

Anoka Rehab & Living Center							
Life Enrichment Calendar				October 2026			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Anoka Rehabilitation and Living Center  NATIONAL SERVICES	Staff Leisure Rounds are completed every morning: daily perk, room order, and encourage different groups for the day.	CH = 2nd Floor Chapel DR = Dining Room AR = Activity Room (next to DR) ALCR = Assisted Living Community Room ALCH = Assist. Living Chapel (1st FL) IR = In-Room Activity LTC Patio = Patio in Long-Term Care	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	1 10:30 Zion Holy Communion Church with Pastor Sue - CH 11:15 Craft Group! - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	World Smile Day 2 Friday Funnies! 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 Taste of Autumn Social & Treats - CH 6:00 Resident-Led Card Games - AR	3 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR	
	4 10:30 Conversation Catch Game - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH & Reflections TV Rm	5 10:00-12:00 State General Election Voting - DR 1:30-3:30 State General Election Voting - DR 6:00 Resident-Led Card Games -AR	6 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	7 10:00 Daily Devotion with Kari Jo - AR 10:10 Ball Chair Yoga - AR 10:20 Craft Group!: Painting Ceramics - AR Afternoon Treat Cart Day! 3:00 Bible Trivia with Chaplain Scott - CH 6:00 Resident-Led Uno Game -AR	8 9:30-11:30 Larry's Art 4-All - TVRoom 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	9 Friday Funnies! 9:30 Rosary Group with Katie (from St. Stephens) - CH 10:00 Balloon Volleyball - CH 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 6:00 Resident-Led Card Games - AR	10 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
	11 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - AR	12 10:00 In Memoriam & Devotions with Chaplain Scott - CH 10:45 Bowling - CH 2:00 Music Entertainment with Bill Mann - DR 6:00 Resident-Led Card Games - AR	13 10:00-12:00 Physio Step Fitness - AR 10:15 Bus Outing to Cub Foods <i>Sign-up at the Front Desk</i> 2:00 BINGO! - DR 3:15 Happy Hour! - DR 3:30 Leisure Cart (2 nd Floor) - IR 6:00 Jigsaw Puzzles - Lounge Areas	14 10:00 Daily Devotions - AR 10:10 Chair Aerobics - AR 10:30 Make Oreo Spider Cookies - AR 4:00 Games Club - AR Afternoon Treat Cart Day! 6:00 Family Council Meeting - CH	15 10:00 Mind & Move Stretch -AR 10:10 Craft Group!: Halloween Ghost Craft - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	16 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 - AR	17 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
	18 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH & Reflections TV Rm	19 10:00 Devotions with Chaplain Scott - CH 10:45 Chair Dancing - CH 2:00 Piano Music Entertainment with Robert Bozaich - DR 3:00 Pet Visits - AR 6:00 Resident-Led Card Games -AR	20 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) 6:00 Jigsaw Puzzles - Lounge Areas	21 Manicures/Calming Hands - IR 10:00 Daily Devotional - AR 10:10 Ball Chair Yoga - AR 10:30 Making Halloween Slime - AR 2:30 Pet Visits - IR 3:00 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day!	22 10:00 Daily Devotional - AR 10:10 Mind & Move Stretch - AR 10:30 Pumpkin Painting - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	23 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 - AR	24 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
	25 10:30 Exercise Group - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	26 10:00 Devotions with Chaplain Scott - CH 10:45 Mind & Move Stretch - AR 11:00 Dominoes - AR 2:00 Guitar Music Entertainment with Jim Kirkendall - DR 6:00 Resident-Led Card Games - AR	27 10:00-12:00 Physio Step Fitness - AR 10:45 Bus Outing to Culver's <i>Sign-up at the Front Desk</i> 2:00 BINGO! - DR 3:15 Halloween Happy Hour! - DR 3:30 Leisure Cart (2nd Floor) 6:00 Jigsaw Puzzles - Lounge Areas	28 10:00 Daily Devotional - AR 10:10 Chair Aerobics Exercise - AR 10:30 Educational Games with Ximena - AR 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	29 10:00 Daily Devotional - AR 10:10 Mind & Move Stretch - AR 10:30 Physio Step Fitness - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	30 Friday Funnies! 9:30 Rosary Group with Katie (from St. Stephens) - CH 10:30 Trick-or-Treating! - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 6:00 Resident-Led Card Games - AR	Happy Halloween! 31 10:00 Exercises - CH 10:15 Hymn Sing & Daily Devotional - CH 2:00 BINGO! - DR
							

Calendar Subject to Changes