

October 2026

Apple Valley Place of Charles City Better Days



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations - Religious - Physical Activity - Purposeful Life Station - Memory & Brain Stimulation - Therapeutic	Dimensions - Religious - Physical Activity - Purposeful Life Station - Memory & Brain Stimulation - Therapeutic			7:00 AM - Prayer Group 9:00 AM - Exercise w/ Fox 11:30 AM - Setting Tables and Cleaning Tables 2:00 PM - Hot POTATO!	7:00 AM - Reflections 9:00 AM - Exercise w Jude 11:30 AM - Setting Tables and Cleaning Tables 1:00 PM - One on Ones 3:00 PM - Show & Telling w Snacks	7:00 AM - Bible Reading 8:00 AM - Bean Bag Toss 10:00 AM - Morning Juice Social 11:30 AM - Setting Tables and Cleaning Tables
7:00 AM - Walks and Talks 7:30 AM - Classic Comedy Shows 8:00 AM - Connect Four 9:00 AM - Channel 13 Worship 11:30 AM - Setting and Cleaning Tables 4:00 PM - Movie Night	7:00 AM - Daily Devotionals 9:00 AM - Exercise w Jude 11:00 AM - The Community Kitchen 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 2:00 PM - State Facts & Snacks 3:00 PM - Seated Kickball	7:00 AM - Hymn Singing 9:00 AM - Exercise w/Fox 11:30 AM - Setting and Cleaning Tables 1:00 PM - Nail Day 4:00 PM - 'Name that Tune' and Root Beer Floats	Hair Day! 9:00 AM - Exercise w Jude 9:30 AM - The "Grace" Group 10:30 AM - Beach Ball Kickball 11:30 AM - Setting and Cleaning Tables 1:00 PM - Balloon UP!	7:00 AM - Fold Clothes 7:30 AM - Prayer Group 9:00 AM - Exercise w/ Fox 11:30 AM - Setting and Cleaning Tables 2:00 PM - Hot POTATO!	7:00 AM - Reflections 9:00 AM - Exercise w Jude 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 3:00 PM - Show & Tell w Snacks	7:00 AM - Bible Reading 7:30 AM - Old Time Country Music 10:00 AM - Morning Juice Social 11:30 AM - Setting and Cleaning Tables
7:00 AM - Set The Tables 7:30 AM - Classic Comedy Shows 9:00 AM - Channel 13 Worship 11:30 AM - Setting and Cleaning Tables 4:00 PM - Movie Night	7:00 AM - Daily Devotionals 9:00 AM - Exercise w Jude 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 3:00 PM - Seated Kickball 3:00 PM - Better Voices Round Table	7:00 AM - Hymn Singing 9:00 AM - Exercise w/Fox 10:30 AM - Craft Time with Brenda 11:30 AM - Setting and Cleaning Tables 2:00 PM - Mass 4:00 PM - 'Name that Tune' and Root Beer Floats	Hair Day! 9:00 AM - Exercise w Jude 9:30 AM - The "Grace" Group 11:30 AM - Setting and Cleaning Tables 1:00 PM - Balloon UP!	7:30 AM - Prayer Group 9:00 AM - Exercise w/ Fox 11:30 AM - Setting and Cleaning Tables 2:00 PM - Hot POTATO!	7:00 AM - Reflections 9:00 AM - Exercise w Jude 9:30 AM - Flu Clinic 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 2:00 PM - Sam the Piano Man 3:00 PM - Show & Tell w Snacks	7:00 AM - Bible Reading 8:00 AM - Bean Bag Toss 10:00 AM - Morning Juice Social 11:30 AM - Setting and Cleaning Tables
Happy Birthday Eugene K. 7:00 AM - Walks and Talks 7:30 AM - Classic Comedy Shows 8:00 AM - Connect Four 9:00 AM - Channel 13 Worship 11:30 AM - Setting and Cleaning Tables 4:00 PM - Movie Night	7:00 AM - Daily Devotionals 9:00 AM - Exercise w Jude 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 2:00 PM - State Facts & Snacks 3:00 PM - Seated Kickball	7:00 AM - Hymn Singing 9:00 AM - Exercise w/Fox 11:30 AM - Setting and Cleaning Tables 1:00 PM - Nail Day 4:00 PM - 'Name that Tune' and Root Beer Floats	Hair Day! 9:00 AM - Exercise w Jude 9:30 AM - The "Grace" Group 10:30 AM - Beach Ball Kickball 11:30 AM - Setting and Cleaning Tables 1:00 PM - Balloon UP!	7:00 AM - Fold Clothes 7:30 AM - Prayer Group 9:00 AM - Exercise w/ Fox 11:30 AM - Setting and Cleaning Tables 2:00 PM - Hot POTATO!	7:00 AM - Reflections 9:00 AM - Exercise w Jude 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 3:00 PM - Show & Tell w Snacks	7:00 AM - Bible Reading 7:30 AM - Old Time Country Music 10:00 AM - Morning Juice Social 11:30 AM - Setting and Cleaning Tables
7:00 AM - Set The Tables 7:30 AM - Classic Comedy Shows 9:00 AM - Channel 13 Worship 11:30 AM - Setting and Cleaning Tables 4:00 PM - Movie Night	7:00 AM - Daily Devotionals 9:00 AM - Exercise w Jude 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 3:00 PM - Seated Kickball	7:00 AM - Hymn Singing 9:00 AM - Exercise w/Fox 11:30 AM - Setting and Cleaning Tables 4:00 PM - 'Name that Tune' and Root Beer Floats	Hair Day! 9:00 AM - Exercise w Jude 9:30 AM - The "Grace" Group 11:30 AM - Setting and Cleaning Tables 1:00 PM - Balloon UP! 3:00 PM - Better Days Family Meeting	7:30 AM - Prayer Group 9:00 AM - Exercise w/ Fox 11:30 AM - Setting and Cleaning Tables 2:00 PM - Hot POTATO! 2:00 PM - Tate Duckett church choir	7:00 AM - Reflections 9:00 AM - Exercise w Jude 11:30 AM - Setting and Cleaning Tables 1:00 PM - One on Ones 3:00 PM - Making Halloween Treat Bags	7:00 AM - Bible Reading 8:00 AM - Bean Bag Toss 10:00 AM - Morning Juice Social 11:30 AM - Setting and Cleaning Tables 5:30 PM - Trick or Treat

* Activities are subject to change