Anoka Rehab & Living Center

Life Enrichment Calendar — December 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** = Assist. Living Chapel (1st FL) **IR** = In-Room Activity **LTC Patio** = Patio in Long-Term Care	**1** 10:20-12:00 Physio Step Fitness – AR 10:20 Christmas Tree Decorating! – Reflections TV Room 2:00 BINGO! – DR 3:30 Leisure Cart (1st Floor) – IR 6:00 Coloring – Riverbend Lounge Area	**2** 10:20 Christmas Tree Decorating! – 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 2:00 BINGO! – DR 3:00 Scott's Trivia Time – DR 3:15 Leisure Cart (2nd Floor)	**Hanukkah Begins 4** Friday Funnies! 9:30 St. Stephen's Communion Mass -ALCH (on 1st Floor) 10:20 Conversation Catch Game - CH 2:00 Gab Group (Women's Group) - CH 6:00 Resident Led Card Games – AR	**5** 10:20 Hymn Sing & Exercises – CH 2:00 BINGO! - DR
6 10:30 Mindful Stretching - CH 11:00 Church Service with Riverdale Church Volunteers – CH 2:00 Movie - CH and Reflections -TV Rm	**7** 10:00 In Memoriam and Devotions with Chaplain Scott – CH 10:45 Snowball Toss – CH 2:00 Music Entertainment with Gordy Miller – DR 6:00 Resident-Led Card Games -AR	**8** 10:20-12:00 Physio Step Fitness – AR 10:15 Bus Outing to Dollar Tree – Sign up at the Front Desk 2:00 BINGO! – DR 3:30 Leisure Cart (2nd Floor) – IR 6:00 Jigsaw Puzzles – Lounge Areas	**9** 10:20 Daily Devotions – AR 10:30 Chair Aerobics – AR 1:00-3:00 Christmas Party! – ALCR 6:00 Family Council Meeting – CH	**10** 9:30-11:30 Larry's Art 4-All – TV Room 10:20 Frosting Christmas Cookies – AR 2:00 BINGO! – DR 3:00 Scott's Trivia Time – DR 3:15 Leisure Cart (1st Floor)	**11** 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	**Hanukkah Ends 12** 10:20 Hymn Sing & Exercises – CH 2:00 BINGO! - DR
13 10:30 Mindful Stretching - CH 11:00 Church Service with Riverdale Church Volunteers – CH 2:00 Trivia and Treats - AR	**14** 10:00 Devotions with Chaplain Scott – CH 10:45 Christmas Tree Ring Toss – CH 2:00 Music Entertainment with Lori Ranchak – DR 6:00 Resident-Led Card Games -AR	**15** 10:20-12:00 Physio Step Fitness – AR 10:20 Daily Devotions – AR 10:30 Christmas Family Feud Game - AR 2:00 BINGO! – DR 3:30 Leisure Cart (2nd Floor) 6:00 Jigsaw Puzzles – Lounge Areas	**16** 10:00 Delivering Christmas Presents! - CH 3:00 Bible Trivia with Chaplain Scott -CH Afternoon Treat Cart Day!	**17** 10:20 Daily Devotional – CH 10:30 Craft Group! Making Christmas Wreaths – CH 2:00 BINGO! – DR 3:00 Scott's Trivia Time– DR 3:15 Leisure Cart (1st Floor)	**18** 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 Stories and Strudels – AR 6:00 Resident Led Card Games – AR	**19** 10:20 Hymn Sing & Exercises – CH 2:00 BINGO! - DR
20 10:30 Snowball Bowling - CH 11:00 Church Service with Riverdale Church Volunteers – CH 2:00 Name That Christmas Carol - CH	**First Day of Winter 21** 10:00 Devotions with Chaplain Scott – CH 11:00 Christmas Drumming – AR 2:00 Music Entertainment Bill Cagley– DR 3:00 Pet Visits – AR 5:00 Christmas Lights Tour – Sign up at the Front Desk	**22** 10:20-12:00 Physio Step Fitness – AR 10:45 Bus Outing to Noodles and Company– 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	**23** 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!	**Christmas Eve 24** 11:00 Elephant Gift Dice Game - CH 2:00 BINGO! – DR 3:00 Scott's Trivia Time– DR 3:15 Leisure Cart (1st Floor)	**Merry Christmas! 25** 10:20 Christmas Conversation Catch Game – CH 2:00 Christmas Sing-Along and Devotion - CH	**Kwanzaa Begins 26** 10:20 Hymn Sing & Exercises – CH 2:00 BINGO! - DR
27 10:30 Mindful Stretching - CH 11:00 Church Service with Riverdale Church Volunteers – CH 2:00 Trivia and Treats - CH	**28** 10:00 Devotions with Chaplain Scott – CH 11:00 Dominoes – AR 2:00 Music Entertainment with Ross McLeod – DR 6:00 Resident-Led Card Games -AR	**29** 10:20-12:00 Physio Step Fitness – AR 2:00 BINGO! – DR 3:00 Scott's Trivia Time – DR 3:30 Leisure Cart (2nd Floor) 6:00 Jigsaw Puzzles – Lounge Areas	**30** Manicures/Calming Hands - IR 10:20 Daily Devotional - AR 10:30 Ball Chair Yoga - AR 3:00 Bible Trivia with Chaplain Scott -CH Afternoon Treat Cart Day!	**New Year's Eve 31** 10:20 Daily Devotional – CH 10:30 New Year's Craft – CH 2:00 BINGO! – DR 3:15 New Year's Eve Party – DR 3:15 Leisure Cart (1st Floor)	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