

October 2026

River Valley Place of Ottumwa
Better Days



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dimensions - Memory & Brain Stimulation - Physical Activity - Purposeful Life Station - Religious - Therapeutic	Birthdays 12th - Shirley B.			9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Balloon Ball 2:00 PM - Oktoberfest Social	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Autumn Stroll 2:00 PM - Bingo 3:00 PM - Happy Hour	Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - Sort & Socialize 10:00 AM - iSpy Saturday 1:00 PM - Music Hour 3:00 PM - Movie & Snacks
Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - The Bridge Church on TV 10:00 AM - Puzzle Club 1:00 PM - Music Hour 3:00 PM - Junk Drawer Detective	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Happy Bakers (Monster Cookies) 3:00 PM - Manicures & Mingle	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Quilt Square Coloring 2:00 PM - Mad Hatter's Tea Party	9:00 AM - The Morning Gathering 9:30 AM - Poetry Day Reading 11:00 AM - Coffee w/ A Cop 3:00 PM - Pumpkin Bowling	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Curious Events Day Stories & Experiments 2:00 PM - Dave and Jeff Band	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 2:00 PM - Bingo 3:00 PM - Happy Hour	Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - Sort & Socialize 10:00 AM - iSpy Saturday 1:00 PM - Music Hour 3:00 PM - Movie & Snacks
Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - The Bridge Church on TV 10:00 AM - Puzzle Club 1:00 PM - Music Hour 3:00 PM - Junk Drawer Detective	Happy Birthday Shirley B. Columbus Day 9:00 AM - The Morning Gathering 9:15 AM - Movin' & Groovin" 9:45 AM - Who Am I? 1:00 PM - Fall Scenic Drive 3:00 PM - UNO	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 12:30 PM - Brain Games 1:00 PM - Flu Clinic 3:00 PM - Autumn Sensory Exploration	9:00 AM - The Morning Gathering 9:30 AM - Coffee & Conversation 1:00 PM - Tower Stack 2:00 PM - October Monthly Birthday Party	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - I Love Lucy Reminisce 3:00 PM - The Crafty Bunch (Spooky Door Hangers)	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Farkle 2:00 PM - Bingo 3:00 PM - Happy Hour	Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - Sort & Socialize 10:00 AM - iSpy Saturday 1:00 PM - Music Hour 3:00 PM - Movie & Snacks
Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - The Bridge Church on TV 10:00 AM - Puzzle Club 1:00 PM - Music Hour 3:00 PM - Junk Drawer Detective	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Jumbo Tic-Tac-Toe 3:00 PM - Manicures & Mingle	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Better Together Meeting 2:00 PM - Bingo	9:00 AM - The Morning Gathering 9:30 AM - Phase 10 1:00 PM - Witch Hat Ring Toss 2:00 PM - Apple Festival	9:00 AM - The Morning Gathering 9:30 AM - Exercise on TV 1:00 PM - Halloween Word Search 3:00 PM - Movie & Snacks (Hocus Pocus)	9:00 AM - The Morning Gathering 9:30 AM - Exercise on TV 1:00 PM - Jenga 3:00 PM - Happy Hour 3:00 PM - What Am I?	Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - Sort & Socialize 10:00 AM - iSpy Saturday 1:00 PM - Music Hour 3:00 PM - Movie & Snacks
Puzzle Packets 9:00 AM - The Morning Gathering 9:30 AM - The Bridge Church on TV 10:00 AM - Puzzle Club 1:00 PM - Music Hour 3:00 PM - Junk Drawer Detective	9:00 AM - The Morning Gathering 9:30 AM - Exercise on TV 1:00 PM - Dominos 3:00 PM - Music Hour	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Live Music w/ Dave Gray 2:00 PM - Root Beer Float Social 3:30 PM - Spooky Scavenger Hunt	9:00 AM - The Morning Gathering 9:30 AM - Pass The Pigs 1:00 PM - Halloween Hangman 3:00 PM - The Crafty Bunch (Ghost Painting) 5:30 PM - Trunk or Treat Event	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Friendly Feline Visit 2:00 PM - Bingo	9:00 AM - The Morning Gathering 9:30 AM - Movin' & Groovin" 1:00 PM - Mummy Wrap 2:00 PM - Halloween Party Hosted by Executive Director Shelby Frank 3:00 PM - Happy Hour	Puzzle Packets Halloween 9:00 AM - The Morning Gathering 9:30 AM - Sort & Socialize 10:00 AM - iSpy Saturday 1:00 PM - Music Hour 3:00 PM - Movie & Snacks 5:30 PM - Trick-Or-Treat Candy Hand Out

* Activities are subject to change