainment with Lori Lachner</i> - DR 6:00 Resident-Led Card Games - AR	11 10:00-12:00 Physio Step Fitness - AR Manicures / Calming Hands - IR 2:00 BINGO! - DR 3:15 Happy Hour! - DR 3:30 Paula's Leisure Cart - 2nd Floor 6:00 Jigsaw Puzzles - Lounge Area	12 10:00 Daily Devotions with Isabelle - AR 10:10 Mind & Move Stretch - AR 10:30 Making Strawberry Shortcake Ice Cream Bars - AR Afternoon Treat Cart Day!	13 10:00 Daily Devotions with Ximena - CH 10:10 Stretching - CH 10:30 Gardening / Patio Time - LTC Patio 1:00-4:00 <i>The Great Homestead Get Together!</i> - ALCR	14 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 Friday Funnies!	15 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
16 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	17 10:00 Devotions with Chaplain Scott - CH 10:45 Bowling - CH 2:00 Music Entertainment with Piano Player & Singer James Shaw - DR 3:15 Pet Visits - AR 6:00 Resident-Led Card Games - AR	18 10:00 Daily Devotions w/ Ximena - AR 10:10 Pick Pairs Card Game - AR 10:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:30 Paula's Leisure Cart - 2nd Floor 6:00 Coloring - Lounge Area	19 10:00 Daily Devotions with Ximena - LTC Patio 10:10 Chair Aerobics Exercise - LTC Patio 10:30 Educational Games with Ximena - AR 2:30 Pet Visits - IR 3:00 Bible Trivia w/ Chaplain Scott -	20 10:00 Stretching - AR 10:10 Craft Group! Ladybug Painted Rocks - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Paula's Leisure Cart - 1st Floor 4:00 Patio Time/Gardening - LTC Patio	Nat'l Senior Citizen Day 21 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!	22 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
23 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH	24 10:00 Devotions with Chaplain Scott - CH 10:45 Chair Dancing - CH 2:00 Piano Music Entertainment with Nate Hance - DR 6:00 Resident-Led Card Games - AR	25 10:00-12:00 Physio Step Fitness - AR 10:30 Gardening / Patio Time - LTC Patio 2:00 BINGO! - DR 3:15 Happy Hour! - DR 3:30 Paula's Leisure Cart (2nd Floor) 6:00 Jigsaw Puzzles - Lounge Area	26 Manicures / Calming Hands - IR 10:00 Daily Devotions with Ximena - AR 10:10 Mind & Move Stretch - AR 10:30 Uno Card Game - AR 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	27 9:30-11:30 <i>Larry's Art 4-All</i> - TV Room 10:30 Drumming - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time- DR 3:15 Paula's Leisure Cart (1st Floor)	28 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!	29 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
30 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	31 10:00 Devotions with Chaplain Scott - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Music Entertainment with J & J Music - DR 6:00 Resident-Led Card Games - AR					

