

## Volunteers

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

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



**AARP Tax Assistance Counselors:** Thursdays, Now – April 11<sup>th</sup>, 8:00 a.m. – Noon. Tax counselors are available in Sheridan Room 2017 to prepare your federal and state taxes.

**PAL Visit:** Saturday, February 16<sup>th</sup>, 10:30 – 11:30 a.m. Join People Animals Love and their dogs in the Sheridan Main Lobby near the fireplace.

**Defense Threat Reduction Agency Pizza Party:** Wednesday, February 20<sup>th</sup>, 5:00 p.m. – 6:30 p.m. volunteers from the Defense Threat Reduction Agency are back, and they have brought more pizza. Join us for pizza in the Sheridan Main Lobby with our friends from DTRA!

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!**

### **Admissions Sponsor:**

Responsibilities include:

Present a positive and pleasant attitude to new residents; review sign off sheet with newly admitted resident; orient newly admitted residents to AFRH-W by taking them to critical points outlined in the sign off sheet

Qualifications:

Strong verbal communication, interpersonal and customer service skills – positive attitude is a must; knowledge of AFRH-W facilities, offices and resources; possess professional appearance  
To sign up or for more information, please contact Becky Perry at 202-541-7618.

### **Computer Assistance:**

Responsibilities include:

Assist residents on an as needed basis to help with their computer needs

Qualifications:

Possess proficient computer skills; reliable; ability to work well independently  
To sign up or for more information, please contact Carolyn Haug at 202-541-7627

## Did You Know?

On March 1<sup>st</sup>...

1780 – Pennsylvania becomes the 1<sup>st</sup> state to abolish slavery

1872 – Yellowstone is established as the world's 1<sup>st</sup> national park

1941 – Nashville becomes home to the first FM radio station in the country.

1995 – **Yahoo!** is incorporated

## THANK YOU...

Thank you to **Van Hayes** for leading the Astronomy & Earth Science discussion groups.

Do you have a personal talent or professional skill you would like to share? Consider teaching a course, leading a discussion or sharing a talent.

# ACTIVITY MESSENGER

AFRH-W Recreation & Volunteer Services Premier Publication

Feb 15 – Feb 28, 2013

No. 27



**Announcements:**

**New Calendars Coming Your Way:**

Recreation Services and Recreation Therapy have merged together. Many more programs will now be available to you. As a result, two separate calendars will be published each month to better serve you. Beginning in March, there will be a Trips Calendar and an Activity/Special Events Calendar. We will strive to make activities and trips available to everyone when possible. For more details, stop by the Recreation Office if you have questions.

**Army vs Navy Basketball:** Saturday, Feb. 16<sup>th</sup>, departing at 12:00 p.m. for a 2:00 p.m. game at Alumni Hall, USNA. We have received donated tickets to the Army/Navy Basketball game.

Transportation provided. Attend the game, show your support! Tickets are furnished, compliments of P.J. McTavish and Company. Sign up now at the trip sign up table outside the Recreation Office.

**Manassas Mall Trip:** The times for the Manassas Mall trip on Fri Feb. 15<sup>th</sup> have changed so that residents may attend the grand Re-Opening of the Sherman Building. The trip to Manassas will depart the home at **11:00 a.m. and return at 3:00 p.m.**

**Wrapping Room:** Now open 24 hours a day, 7 days a week!

**American University Basketball Game:** Tickets for Saturday, February 23<sup>rd</sup> @ 2:00 p.m. vs Army are available. Sign up beginning Feb. 19<sup>th</sup> at the trip sign up table outside the Recreation Office.

Transportation will be provided.

**Washington Wizards Basketball Game:** We have received 5 basketball tickets for Saturday, February 23<sup>rd</sup> @ 7:00 p.m. vs the Houston Rockets at the Verizon Center. If you are interested in attending, sign up Friday, February 22<sup>nd</sup> in the Recreation Office room 1010 at **9:30 a.m.** The drawing is being held earlier than usual, so as not to conflict with the trip to Andrews Air Force Base also scheduled Friday. The drawing for these tickets will be held immediately following the sign up. Transportation will **not** be provided. Tickets are compliments of the Fenwick Corporation.

**Special Events:**

**Ice Cream Social:** Saturday, February 16<sup>th</sup> at 2:00 p.m. in the **LaGarde Recreation Center**. Join us for some delicious ice cream, special toppings and music by Ray Anderson. Hope to see you there!

**Donut Booth:** Monday, February 18<sup>th</sup> at 9:30 a.m. in the **LaGarde Recreation Center**. In honor of Presidents Day, we will serve fresh donuts and coffee. Bring a friend and come on down!

**President's Day Trivia:** Monday, February 18<sup>th</sup>, 1:30-2:30 p.m., 1<sup>st</sup> floor lobby. Stop by to test your knowledge, or share some of your own!

**Conductorcise:** Tuesday, February 19<sup>th</sup> at 2:00 p.m. in the **LaGarde Recreation Center**. Join us for this fun exercise program set to Classical music. Everyone will receive a baton to conduct with and Sarah will lead in a series of energetic range of motion exercises. You'll lose 10 pounds!

**Birthday Dinner:** Tuesday, February 19<sup>th</sup> at 4:30 p.m. Enjoy a special meal and a birthday song sung to you by AFRH personnel in Jerry's Diner. Afterwards, meet us in the lobby for the super sounds of the Archie Edwards Blues Band at 6:30 p.m.

**Happy Hour:** February 26<sup>th</sup> at 6:30 p.m. in the **LaGarde Recreation Center**. Join us for hot refreshments, good music and lots of jokes, quiz questions and fun!

**Wreath Making for Easter:** Wednesday, February 27<sup>th</sup> 10:00-11:00 a.m., 1<sup>st</sup> floor lobby. Get ready for spring. We will have the supplies for you to make a wreath that you can display on your door if you choose!

**Black History Program:** Thursday, February 28<sup>th</sup> from 1:30- 3:00 p.m. in the Scott Multi-Purpose Room. Our theme is "At the Crossroads of Freedom & Equality: The Emancipation Proclamation & the March on Washington". Our program includes poetry, a reading of Lincoln's proclamation, and music. Keynote speaker will be Congressman James E. Clyburn. Refreshments will be served immediately following the program.

**Sports & Fitness:**

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

**8/9 Ball Pool Tournaments:** First place winner will receive an additional \$20.00 weekly until further notice thanks to a private donation!

See you Thursday at the Day Room, 4<sup>th</sup> floor at 9:30 a.m. ready to play!

**No Age Limit on Pumping Iron:** Studies have found that people in their 80s can increase their strength and walking speed by exercising their leg muscles with a weight machine over 10 weeks. Strength training offers- increased bone mass and density, improved everyday functioning, weight management, reduced blood pressure and relief from arthritis pain. See Jerry in room 1005 for more information on strength training.

**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., 4<sup>th</sup> floor, room 4017

**Ceramics:** Ground Floor, G - 408: Mon., Wed., Thurs. 7:30 a.m.-8:00 a.m. and 3:00-4:00 p.m.; Sun. 1:00 – 4:00 p.m., Mon. 9:30 a.m.-3:30 p.m.; Tues. 9:30-11:30 a.m. It is open with volunteer assistance on Wed. and Fri., 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 7<sup>th</sup> 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:** 3<sup>rd</sup> Floor, Room 3017: Daily, 24 hrs.

**Puzzle Room:** 5<sup>th</sup> Floor, Day Room: Daily, 24 hrs.

**Sewing Room:** Room 6021: 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: 24 hours a day, 7 days a week

**Wood Shop:** Ground Floor, G208: Mon. – Fri. 8:30 – 11:00 a.m.

## Winners

### BRIDGE

#### February 4<sup>th</sup> RESULTS:

- 1<sup>st</sup> Place: Ed Woessner
- 2<sup>nd</sup> Place: Mimi Rivkin
- 3<sup>rd</sup> Place: Paul Tenoso
- 4<sup>th</sup> Place: Van Hayes

### 8/9 BALL POOL

#### February 7<sup>th</sup> RESULTS:

- 1<sup>st</sup> Place: Al Brotski
- 2<sup>nd</sup> Place: Dan Gallucci
- 3<sup>rd</sup> Place: Mike Kelcourse
- 4<sup>th</sup> Place: Doug Shoemaker



### BOWLING SHOOT-OUT

#### February 7<sup>th</sup> RESULTS:

- 1<sup>st</sup> Place: Mimi Rivkin
- 2<sup>nd</sup> Place: Ralph Wineland
- 3<sup>rd</sup> Place: Bob Schonherr

### PINOCHLE

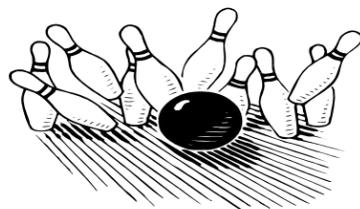
#### February 6<sup>th</sup> RESULTS:

- 1<sup>st</sup> Place: Robert Schonherr
- 2<sup>nd</sup> Place: Paul Wells
- 3<sup>rd</sup> Place: Ollie Brown
- 4<sup>th</sup> Place: Al Picard

### HAND & FOOT

#### February 7<sup>th</sup> RESULTS:

- 1<sup>st</sup> Place: William Wood
- 2<sup>nd</sup> Place: Van Hayes
- 3<sup>rd</sup> Place: Corrine Robinson
- 4<sup>th</sup> Place: Sandy Intorre



## Arts, Crafts & Hobbies

Contact: Lori Thompson, 202-541-7625 Ceramic Studio, G-408

Glass Fusing with Guest Artist Dona Berotti: Saturday, Feb 16<sup>th</sup>. This is a 2 part class, from 10:00-11:30 a.m. (lunch break) and then 1:00 – 3:00 p.m. Space is limited, please sign up in Ceramics. (Sign up sheet is on door.)

Pottery Demonstration and Advice with Guest Artist Robert McClurg: Sunday, February 17<sup>th</sup> from 1:00 – 3:30 p.m. in Ceramics. No sign up is necessary. Please come watch this incredible professional potter as he throws on the wheel. All are welcome!

Marbled Paper: Tuesday, February 19<sup>th</sup> @ 1:30 – 3:30 p.m. in Ceramics. Come learn this unique paper decorating technique. Fun and Easy. Wear a smock.

Photography Club Guest Speaker, Ernest Smiley, from National Geospatial-Intelligence Agency: Sunday, February 24<sup>th</sup> @ 1:30-3:00 p.m. in Ceramics. Mr. Smiley will talk about basic photography techniques and camera issues. All are welcomed.

2013 National Veterans Creative Arts Festival Regional Judging and Art Reception: Monday, February 25<sup>th</sup>, from 11:00 a.m. to 1:00 p.m. at VA Medical Center in Recreation (ground floor). AFRH has five Residents competing this year. Van will leave AFRH at 10:45 a.m. and we will make more trips if necessary. Good Luck contestants!

St. Paddy's Day and Easter Ceramics: Previously scheduled for Monday, Feb. 25<sup>th</sup>, will now meet on Monday, March 4<sup>th</sup>, due to art reception at the VA.

Making Small Notepads: Tuesday, February 26<sup>th</sup> @ 1:00 -3:00 p.m. in Ceramics G408. No experience necessary.



## Library

Contact: Christine Baldwin, 202-541-7630

Computer Class: Saturday, February 16<sup>th</sup> 1:30-2:30 p.m. in the 24 hour computer room. We have an Eagle Scout, Jordan Hill, who is bringing in some of his troop to have 1 on 1 instruction with interested residents. This is geared to those that don't know much about computers and the internet, but they are willing to help with any questions.

Movie Selection Meeting: Thursday, February 21<sup>st</sup> from 1:30-2:15 p.m. in room 3017. Think April Fools Day, Apollo 13 and the start of the Civil War and World War 1, as the movies are selected for April 2013.

Speakeasy Cultural Club: Saturday, February 23<sup>rd</sup> from 10:00–11:00 a.m. in dayroom off the 3<sup>rd</sup> floor of the Sheridan. Come and enjoy an hour of talk and coffee!

Astronomy Discussion: Tuesday, February 26<sup>th</sup> from 3:00 – 4:00 p.m. in 3017. Bring your questions as we continue this lively discussion on what's "out there" in the universe! PLEASE NOTE CHANGE OF TIME.

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



**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, February 15<sup>th</sup> - Manassas Mall, Walmart, McKay Bookstore, BOA, VA.....11:00 a.m.**

Sign up now.

1<sup>st</sup> stop: Manassas Mall

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

Depart: from the mall @ 3:00 p.m. to return home.

**Monday, February 18<sup>th</sup> - George Washington’s Estate, VA.....8:30a.m.**

Sign up now. (free)

Drop residents off at Mount Vernon estate.

Depart from Mount Vernon @ 1:00 p.m. to return home.

Celebrate Washington’s 281<sup>st</sup> birthday with musical and military performances by the U.S. Army Old Guard Fife and Drum Corps; witness the wreath-laying ceremony at the Tomb at 10 a.m.; be sure to see George Washington’s personal copy of the Constitution and his personal notes on display in the Donald R. Reynolds Museum and Education Center. Food Court available for those that wish to have lunch while visiting the property.

**Wednesday, February 20<sup>th</sup> - Bolling AFB, PFCU, DC.....9:00 a.m.**

**BPV’s Also.**

Sign up now .

Drop off at Commissary (bus remains @ the Commissary)

Depart Commissary @ 11:00 a.m. to return home.

**Thursday, February 21<sup>st</sup> – Outback, Olive Garden, at PG Plaza, MD.....4:00 p.m.**

Sign up now.

Drop residents off at Food Court

Leave the mall @ 6:30 p.m. to return home.

**Friday, February 22<sup>nd</sup>- Andrews AFB, MD .....10:00 a.m.**

**BPV’s Also**

Sign up now.

1<sup>st</sup> stop: EX

2<sup>nd</sup> 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.

**Trips continued:**

**Saturday, February 23<sup>rd</sup> –Blob’s Park, MD.....6:30 p.m.**

Sign up Tues, February 19<sup>th</sup>. (\$5.00 admission).

Drop off at Blob’s Park

Depart: @ 11:30 p.m. to return home.

Enjoy the sounds of the Fabulettes as they rekindle the great "Girl Group Sound" of the 1960s.

**Sunday, February 24<sup>th</sup> –Hartke Theatre at Catholic U., DC.....1:30 p.m.**

Sign up Tuesday, February 19<sup>th</sup>. (free).

Drop off at Hartke Theatre

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

See the live theatre performance of Brutus, an abridged version of Shakespeare’s Julius Caesar, as told from Brutus’s point of view.

**Monday, February 25<sup>th</sup> – Arundel Mills, Walmart, Casino, BOA.....10:00 a.m.**

Sign up Tuesday, February 19<sup>th</sup>.

1<sup>st</sup> stop: Walmart.

2<sup>nd</sup> stop: Casino

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

4<sup>th</sup> stop: Bank of America. Remain there until residents are done banking.

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

Drop residents off at Arundel Mills Entry 5.

4<sup>th</sup> 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, February 26<sup>th</sup> – Ft. Belvoir, VA.....10:00 a.m.**

Sign up Wednesday, February 20<sup>th</sup>

1<sup>st</sup> stop: Commissary

2<sup>nd</sup> stop: BX

Next: Depart Commissary after 2 hours and go to BX for remaining time

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

**Wednesday, February 27<sup>th</sup> – Poncho N’ Pepe’s & Target, MD .....11:00 a.m.**

Sign up Thursday, February 21<sup>st</sup>.

1<sup>st</sup> stop: Target

2<sup>nd</sup> stop: Poncho N’ Pepe’s. Remain for one hour or until all residents are ready to go.

3<sup>rd</sup> stop: Take residents to Target.

Depart @ 2:30 p.m. to return home.

**LaGarde Building Departures:**

**Friday, February 22<sup>nd</sup> – Wizards Basketball Game..... 6:00 p.m.**

KHC residents will be traveling to Verizon Center to watch our home town basketball team. Go

Wizards! Sign up in the Recreation Therapy office now.

**Wednesday, February 27<sup>th</sup> – Brio Tuscan Grille.....10:00 a.m.**

KHC residents will be traveling to this Italian restaurant for a delicious lunch. Sign up in the Recreation Therapy office.