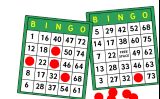


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Every Thursday at 9 is Men's Group in the Chapel Tuesday BINGO in Chapel Activities Subject to Change  October 2026				8:30 Make Greeting Cards 10:00 Manicures 1:00 Exercise 2:00 Oktoberfest Celebration 	8:30 Manicures 10:00 Wii Bowling 1:00 Exercise 2:00 BINGO 3:00 Popcorn 	2:00 BINGO 7:00 Channel 37 Hallmark Movie 
10:00 Chapel WNBA SEMI FINALS BEGIN 4 	10:00 Tom Hofer in Chapel 1:00 Scrabble 2:00 Cards with Krissy!!! 3:00 Decorate for Halloween 5 	9:00 Chair Yoga 10:00 Donuts 1:00 Wii Bowling 2:00 BINGO in Chapel 2:00 Music in Parlor 6 	9:00 Dollar Tree 10:00 Chapel 2:00 BINGO 3:00 Activity Packs in Parlor 7	10:00 Barefoot Becky Entertainment in DR 1:00 Exercise 2:00 Happy Hour 4:30-6:30 Guild Sloppy Joe Supper in Chapel Donations Accepted 8	9:00 Kara Drive Bus to Walmart 10:00 Wii Bowling 1:00 Exercise 2:00 BINGO 	2:00 BINGO 7:00 Channel 37 Hallmark Movie 
10:00 Chapel 11 	9:00 Chair Yoga 10:00 Wii Bowling 1:00 Scrabble 2:00 Cards with Sigrid 3:00 Skip Bo 12 Columbus Day (U.S.)	9:00 Chair Yoga 10:00 Doughnuts 1:00 Wii Bowling 2:00 BINGO in Chapel 2:00 Music in Parlor 3:00 Make Cupcakes 13 	10:00 Chapel 11:15 Music with lunch 2:00 BINGO 3:00 National Dessert Day Celebration: Eat Cupcakes 14	8:30 Make Greeting Cards 10:00 Manicures 1:00 Exercise 2:00 Social: Wine and Charcuterie Board 15 	8:30 Manicures 10:00 Wii Bowling 1:00 Exercise 1:00 Bus to Prince of Peace 2:00 BINGO 3:00 Popcorn 	2:00 BINGO 7:00 Channel 37 Hallmark Movie 
10:00 Chapel 18 	8:30 Chair Yoga 10:00 Wii Bowling 1:00 Scrabble 2:00-4:15 Cribbage Come and Join A Game At The Time That Works For You 19	10:00 Donuts 1:00 Wii Bowling 2:00 BINGO in Chapel 2:00 Music in Parlor 20 	9:00 TJ Maxx 10:00 Chapel 2:00 BINGO 3:00 Activity Packs in Parlor 21	8:30 Make Greeting Cards 10:00 Manicures 1:00 Exercise 2:00 Painting 6:30-7:30 Trick or Treat Night in Assisted Living <i>Flick OR Treat</i> 22	8:30 Manicures 10:00 Wii Bowling 1:00 Exercise 2:00 BINGO 	2:00 BINGO 7:00 Channel 37 Hallmark Movie 
10:00 Chapel 25 	8:30 Chair Yoga 10:00 Wii Bowling 1:00 Scrabble 2:00-4:15 Cribbage Come and Join A Game At The Time That Works For You 26	10:00 Donuts 1:00 Wii Bowling 2:00 BINGO in Chapel 2:00 Music in Parlor 27 	10:00 Chapel 11:00 Out to Eat 2:00 BINGO 3:00 National Chocolate Day Celebration 	8:30 Assemble Party Favors 10:00 Manicures 1:00 Exercise 2:00 Halloween Party 	10:00 Tenant Meeting in Dining Room 1:00 Exercise 2:00 BINGO 3:00 Popcorn 	2:00 BINGO 7:00 Channel 37 Hallmark Movie  Halloween

Valley View Village Assisted Living 2571 Guthrie Avenue Des Moines, Iowa