

ACTIVITY MESSENGER

AFRH-W Recreation & Volunteer Services Premier Publication
Sept 14 – Sept 27, 2012
No. 16



Announcements:

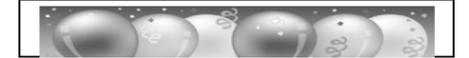
Dream Seat Redskin Tickets:

Tickets for Sun. September 23rd @ 1:00 p.m. vs the Cincinnati Bengals are available. If you are interested in attending, sign up Friday, September 21st in the Recreation Office room 1010 at 1:15 p.m. The drawing will be held immediately following the sign up. There are two tickets available and one parking pass. Winner of the first ticket will also receive the parking pass. No transportation provided.

Photography Club: Please see Lori in G408, if you are interested in joining our new photography club.

DVD/VHS Player: Residents may now use the new DVD/VHS Player installed on the 5th floor in the TV Day room.

Special Events:



Air Force Birthday Celebrations: Friday, September 14th. One at 1:30 p.m. in the **Sheridan lobby** and at 2:00 a.m. in the **LaGarde Recreation Center**. Join us to honor those residents who served in our Army Air Corps and Air Force. We'll share some delicious cake, have music and give them a big three cheers! You'll see lots of your friends and have a good time too.

VFW 8469 Bingo: Saturday, September 15th at 1:30 p.m. in the **LaGarde Recreation Center**. KHC residents will enjoy a fun game of bingo sponsored by our friends at the VFW. They will provide the prizes and we will provide some great refreshments.

Birthday Dinners: Tuesday, September 18th at 4:30 p.m. at both dining facilities. Enjoy a special meal and a birthday song sung to you by AFRH personnel. Afterwards, meet us in the Sheridan lobby for the super sounds of the Archie Edwards Blues Band at 6:30 p.m.

Uno: Friday, September 21st, 10-10:45 a.m., room 3017. Try this fast-paced card game!

Garden Social: Friday, September 21st at 1:30 p.m. in the **LaGarde Recreation Center**. Join us as Sarah Kenan creates a delicious garden salad using many of the vegetables that we have grown in our gardens. There will also be homemade sandwiches for us to enjoy and Ray Anderson will provide some great music to entertain us with.

Apple Butter Making: Monday, September 24th, beginning at 9:00 a.m. in the Stanley Chapel. Please see Lori if you are interested in assisting with the making or serving of this delicious butter.

Apple Butter Serving: Monday, September 24th, at 7:00 p.m. in the Lobby.

Resident/Employee Ping Pong Challenge: Tuesday, September 25th, 10:00-10:45 a.m., 5th floor. A great way to exercise-give it a try!

Happy Hour: Tuesday, September 25th at 6:30 p.m. in the **LaGarde Recreation Center**. Join us for hot refreshments, quiz questions and funny jokes. Tell a friend and come on down!

Pole Walking Race: Wednesday, September 26th, 9:30-10:30 a.m., behind the Sheridan Building. Newcomers welcome!

Yahtzee: Wednesday, September 26th, 10:00-10:45 a.m., room 3017. Take a chance-come out and play!

Arts, Crafts & Hobbies

Contact: Lori Thompson, 202-541-7625

Ceramic Studio, G-408



Creativity 101: On Sunday, September 16th, class will not meet; Lori will be on vacation.

Melted Bottles Prep Class: Monday, September 17th at 4:00 p.m. in Ceramics, G408. Anyone interested in melting bottles on the 18th, please attend this brief class to prepare your bottles for melting. Unprepared bottles will not be placed in the kiln.

Melted Bottles Class: Tuesday, September 18th @ 1:30 p.m. in Ceramics, G408.

All Artists and Crafters Wishing to Sell Their Work at the Oktoberfest:

Monday, September 24th @ 3:30 p.m. in Ceramics. We will be meeting to finalize tables/easels and discuss the details of the event taking place on Sunday, October 7th.

Ceramic Class: On Monday, September 24th, Class will not meet, as it is Apple Butter Day.

Volunteers Needed at Kid's Art Activity Tent: On Sunday, October 7th, from 1:00 to 5:00 p.m. Please see Lori if you are interested in assisting with various kid's art activities.

Interested in Displaying Your Art Work at the Pentagon? The Veteran Artist Program has invited Residents to submit their work for an exhibit at the Pentagon. Please see Lori for application details. Work is to be submitted October 30th.

Library

Contact: Christine Baldwin, 202-541-7630



Movie Selection Meeting: Thursday, September 20th at 1:30 p.m. in room 3017. Think Veteran's Day, Marine Corps Birthday and Thanksgiving, as movies are selected for November.

Speakeasy Cultural Club: Saturday, September 22nd at 10:00 a.m. in the bowling center. Share your stories with one another, as others enjoy a game of bowling! We'll also be discussing our November program for the home. Refreshments will be served.

Astronomy Discussion: Tuesday, September 25th at 1:30 p.m. in 3017. Come join us for an hour of lively question and answer discussion about what's going on in the universe with resident Van Hayes!

Music Program: Thursday, September 27th at 1:30 p.m. in 3017. Come and listen to an hour of enjoyable music from Fay Steele's remarkable 45 record collection.

September's Honoree: James Berotti is the Veteran Honoree for September's "Communicator". Make sure your name gets on the list for next month! The next drawing will be October 5th.

Volunteers

Contact: Carolyn Haug, 202-541-7627 room 1004

Hours of Operation: 8:00 a.m. – 4:00 p.m., Tuesdays – Saturdays



Board of Veterans Appeals Donation: Saturday, September 15th, 10:00 a.m. our friends with the Board of Veterans Appeals are back with donations of wheelchair/walker bags & comfort items. Please join us in the lobby as they deliver items to the Home.

PAL Visit: Saturday, September 15th, 10:30 – 11:30 a.m. Join People Animals Love and their dogs at the picnic tables in front of the Sheridan Building for a visit with our furry friends! In case of inclement weather, we will move inside to the Sheridan Main Lobby.

Ft. Detrick BOSS: Wednesday, September 19th, 1:00 p.m. – 3:00 p.m., join soldiers from Ft. Detrick BOSS (Better Opportunities for Single Soldiers) Group for an afternoon of bowling, billiards (4th floor) & ping pong (5th floor).

Consider volunteering today. If you would like to get involved within your community, please contact Carolyn Haug at 202.541.7627, Sheridan Building Room 1004. Please consider some of the available positions below... **and ask about our stipend program!**

Library Circulation

Responsibilities include:

Open/close library; check in/check out materials; register residents to use library and help residents with the copier

Qualifications:

Possess professional appearance and basic computer skills; ability to work well independently and with others

To sign up or for more information, please contact Christine Baldwin at 202-541-7648

Woodshop Assistant

Responsibilities include:

Maintain a safe & clean environment; assist residents with requests

Qualifications:

Ability to work well independently; some knowledge of tools & machines in Woodshop; strong interpersonal & customer service skills

To sign up or for more information, please contact Lori Thompson at 202-541-7625.

Did You Know?

Chocolate milk was originally sold as medicine. An Irish physician named Sir Hans Sloane is the inventor of chocolate milk in 1687.



THANK YOU...

Thank you to our Movie volunteers who do a blockbuster job showing the movies at the Home:

Gino Bufalini
Bill Bunton

Our volunteers are always looking for helping hands. Please consider volunteering today!

Sports & Fitness:

Contact: Jerry Carter, 202-541-7923, room 1005



Resident's Scramble: Friday, September 21st at 9:00 a.m. Call 541-7773 or sign up at the golf shack.

Active Aging Week: Tuesday, September 25th –Monday, October 1st.

Celebrate Active Aging Week, an annual observance developed by the International Council of Active Aging by choosing to participate in physical activities you value, for a minimum of at least thirty minutes.

Join fellow comrades and 'expand your experience'. Participate in a new activity! Check out page 2 for ideas!

Free Residents Golf Clinic: Wednesday, September 26th, beginners 9:00-10:00 a.m.; intermediate and advanced 10:00-11:00 a.m. Join Matt, your golf pro and learn new skills or brush up on old ones.

No sign up required. Meet at the course and be ready!

Foosball Table Game: Located on the 3rd floor Sheridan building. Come out and play this exciting table game and interact with other residents!

Facility Hours of Operation:

Auto Hobby Shop: Behind the Rose Chapel. Hours: Mon. – Fri. 9:00 – 11:30 a.m.
Hours: Mon., Wed. and Fri., 1:00 – 3:00 p.m.; Tues. and Thurs. 1:30 - 3:30 p.m.

Bowling Center: Ground Floor: Mon. – Sun. 1:00 – 4:00 p.m.

Card Rooms: Pinochle: Wed. @ 6:00 p.m., Main Floor, room 1103
Bridge: Mon. @ 6:00 p.m., 4th floor, room 4017

Ceramics: Ground Floor, G - 408: Sun.-Thurs. 7:00 a.m.-8:30 a.m., Mon. 7:00 a.m.-3:30 p.m. In addition the shop is also open with volunteer assistance on Tue., Wed. and Fri mornings, 9:00 - 11:30 a.m.

Clothing Store: Lagarde, Main Street: Mon. – Fri. 9:00 – 11:00 a.m.

Computer Rooms: Computer Game Room, Ground Floor, G – 006: Daily, 24 hrs.
24 hr. Computer Room, Ground Floor, G – 211: Daily, 24 hrs.

Fitness Rooms: Ground Floor, G-211 and 7th floor: Daily, 24 hrs.

Golf Course, Fishing Ponds, Gardens: Daily, dawn – dusk. Hours will vary seasonally.

Guest Room Reservations: Rm 1010: Mon. – Fri. 7:30 a.m. – 4:00 p.m., excluding 12:00 -1:00 p.m.

Library: Ground Floor, next to PX: Daily 8:00 a.m. – 4:30 p.m.

Music Room: 3rd Floor, Room 3017: Daily, 24 hrs.

Puzzle Room: 4th Floor, Day Room: Daily, 24 hrs.

Sewing Room: Room 6021: Mon. 9:00 a.m.-11:00 a.m., Wed. and Fri. 1:00 p.m.-3:00 p.m.

Thrift Shop: Ground Floor, G-018: Mon., Wed., Fri. 8:30-11:30 a.m.

Wrapping Room: Ground Floor, G-105.1: Mon. – Fri. 8:00 a.m. – 3:30 p.m.

Wood Shop: Ground Floor: Mon. – Fri. 8:30 – 11:00 a.m.

Trips

Contact: M.C. Murano, 202-541-7637, room 1010

Sheridan Building Departures:

All residents may sign up for trips 4 days prior to the trip. Trip sign up sheets are located in the lobby outside the Recreation Office room 1010. Sign up between 7:30 a.m. – 4:00 p.m. Monday – Friday.

Bus Trips:

Friday, September 14th- Annapolis Mall & Amish Market, MD.....9:30 a.m.

Sign up now.

1st stop: Amish Market. Drop residents off who want to shop there and announce to them that they will be picked up in 1 ½ hours.

2nd stop: Annapolis Mall.

Return to Amish Market. Pick up residents and take them to the mall.

Leave the mall @ 2:00 p.m. to return home.

Saturday, September 15th- Alamo Mexican Restaurant, DC.....11:30 a.m.

Sign up now.

Drop off at the restaurant.

Depart @ 1:30 p.m. to return home.

Monday, September 17th-Arundel Mills, Walmart, Casino, MD.....10:00 a.m.

BPV's Also

Sign up now.

1st stop: Walmart.

2nd stop: Casino

3rd stop: Arundel Mills drop off at Entry 5 between Best Buy and Old Navy.

Return to Walmart immediately and stay there until 12:30 p.m.

Drop residents off at Arundel Mills Entry 5.

4th stop: Pick up at Casino at 2:00 p.m. Drive to Entry 5.

Depart Arundel Mills @ 2:30 p.m. after picking up at Entry 5, to return home.

Tuesday, September 18th – Andrews AFB, MD.....10:00 a.m.

BPV's Also

Sign up now.

1st stop: EX

2nd stop: Commissary (bus remains at the Commissary)

Depart: Commissary @ 12:30 p.m. for EX

Leave the EX @ 2:00 p.m. to return home.

Wednesday, September 19th- MusicaliTea Jazz Performance, DC.....10:15 a.m.

BPV's Also.

Sign up now.

1st stop: Drop the residents off at the A.R.C. Building

Depart: @ 12:30 p.m. (or when performance is over) to return home.

Thursday, September 20th –Sunfest at Ocean City, MD.....9:00 a.m.

Sign up now.

Drop residents off across from the entry to SunFest.

Depart @ 5:00 p.m. to return home.

Festival takes place on the inlet of Ocean City. Enjoy arts and craft vendors, great food, and live entertainment! Visit www.OceanCityMD.gov for more information!

Friday, September 21st – Manassas Mall, McKay Bookstore, BOA, VA.....10:00 a.m.

Sign up begins Monday, September 17th

1st stop: Manassas Mall at the IHOP location.

2nd stop: Bookstore & BOA (bus remains here for 1 ½ hrs) then return to mall.

Depart: from the mall @ 2:00 p.m. to return home.

Monday, September 24th - National Zoo, DC.....12:30 p.m.

Sign up begins Tuesday, September 18th.

Drop residents off at the Zoo entrance.

Depart @ 3:00 p.m. to return home.

Free Admission! Visit 2,000 animals from 400 different species. Say hello to Mei and Tian!

Tuesday, September 25th – Fort Meade, MD.....10:00 a.m.

Sign up begins Wednesday, September 19th.

1st stop: EX

2nd stop: Commissary

Depart Commissary @ 12:30 p.m. for EX

Depart EX @ 2:00 p.m. to return home.

Wednesday, September 26th –Seafood Buffet, MD.....12:30 p.m.

Sign up begins Thursday, September 20th.

Instructions: Drop off at restaurant.

Depart: @ 3:30 p.m. to return to the home.

Thursday, September 27th –Bolling AFB, BOA, PFCU, DC.....1:00 p.m.

BPV's Also

Sign up begins Friday, September 21st.

Drop off at Commissary (bus remains @ the Commissary, the bank is inside of the Commissary)

Depart Commissary @ 3:00 p.m. to return home.

LaGarde Building Departures:

Wednesday, September 19th – Hooters Restaurant at10:15 a.m.

KHC residents will be traveling to this fun restaurant to enjoy the food and other “things”. Sign up in the Recreation Therapy office.

Wednesday, September 26th – Glen Echo Park & Picnic at.....9:30 a.m.

KHC residents will travel to see this historic entertainment park and have a delicious bag lunch. Sign up in the Recreation Therapy office.

Van Trips:

Wednesday, September 19th – Apple Picking at Butler’s Orchard, MD9:30 a.m.

Come spend the morning in the country, picking apples or just enjoying the farm located in Germantown. After lunch, we will head for home @ 1:00 p.m. If you are picking, bring bags to put your apples in.

Winners

BRIDGE

August 27th RESULTS:

1st Place: Doug Shoemaker

2nd Place: Ed Woessner

3rd Place: Van Hayes

4th Place: Mimi Rivkin

September 3rd RESULTS:

1st Place: Mimi Rivkin

2nd Place: Doug Shoemaker

3rd Place: Dick Robinson

4th Place: Ollie Brown

8/9 BALL POOL

August 30th RESULTS:

1st Place: Don Egolf

2nd Place: Richard Heinrich

3rd Place: Dan Gallucci

4th Place: Willa Farrell

September 6th RESULTS:

1st Place: Dan Gallucci

2nd Place: Doug Shoemaker

3rd Place: Roger Davison

4th Place: Don Egolf



BOWLING SHOOT-OUT

August 30th RESULTS:

1st Place: Smokey Prussman

2nd Place: Mimi Rivkin

3rd Place: Willa Farrell

4th Place: Tony Contino

September 6th RESULTS:

1st Place: Willa Farrell

2nd Place: Tony Contino

3rd Place: Bob Schonherr

4th Place: Ralph Wineland

PINOCHLE

August 29th RESULTS:

1st Place: Charles Jones

2nd Place: Fred McClellan

3rd Place: Paul Wells

4th Place: Richard Heinrich

September 5th RESULTS:

1st Place: Corrine Robinson

2nd Place: Van Hayes

3rd Place: Fred McClellan

4th Place: Richard Heinrich

HAND & FOOT

August 30th RESULTS:

1st Place: Roger Polhenus

2nd Place: Bill Wood

3rd Place: Sandra Inrtorre

4th Place: Van Hayes

September 6th RESULTS:

1st Place: Norma Merrill

2nd Place: Roger Polhenus

3rd Place: Van Hayes

4th Place: Corrine Robinson

