

Volunteers

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

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



Howard University ROTC: Saturday, September 29th at 1:30 p.m., the cadets from Howard University ROTC are back for their annual Saturday Bingo visit. Join us for Bingo, a visit with the cadets & refreshments.

PAL Visit: Sunday, October 7th, 1:30 – 2:30 p.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.

Coast Guard Pond Project: Wednesday, October 10th, 8:30 a.m. – 12:30 p.m., the Coast Guard is back for their Fall Pond Project. Residents are invited to the Ponds to see the projects they are working on to enhance the Ponds & join in a cookout lunch served at noon.

National Reconnaissance Office Navy Visit: Wednesday, October 10th, 1:00 – 3:00 p.m., our Navy volunteers from the National Reconnaissance Office would like to spend an afternoon with our Veterans at the Home. Join us for Bowling, Billiards (4th floor) and 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!**

Movie Projectionist

Responsibilities include:

Show movies on time; report any supplies needed to Librarian; track attendance and assist in training new volunteers

Qualifications:

Ability to work well independently and with others; knowledge of how to operate DVD player
To sign up or for more information, please contact Christine Baldwin at 202-541-7648

LaGarde Recreation Therapy Assistant

Responsibilities include:

Escort residents to and from Activity Room; assist residents with program participation; assist with program set-up & clean-up

Qualifications:

Possess a professional appearance; ability to work well independently and with others and strong interpersonal skills

To sign up or for more information, please contact Amanda Jensema at 202-541-7721.

Did You Know?

Women speak about 7000 words a day.
Men average just over 2000.



THANK YOU...

Thank you to our Chaplain's Office volunteers who provide support for our Chaplains:

Jeanne Beasley	Pete Hudson
Barbara Dannaher	Loraine Murphy
Carl Fidora	Mary Varva
Joe Frogge	
Gwen Hendley	

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

ACTIVITY MESSENGER

AFRH-W Recreation & Volunteer Services Premier Publication
Sept 28 – Oct 11, 2012
No. 17



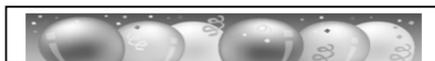
Announcements:**Redskin Tickets:**

We have received Redskins tickets from the Military Order of the Purple Heart Service Foundation for Sun. October 7th @ 1:00 p.m. vs the Atlanta Falcons, at FedEx Field. If you are interested in attending, sign up Friday, October 5th in the Recreation Office room 1010 at 1:15 p.m. The drawing will be held immediately following the sign up. There are four tickets available and one parking pass. Winner of the first ticket will also receive the parking pass. No transportation provided.

Wegmans & Lunch, MD

A trip to Wegmans on Tuesday, Oct. 9th located in Lanham, MD has been added to the trip calendar for the month of October. See page 5 for details.

Holiday Wreath Making: Holiday Wreath Making has been rescheduled to Monday, Oct. 15th at 1:30-2:30 p.m., 1st floor lobby.

**Special Events:**

Resident/Employee Cookout & Ice Cream Social: Friday, September 28th, 11:30 a.m.-2:30 p.m. behind the Sheridan Building. Residents and employees are encouraged to attend this annual event. Enjoy hamburgers, half smokes, ice cream sundaes, karaoke, volleyball and more!

Norwood Bowling League: Monday, October 1st at 9:15 a.m. in the **Sheridan Bowling lanes**. Join KHC residents as we team up with students from the Norwood Middle School to have a fun and challenging time bowling! You'll see lots of your friends and have a good time too.

Trip Planning Meeting: Wednesday, October 3rd at 9:00 a.m., room 1103. We will be planning the November calendar. Bring your new ideas and cast your vote!

Oktoberfest Happy Hour Social with the Friends of the Home: Thursday, October 4th, 1:30-2:30 p.m., 1st floor lobby. We will be serving German beer and pretzels and listening to familiar tunes including German music provided by Billy White! Enjoy the chance to get to know people from the community who will be returning to help residents celebrate the official Oktoberfest event scheduled on October 7th at the Golf Course.

Veteran's Cafe: Thursday, October 4th at 6:30 p.m. in the **LaGarde Recreation Center**. Join us for a time of reminiscing, refreshments and great music by Ray Anderson. Hope to see you there!

AFRH Annual Antique Auto Assembly: Sunday, October 7th, 9:00 a.m.-12:30 p.m. at the parking lot in front of the Old Security Building (at the corner of North Capitol Street). Come out and enjoy the East Coast's longest running car show in its 55th year. There will be light refreshments served and music sure to bring back memories. Vote for your favorite car in the Resident's Choice category (in memory of resident Al Linton). For more information, contact Nicole at ext. 7639. Transportation will be provided, 10:00 a.m. – 1:00 p.m.

Oktoberfest: Sunday, October 7th from 1:00 to 5:00 p.m. at the driving range. Join us under the big tent for an afternoon of polka music, German food and refreshments. This event is jointly sponsored with the Friends of the Home who have secured the band, beer and food vendors for the special celebration. There will be an art bazaar, (community and resident artists), kids activity tent, kite flying, German dancers and more! The Shuttle bus will be available to transport back and forth from the driving range from 1:00 – 5:30 p.m.

Bagel Booth: Monday, October 8th at 9:30 a.m. in the **LaGarde Recreation Center**. Join us for this Columbus Day treat as we share delicious bagels with cream cheese or old fashion butter and jam as toppings. We'll read some history of the special day and see lots of friends.

Trivia and Treats: Monday, October 8th, 10:00-11:00 a.m., 1st floor lobby. Participate in Columbus Day trivia and enjoy a light snack.

Columbus Day Discussion: Monday, October 8th, 3:00-4:00 p.m., 1st floor lobby. Engage in a talk about a topic pertaining to this important holiday.

Halloween Wreath Making: Tuesday, October 9th, 1:30-2:30 p.m., 1st floor lobby.

We will provide you with all the materials needed to make a ghoulish wreath!

Jackpot Bingo: Tuesday, October 9th at 6:30 p.m. in the **LaGarde Recreation Center**. Join us for a fun game of bingo. It's challenging and you may win a dollar!

Jingo with the Friends of the Home: Thursday, October 11th at 6:30p.m. in the **LaGarde Recreation Center**. Community volunteers will be helping KHC residents participate in this exciting game of Jingo. The best part is you may win a dollar! We hope to see you there!!

237th Navy Birthday Celebration: Friday, October 12th. We will have two celebrations, one at 1:30 p.m. in the **Sheridan lobby** and the other at 2:00 p.m. in the **LaGarde Recreation Center**. Join us to honor those residents who served in our Navy. We'll have delicious cake, music and celebrate our sailors!

Sports & Fitness:

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

Resident/Associate Member Club Championship: Saturday, September 29th at 9:00 a.m. \$10.00 fee.

Residents AND Associate members will play to determine the best player of 18 holes using individual stroke play. Matt/handicap division will also be contested. \$10.00 fee charged will be used toward providing a cookout and offering prizes to top resident finishers. Contact Matt at the Golf Course ext. 7773 to sign up.

John Hancock Softball Tournament: Saturday, September 29th at 12:00 p.m. at Fairlane Sports Complex in Laurel, MD. Residents are encouraged to attend and show your support for the Diamondbacks! Shuttle service to and from AFRH will be available for residents interested in watching the game beginning at 11:00 a.m. The shuttle bus will be departing from the Lady Sheridan side of the building. One shuttle will return residents after the first game, the next shuttle will depart when the tournament is over for the day. Tournament is expected to be over between 3:00-4:00 p.m.

Free Residents Golf Clinic: Wednesday, October 10th, 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.

Fly Fishing with Hart Middle School: Tuesday, October 2nd and Wednesday, October 3rd at 9:30-11:30 a.m. (Group I) and 12:30-2:30 p.m. (Group II) at the fishing ponds. The Living Classrooms Organization will teach and educate students on the techniques of fly fishing! All residents and employees are invited to fly fish and socialize with our future leaders of the USA. Don't miss this great chance to fish, interact, and enjoy the great outdoors!

NCOA Resident/Employee Golf Tournament: Thursday, October 11th at 1:00 p.m. at the Golf Course. Residents will be paired with employees for a fun 9 hole golf outing followed by food and beverages. Prizes awarded to top resident finishers! Matt will hold a clinic at 12:00 p.m. on the driving range for those who could benefit from golf tips before they play! Golf clubs provided for this event. What are you waiting for? See you there! Employees cost for food is \$7.00

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.

Winners

BRIDGE

September 24th RESULTS:

- 1st Place: Dick Robinson
- 2nd Place: Ollie Brown
- 3rd Place: Doug Shoemaker
- 4th Place: Mimi Rivkin

8/9 BALL POOL

September 20th RESULTS:

- 1st Place: Richard Heinrich
- 2nd Place: Don Egolf
- 3rd Place: Roger Davison
- 4th Place: Doug Shoemaker



BOWLING SHOOT-OUT

September 20th RESULTS:

- 1st Place: Warren Pospisil
- 2nd Place: Richard Heinrich
- 3rd Place: Smokey Prussman
- 4th Place: Willa Farrell

PINOCHLE

September 19th RESULTS:

- 1st Place: Charles Jones
- 2nd Place: Len Jozwik
- 3rd Place: Van Hayes
- 4th Place: Paul Wells

HAND & FOOT

September 20th RESULTS:

- 1st Place: William Wood
- 2nd Place: Van Hayes
- 3rd Place: Sandra Intorre
- 4th Place: Norma Merrill



Arts, Crafts & Hobbies

Contact: Lori Thompson, 202-541-7625

Ceramic Studio, G-408

Halloween Ceramics: Tuesday, October 2nd @ 9:30 a.m. Come join us and paint ceramic witches, pumpkins, ghoulies and ghosts. 'Tis the season to be scary, boo ha ha ha ha, la la la la.

Photography Club's First Meeting: Wednesday, October 3rd @ 3:30 p.m. in Ceramics. We will be framing class objectives and planning our first outing.

Creativity 101: On Sunday, October 7th, class will not meet, as it is Oktoberfest Day! Come down to the driving range and join in the festivities! There will be various crafts for all.

Wood Shop Quarterly Meeting and Lunch: Tuesday, October 9th @ 11:30 a.m., meet in the Wood Shop. Everyone who is currently certified and anyone wishing to work on certification, please attend.

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.

Magazine Drive: We are in need of magazines for collages. If you would like to donate your old magazines, please bring them down to Ceramics. Thank you!



Library

Contact: Christine Baldwin, 202-541-7630



Computer Class: Saturday, October 6th at 10:00 a.m. in the 24 hour computer room. BYOQ (Bring Your Own Questions) to this one hour session and we'll see if we can come up with the answer.

Suggestion Forms: Do you have a book, music CD or movie DVD that you would like to recommend for the library's collection? Suggestion forms can be found on the "information table" beside the circulation desk.

Web Site for Catalog: Our web address for the library's collection is:

<https://afrhwlibrary.follettdestiny.com>

Just click on Scott Library and begin searching!

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.

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 28th- Jazz Night in Southwest DC.....5:00 p.m.

Sign up now. **\$5.00 admission**

Drop off at Westminster Presbyterian Church

Depart @ 9:15 p.m. to return home.

\$5.00 admission allows you to enjoy the sounds of jazz from local musicians ‘Jackie McLean Lives’. Music plays 6:00 p.m.-9:00 p.m. Food and beverages available from 5:30 p.m.-8:45 p.m.

Tuesday, October 2nd- Potomac Mills, BOA, Walmart, Michaels, VA10:00 a.m.

BPV’s Also.

Sign up now.

1st stop: Wal-Mart

2nd stop: Mall Food Court:

3rd stop: Bank of America

4th stop: Michael’s

Stay @ Michael’s 1 hr, and then pick up residents at the bank.

Return to Wal-Mart and park the bus until 12:30 p.m. At 12:30 p.m., take residents to the Mall.

Leave Potomac Mills @ 2:30 p.m. to return home

Thursday, October 4th –Bolling AFB, BOA, PFCU, DC.....10:00 a.m.

BPV’s Also

Sign up now.

1st stop: Commissary/ Bank of America (inside Commissary)

2nd stop: EX. Bus returns immediately to Commissary.

@ 12:30 p.m. bus goes from Commissary to EX.

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

Upon request, driver will stop by the class 6 store after the Commissary.

Friday, October 5th – Retiree Appreciation Day, JBM-HH, VA.....8:00 a.m.

Sign up Monday, October 1st.

Drop residents off at Spates Building #214 at Joint Base Myer-Henderson Hall.

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

Visit veteran information booths, opt to go to the Arlington National Cemetery to see the wreath laying ceremony at the Tomb of the Unknown Soldiers, choose lunch for \$6.50 if you desire.

Register to win door prizes-drawing held at 2:00 p.m. You must be present to win. Register upon arriving.

Monday, October 8th- Walmart, MD.....12:30 p.m.

BPV’s Also.

Sign up Tuesday, October 2nd.

Drop off at Walmart

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

Tuesday, October 9th –Wegman’s, MD.....10:00 a.m.

Sign up Tuesday, October 2rd.

Drop residents off at Wegmans.

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

Wednesday, October 10th – Fogo De Chao Fine Dining.....10:45 a.m.

Sign up begins Wednesday, October 3rd

Drop off at Fogo De Chao restaurant.

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

Thursday, October 11th- Forest Glen or Silver Springs & BOA, MD.....12:30 p.m.

Sign up begins Thursday, October 4th.

1st stop: Forest Glen

2nd stop: Bank of America/ Silver Spring Stores main entrance.

Return immediately to Forest Glen

Depart Forest Glen for AFRH @ 12:00 p.m.

Bus returns to Silver Springs stores/ Bank of America

Leave Silver Springs @ 2:00 p.m. to return home.

LaGarde Building Departures:

Wednesday, October 3rd – Phillips Seafood Restaurant10:30 a.m.

KHC residents will be traveling to this fun restaurant to enjoy a variety of delicious seafood. Sign up in the Recreation Therapy office.

Wednesday, October 10th – Arundel Mills Mall.....9:30 a.m.

KHC residents will travel to this great mall for shopping and lunch. Sign up in the Recreation Therapy office.

Van Trips:

There are no scheduled van trips at this time.