Anoka Rehab & Living Center

Life Enrichment Calendar — November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings (Fall Back) 1 10:30 Conversation Catch Game - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH & Reflections TV Rm	**2** 10:00 In Memoriam and Devotions with Chaplain Scott - CH 10:45 Bowling - CH 2:00 Music Entertainment with Tom Paquin - DR 6:00 Resident-Led Card Games - AR	**3** 10:20-12:00 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	**4** 10:20 Daily Devotion - AR 10:30 Ball Chair Yoga - AR 10:40 Craft Group! - AR Afternoon Treat Cart Day! 3:00 Bible Trivia with Chaplain Scott - CH 6:00 Resident-Led Uno Game - AR	**5** 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 (1st Floor)	**6** Friday Funnies! 9:30 St. Stephen's Communion Mass - ALCH (on 1st Floor) 10:20 Balloon Volleyball - CH 2:00 Gab Group (Women) - CH 6:00 Resident-Led Card Games - AR	**7** 10:20 Hymn Sing & Exercises - CH 2:00 BINGO! - DR
8 10:30 Mindful Stretching - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - AR	**9** 10:00 Devotions with Chaplain Scott - CH 10:45 Hunting Game - CH 2:00 Music Entertainment with Webber St. John - DR 6:00 Resident-Led Card Games - AR	**10** 10:20-12:00 Physio Step Fitness - AR 10:15 Bus Outing to Walmart - Sign up at the Front Desk 2:00 BINGO! - DR 3:15 Happy Hour! - DR 3:30 Leisure Cart (2nd Floor) - IR 6:00 Jigsaw Puzzles - Lounge Areas	**Veterans Day 11** 10:20 Daily Devotions - AR 10:30 Chair Aerobics - AR 10:40 Baking Mini Pumpkin Pie Cheesecakes - AR 2:00 Veterans Day Ceremony - DR 6:00 Family Council Meeting - CH	**12** 9:30-11:30 Larry's Art 4-All - TV Rm 10:20 Craft Group! Fall Leaf Suncatchers - AR 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	**World Kindness Day 13** Friday Funnies! 9:30 Rosary Group with Katie (from St. Stephens) - CH 10:20-12:00 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	**14** 10:20 Hymn Sing & Exercises - CH 2:00 BINGO! - DR
15 10:30 Mindful Stretching - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Movie - CH & Reflections TV Rm	**16** 10:00 Devotions with Chaplain Scott - CH 10:45 Coffee and Conversations - CH 2:00 Music Entertainment with J & J Music - DR 3:00 Pet Visits - AR 6:00 Resident-Led Card Games - AR	**17** 10:20-12:00 Physio Step Fitness - AR 10:20 Daily Devotions - AR 10:30 Cover the Number Dice Game - AR 2:00 BINGO! - DR 3:30 Leisure Cart (2nd Floor) 6:00 Jigsaw Puzzles - Lounge Areas	**18** Manicures/Calming Hands - IR 10:20 Daily Devotional - AR 10:30 Ball Chair Yoga - AR 2:30 Pet Visits - In Room Activity 3:00 Bible Trivia with Chaplain Scott - CH Afternoon Treat Cart Day!	**19** 10:20 Daily Devotional - CH 10:30 Drumming - CH 11:00 Book Reading Club - CH 2:00 BINGO! - DR 3:00 Scott's Trivia Time - DR 3:15 Leisure Cart (1st Floor)	**20** Friday Funnies! 9:30 Rosary Group with Katie (from St. Stephens) - CH 10:20-12:00 Physio Step Fitness - AR 2:00 Prayer Group with Chaplain Scott - CH 2:45 Men's Group - CH 3:15 Made in Minnesota - AR 6:00 Resident-Led Card Games - AR	**21** 10:20 Hymn Sing & Exercises - CH 2:00 BINGO! - DR
22 10:30 Bean Bag Toss - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	**23** 10:00 Devotions with Chaplain Scott - CH 10:45 Mind & Move Stretch - AR 11:00 Games Club - AR 2:00 Music with Lori Lachner - DR 6:00 Resident-Led Card Games - AR	**24** 10:20-12:00 Physio Step Fitness - AR 10:45 Bus Outing to Panera Bread - Sign up at the Front Desk 2:00 BINGO! - DR 3:15 Happy Hour! - DR 3:30 Leisure Cart (2nd Floor) 6:00 Jigsaw Puzzles - Lounge Areas	**25** 10:20 Daily Devotional - AR 10:30 Chair Aerobics Exercise - AR 10:45 Educational Games with Ximena - AR 2:00 Food Council Meeting - CH 2:30 Resident Council Meeting - CH Afternoon Treat Cart Day!	**Happy Thanksgiving! 26** 10:20 Coffee and Conversation - CH 2:00 BINGO! - DR	**27** Friday Funnies! 9:30 Rosary Group with Katie (from St. Stephens) - CH 10:20-12:00 Physio Bike Fitness - AR 6:00 Resident-led Card Games - AR	**28** 10:20 Hymn Sing & Exercises - CH 2:00 BINGO! - DR
29 10:30 Mindful Stretching - CH 11:00 Church Service with Riverdale Church Volunteers - CH 2:00 Trivia and Treats - CH	**30** 10:00 Devotions with Chaplain Scott - CH 10:45 Mind & Move Stretch - AR 11:00 Dominoes - AR 2:00 Accordion/Piano Music with Hal Skogquist - DR 6:00 Resident-Led Card Games - AR		<u>Staff Leisure Rounds</u> are completed every morning: daily perk, room order, and encourage different groups for the day. <u>Heart2Heart Visits</u> 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** = 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	Anoka Rehabilitation and Living Center Volunteers of America | National Services

Calendar Subject to Changes