

## AFRH- Valor Hall 10/8-10/14/12

<u>DAY/DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
<b>MONDAY</b>   <b><u>10/8/12</u></b> <b>Columbus Day!</b>	0900 1000 1400 1900	Exercise Tai Chi Class Treat Tasting Social Checkers– ask someone to play	T.V. Lounge Fitness rm by Gym Dining Room Activity Room
<b>TUESDAY</b>   <b><u>10/9/12</u></b> <b><u>Susan Health Checks</u></b>	0900 1000 1400 1900	Exercise Fun Art with Milt Cruisin' the Coast Car Parade Scrabble – ask someone to play	T.V. Lounge Activity Room Front Patio Activity Room
<b>WEDNESDAY</b>   <b><u>10/10/12</u></b>	0900 1000 1130 1830	Exercise Piano Time with Jean! Monthly Cookout! Bingo	T.V. Lounge Resident Lounge Dining Room/Patio Community Center
<b>THURSDAY</b>   <b><u>10/11/12</u></b>	0800 0900 1400 1900	Wal-Mart Trip Exercise Bingo on Valor Dominoes–ask someone to play	Sign up with REC T.V. Lounge Activity Room #2 Activity Room
<b>FRIDAY</b>   <b><u>10/12/12</u></b> <b><u>Susan off</u></b>	0915 1000 1300 1900	Exercise Remote Control Boats Clay Pottery Class Navy Birthday Celebration	T.V. Lounge Meet in Dining Rm Art Room Community Center
<b>SATURDAY</b>   <b><u>10/13/12</u></b>	0900 1000 1400 1900	Exercise Computer Games & Library Prince & Charlie Pet Visits Trouble – ask someone to play	T.V. Lounge Resident Lounge Individual Visits Activity Room
<b>SUNDAY</b>   <b><u>10/14/12</u></b>	0915 1030 1400 1900	Catholic Service Protestant Service Sunday Movie Matinee Chess – ask someone to play	Chapel Chapel T.V. Lounge Activity Room