### Valor Recreation Therapy – September 2022

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td></td>
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<td>Labor Day Holiday</td>
<td>Leisure supplies and resources please call 897-4432</td>
<td>Skype is available with family and friends</td>
<td>0830 Book Nook 0900 Chair Exercise 1000 Dulcimers &amp; More PR</td>
<td>0800 Protestant Service 0900 Chair Exercise 1000 Piano Time PR</td>
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<tr>
<td>0830 Individual Visits</td>
<td>0900 Catholic Svc</td>
<td>1030 Protestant Svc</td>
<td>1330 Chit Chat PR</td>
<td>0830 Coffee &amp; Trivia 0900 Word Puzzles 1000 Chair Exercise 1330 Bingo!</td>
<td>0830 Newsworthy 0900 Art 1000 Chair Exercise 1400 Matinee</td>
<td>0800 Protestant Service 0900 Chair Exercise 1300 Virtual Travels SV</td>
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<td>Labor Day Holiday 1130 Lunch</td>
<td>1130 Lunch</td>
<td>0830 Café Crew PR 0900 Crosswords 1000 Chair Exercise 1330 Ice Cream Social PR</td>
<td>0830 Coffee &amp; Trivia 0900 Pictionary 1000 Chair Exercise 1330 Bingo!</td>
<td>0830 Newsworthy 0900 Art 1000 Chair Exercise Cook-Out PR 1400 Matinee</td>
<td>0830 Old Time Radio 0900 Hobby Projects 1000 Chair Exercise PM “Cooper” Pet Visits</td>
<td>0800 Protestant Service 0900 Chair Exercise 1000 POW/MIA Day Ceremony CC</td>
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<td>0830 Individual Visits</td>
<td>0900 Catholic Service</td>
<td>1030 Protestant Service</td>
<td>NFL Football On TV!</td>
<td>0830 Café Crew 0900 Sudoku 1000 Chair Exercise 1400 USAF Bday Ceremony CC</td>
<td>0830 Coffee &amp; Trivia 0900 Chair Exercise Happy Birthday Lunch 1330 Bingo! (PR)</td>
<td>0800 Protestant Service 0900 Chair Exercise 1000 Piano Time PR</td>
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<td>0830 Individual Visits</td>
<td>0900 Catholic Service</td>
<td>1030 Protestant Service</td>
<td>1330 Chit Chat PR</td>
<td>0830 Café Crew 0900 Brain Games 1000 Chair Exercise 1330 Ice Cream Social</td>
<td>0830 Coffee &amp; Trivia 0900 Jeopardy 1000 Chair Exercise 1330 Bingo!</td>
<td>0800 Protestant Service 0900 Chair Exercise 1000 Drumming PR</td>
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<tr>
<td>0900, 1600, 2300</td>
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**LOCATION KEY**
- **AT** = Activity Room
- **CC** = Community Center
- **CH** = Chapel
- **F** = Front Entrance
- **IR** = In Room
- **PT** = Patio
- **PR** = Piano Room
- **SV** = Senior TV
- **TV** = TV Lounge
- **TH** = Theater

- Low Vision
- Low Hearing assistance is available

**Channel 4 Senior TV**
- Virtual Travels 1300, 2100
- Quarterly Memorial 0845, 1200, 2230
- Exercise 0900

**Dry Bar Comedy**
- 0700, 1600, 2300