<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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</thead>
<tbody>
<tr>
<td>0830</td>
<td>Individual Visits</td>
<td>0830</td>
<td>Coffee &amp; Jokes</td>
<td>0830 Newsworthy</td>
<td>Wear Red Friday</td>
<td>0800 Protestant Service</td>
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<tr>
<td>0900</td>
<td>Catholic Svc CH</td>
<td>0900</td>
<td>Cards PR</td>
<td>0900 Halloween ART</td>
<td>0900 Chair Exercise</td>
<td>0900 Chair Exercise</td>
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<td>1030</td>
<td>Protestant Svc CH</td>
<td>1000</td>
<td>Chair Exercise PR</td>
<td>1000 Chair Exercise PR</td>
<td>1000 Royal</td>
<td>1000 Royal</td>
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<tr>
<td>1330</td>
<td>Chit Chat Social</td>
<td>1330</td>
<td>Cruising at AFRH</td>
<td>1330 Cook-Out Halloween</td>
<td>Pet Visit IR</td>
<td>Pet Visit IR</td>
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<tr>
<td></td>
<td>NFL Football</td>
<td>1000</td>
<td>Chair Exercise</td>
<td>1130 Chit Chat</td>
<td>1800 Movie Ch 4</td>
<td>1800 Movie Ch 4</td>
</tr>
</tbody>
</table>

**Location Key**
- **F = Front Entrance**
- **IR = In Room**
- **PT = Patio**
- **TV = TV Lounge**
- **TH = Theater**

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**Valor Recreation Therapy – October 2022**

- **Low Vision**
- **Low Hearing**
- **assistance is available**

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

**Skype and or Zoom**

**is available with family and friends**

**Leisure supplies and resources please call 897-4432**