



OCTOBER 2012 AFRH-G RECREATIONAL ACTIVITIES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LOCATIONS KEY CLC – Computer Learning Cntr BC – Bocce Center (RM 1025) EX – Exercise Room (RM 1211) CLB – Club Room (RM A244) SEW – Sewing Room (RM 1238) ART – Arts Studio (RM 1236) CC – Comm. Center (RM 1109) ACT – Activity Room (RM B242)	1 0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1000 Dick & Leif Pet Visit 1330 Pinochle Tournament (CLB) 1400 Osteoball Class (EX) 1800 Computer for Dummies 	2 0900 Chair Exercises (EX) 1300 Arts & Craft Activity 1400 Oktoberfest Social (CC) 1800 Computer for Dummies (CLC) 1800 Cole Brothers Circus Bus Trip in Biloxi, MS 	3 0900 Stretching Class (EX) 1000 Yoga Class (EX) 1400 Woodshop Safety 1400 Movie Matinee w/ Popcorn 1400 Osteoball Class (EX) 1600 Water Aerobics (POOL) 1830 Bingo (CC)	4 AFRH-G 2 nd Anniversary 0900 Chair Exercises (EX) 1030 AFRH-G Quarterly Memorial Service (CC) 1130-1300 AFRH-Gulfport Anniversary Picnic 1300 Acrylic Painting w/ Milt (ART)	5 0930 Mary C. O'Keefe Cultural Center Tour & Lunch Trip 0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1400-1700 Liberty Call Dance Music by: Mark Ridley 	6 1000 VAN TRIP- Mobile Greyhound Park Track Recreation Areas Open 24-7
7	Columbus Day Holiday 8	Cruisin at the AFRH-G 9	10	11	12	13
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) 1300 VAN TRIP: Discover the Dinosaurs Exhibit at the Coast Coliseum Recreation Areas Open 24-7	0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1000 Corn Toss Tournament (BC) 1400 Movie Matinee w/ Popcorn 1400 Osteoball Class (EX) 1800 Computer for Dummies (CLC) - Federal Offices are Closed -	0900 Chair Exercises (EX) 0930 RAC MEETING (CC) 1300 Arts & Craft Activity (ART) 1400-1600 Cruisin the Coast Visits AFRH-G 1800 Computer for Dummies (Computer Learning Center)	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1300 Fly Fishing Lure Making 1400 Movie Matinee w/ Popcorn 1400 Osteoball Class (EX) 1600 Water Aerobics (POOL) 1830 Bingo (CC)	0830 Wal-Mart in Pass Christian Shopping Bus Trip 0900 Chair Exercises (EX) 1130 Mc Elroy's Lunch Bus Trip 1300 Guest Artist Demo (ART) 1330 Bowling Tournament 1400 Fleet Reserve Meeting. (TH)	0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1000 TOWN HALL (CC) 1300 Pottery with Dena (ART) 1900-2200 Navy Birthday Celebration & Dance Music by: Steve DiOreio 	1500-1600 4 th Annual Cruisin the Coast Fly-In & Fly-By (Look to the skies for vintage aircraft as they fly along the MS Coastline at 500ft.) 1400 Prince & Charlie Pet Visit Recreation Areas Open 24-7
14	15	16	17	18	19	20
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) Recreation Areas Open 24-7 Fitness Center Orientations are available Monday – Friday at 1100. 	0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1000 Hearts Tournament (CLB) 1000 Dick & Leif Pet Visit 1400 Ice Cream Social (CC) 1400 Osteoball Class (EX) 1800 Computer for Dummies (CLC)	0900 Chair Exercises (EX) 1300 "Hats for the Tea Party" (ART) 1615 B-Day Photo w/ Admin. 1630 Oct. Birthday Dinner 1800 Computer for Dummies (CLC)	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1000 MWR Meeting 1400 Woodshop Safety 1400 Movie Matinee w/ Popcorn 1400 Osteoball Class (EX) 1600 Water Aerobics (POOL) 1830 Bingo (CC)	0830 New Orleans French Quarter & WWII Museum Bus Trip 0900 Chair Exercises (EX) 0930 New Resident Orientation (TH) 1000 Horseshoe Tournament 1300 Acrylic Painting w/ Milt (ART) 1400 AFRH Talent Show (Community Center) 	0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1400-1700 Liberty Call Dance Music by: Mark Ridley 	0800 LHA6 "America" Christening at Ingalls Bus Trip (Sign up by Oct 8)
21	22	23	24	25	26	27
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) 1230 VAN TRIP: Fall Muster at Beauvoir Recreation Areas Open 24-7	0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1000 Pet Ministry Team Visit 1300 "Re-Creation" Musical Performance at Biloxi VA 1330 Indoor Shuffleboard (BC) 1400 Osteoball Class (EX)	0900 Chair Exercises (EX) 1300 Arts & Craft Activity (ART) 1400 Dining Advisory Meeting 1330 Ping Pong Tournament (BC) 1700 34 th Annual "Salute to the Military" Bus Trip 1800 Computer for Dummies (CLC)	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1400 Woodshop Safety 1400 Movie Matinee w/ Popcorn 1400 Osteoball Class (EX) 1400 Ladies Meeting (CC) 1600 Water Aerobics (POOL) 1830 Bingo (CC)	0900 Chair Exercises (EX) 0930 VAN TRIP: American Thrift Store in Ocean Springs 1300 Acrylic Painting w/ Milt (ART) 1330 Pool Tournament (CLB) 	0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1900-2200 Costume Ball Masquerade Dance Music by: Blue Stars Orchestra ★ ★	1000 VAN TRIP- New Orleans Fairgrounds OTB 1030 Mississippi Mates (Chapel) 1400 Prince & Charlie Pet Visit Recreation Areas Open 24-7
28	29	30	Happy Halloween 31	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) 1230 VAN TRIP: Joppa Shrine Gun & Knife Show Recreation Areas Open 24-7	0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1000 Golf Shot Tournament 1400 Ice Cream Social (CC) 1400 Osteoball Class (EX) 1800 Computer for Dummies (CLC) 	0700 Blue Angels Practice & NAS Aviation Museum Trip 0900 Chair Exercises (EX) 1330 Darts Tournament (CLB) 1530 VAN TRIP: Old Biloxi Cemetery Tours 1800 Computer for Dummies (CLC)	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1400 Halloween Costume Party & Social (CC) 1400 Osteoball Class (EX) 1600 Water Aerobics 1830 Bingo (CC)	0900 Chair Exercises (EX) 1300 Acrylic Painting w/ Milt (ART) 1400 Pie & Coffee Social (CC) 	0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1900-2200 Marine Corp Birthday Dance Music by: Sunny Tanner 	0900 VAN TRIP: Peter Anderson Festival in Ocean Springs Recreation Areas Open 24-7