How to add a conditional column from another table.

The hours table below shows hours booked by date. There is also a period column here, but this is based on calendar month and we do not use this, actually we have a custom period definition called PMR Period Name. See picture at bottom

	From Text Lines in "Hours"	From Number	From Date & Time	
	A ^B _C ID	1 ² 3 BgNo	A ^B _C Period	1 ² 3 E
1	1000000	99	5/18/2022 202205	94
2	1000001	99	5/18/2022 202205	We do not
3	1000002	99	5/18/2022 202205	use Period
4	1000003	99	5/18/2022 202205	use Periou
5	1000004	99	5/18/2022 202205	6
6	1000005	99	5/18/2022 202295	283
7	1000006	99	5/18/2022 202/205	283
			- / /	

This is a separate table that shows the custom period definition. So any hour transaction falling between 29th Jan 2018 and 25th Feb 2018 belongs to PMR Period Name 201802 for example.

I want to be able to return a table with my hours grouped by PMR period Name, so am assuming the best way would be to add a conditional column in the hours table which checks if Date is >= and <= the Start and Stop date in the Period definition table, but am not sure how to go about this, advice would be appreciated.

1 ² 3 BgNo	StartDate	-	🧾 StopDate 💌	1 ² 3 PMR Period Days	1 ² 3 Yr	1 ² 3 PMR Period Name	•
	PERIOD	1/29/2018	2/25/2018	27	2018	2018	02
DE	DEFINITION	2/26/2018	4/1/2018	34	2018	2018	103
		4/2/2018	4/29/2018	27	20*	2018	104
98	8	4/30/2018	5/27/2018	27		2018	105
98	8	5/28/2018	7/1/2018	34	We do use	2018	06
98	8	7/2/2018	7/29/2018			2018	07
98	8	7/30/2018	9/2/2018		PMR	2018	108
98	8	9/3/2018	9/30/2018		Period	2018	109
98	8	10/1/2018	11/4/2018	3		2018	10
98	8	11/5/2018	12/2/2018	27		2018	11
98	8	12/3/2018	12/30/2018	27	018	2018	12
98	8	12/31/2018	2/3/2019	34	2019	2019	01
98	3	2/4/2019	3/3/2019	27	2019	2019	02
98	3	3/4/2019	3/31/2019	27	2019	2019	03