

Anoka Rehab & Living Center Life Enrichment Calendar September 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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. Special Event/Visitors Spiritual Activity	CH = 2nd Floor Chapel DR = Dining Room AR = Activity Room (next to DR) ALCR = Assisted Living Community Room ALCH = Assisted Living Chapel (1st FL) IR = In-Room Activity LTC Patio = Patio in Long-Term Care	1 10:00-12:00 Physio Step Fitness - AR Manicures/Calming Hands - IR 2:00 BINGO! - DR 3:30 Leisure Cart (2nd Floor) - IR 6:00 Coloring - Riverbend Lounge Area	2 10:00 Daily Devotion w/ Ximena - AR 10:10 Ball Chair Yoga - AR 10:20 Craft Group: Pencil Holder Craft - AR Afternoon Treat Cart Day! 3:00 Bible Trivia with Chaplain Scott - CH 6:00 Resident-Led Uno Game - AR	3 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 Leisure Cart (1st Floor) - IR	4 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 - AR Friday Funnies!	5 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
6 10:30 Conversation Catch Game - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH/Reflections TV Rm	Labor Day 7 10:00 Daily Devotion w/ Ximena - CH 10:10 Mini Golf - CH 2:00 Labor Day Trivia - DR 6:00 Resident-Led Card Games - AR	8 10:00-12:00 Physio Step Fitness - AR Manicures/Calming Hands - IR 2:00 BINGO! - DR 3:15 Happy Hour! - DR 3:30 Leisure Cart (2nd Floor) - IR 6:00 Jigsaw Puzzles - Lounge Areas	9 10:00 Daily Devotions - AR 10:10 Chari Aerobics - AR 10:30 Making Oreo Fluff Dessert - AR 4:00 Patio Time - LTC Patio Afternoon Treat Cart Day! 6:00 Family Council Meeting - CH	10 9:30-11:30 Larry's Art 4-All - TV Rm 10:30 Drumming - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor) - IR 3:45 Gardening/Patio Time - LTC Patio	11 9:30 Rosary Group with Katie (from St. Stephens) - CH 10:00-12:00 Physio Step Fitness - AR 2:00 Prayer Group & 9/11 Remembrance with Chaplain Scott - CH 2:45 Men's Group - CH 3:15 Make Fall Flower Bouquets - AR 6:00 Resident Led Card Games - AR Friday Funnies!	12 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
Grandparent's Day 13 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Caramel Apple Slices & Apple Cider Social - AR	14 10:00 In Memoriam & Devotions with Chaplain Scott - CH 10:45 Bowling - CH 2:00 Guitar Music Entertainment with Bill Mann (Popular Songs from 50s, 60s, & 70s) - DR 3:15 Pet Visits - AR 6:00 Resident-Led Card Games - AR	15 10:00 Daily Devotions - AR 10:10 Fall Picture Bingo Game - AR 10:00-12:00 Physio Step Fitness - AR 2:00 BINGO! - DR 3:30 Leisure Cart (2nd Floor) - IR 6:00 Jigsaw Puzzles - Lounge Areas	16 10:00 Daily Devotional - AR 10:10 Ball Chair Yoga - AR 10:30 Golf Card Game - AR Manicures/Calming Hands - IR 2:30 Pet Visits - IR 3:00 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day!	17 10:00 Mind & Move Stretch - AR 10:10 Craft Group: Paper Bag Scarecrows - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Paula's Leisure Cart (1st Floor) - IR 4:00 Patio Time/Gardening - LTC Patio	18 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 - AR Friday Funnies!	19 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
20 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH/Reflections TV Rm	21 10:00 Devotions with Chaplain Scott - CH 10:45 Chair Dancing - CH 11:00 The Price is Right Game - CH 2:00 Piano Music Entertainment with Roobert Bozaich - DR 6:00 Resident-Led Card Games - AR	First Day of Fall 22 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 Leisure Cart (2nd Floor) - IR 6:00 Jigsaw Puzzles - Lounge Areas	23 10:00 Daily Devotional - LTC Patio 10:10 Chair Aerobics Exercise - LTC Patio 10:30 Educational Games with Ximena - AR 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	24 10:00 Daily Devotional - LTC Patio 10:10 Mind & Move Stretch - LTC Patio 10:30 Patio Time/Gardening - LTC Patio 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor) - IR	25 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 - AR Friday Funnies!	26 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
27 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	28 10:00 Devotions with Chaplain Scott - CH 10:45 Mind & Move Stretch - AR 11:00 Dominoes - AR 2:00 Music Entertainment with Jim Kirkendall (Guitar Player & Singer) - DR 6:00 Resident-Led Card Games - AR	29 10:00-12:00 Physio Step Fitness - AR 10:30 Gardening/Patio Time - LTC Patio 2:00 BINGO! - DR 3:30 Leisure Cart (2nd Floor) - IR 6:00 Jigsaw Puzzles - Lounge Areas	30 10:00 Daily Devotional - LTC Patio 10:10 Chair Yoga - LTC Patio 10:30 Educational Games with Ximena - AR 2:00 Music Entertainment with Red Gallagher (One-Man Band; Upbeat Music) - DR	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 		

Calendar Subject to Changes