

April 2020 – AFRH-G Recreational Activities

Due to COVID 19 Concerns, All Recreational Activities have been halted temporarily. Events will be re-scheduled once it has been determined to no longer be a health risk to AFRH-G Residents.



SENIOR TV CH. 2 & CH. 4

Check Sr. TV Channel 2 for info on current and upcoming AFRH events & daily menus. Ch.4 will air meetings performances and religious services.



AFRH MOVIES

While movies have been temporarily stopped in the Theater, residents may check out videos from the library during its operational hours.



RELIGIOUS SERVICES

Catholic Services M-F @ 0930 in the Theater (No more than 10 attendees permitted.)
Mass can also be viewed on CH. 91 (EWTN) on:
M-F: 0700, 1100, & 1800
Saturday: 1800 Sunday: 0700 & 1100



Protestant Services can be viewed on Channel 4 at 0800 & 1500 seven days a week.
Prayer Group will meet M-TH @ 0850 in Theater. (No more than 10 attendees permitted.)

COVID 19 HEALTH CONDITIONS & CONCERNS

If you have a FEVER, COUGH, or DIFFICULTY BREATHING....CALL FOR MEDICAL ASSISTANCE!
(Do NOT come to the Wellness Center. A medical Team will come to you.)
Call 897-4450, Use your emergency pull cord OR Press your pendent.



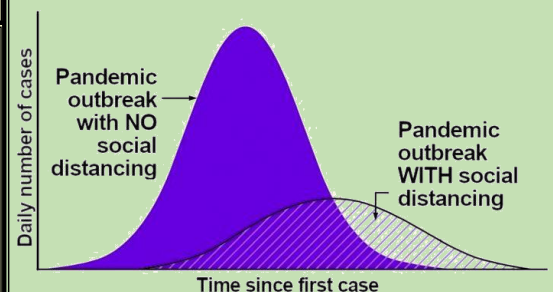
WELLNESS CLINIC PRECAUTIONS

- Only 10 People allowed in Clinic at a time
- Do not approach the desk- Stop at the Red Line
- Overflow seating located in the hallway.
- Remain in the hallway until a staff member calls you.
- KEEEP 6 FEET BETWEEN YOU AND OTHERS!!



SOCIAL DISTANCING

Avoid close contact with others to avoid catching or passing a virus.
REMAIN 6FT FROM OTHERS.
NO ASSEMBLIES OF 10 OR MORE.



CALL BEFORE YOU GO!

Be sure to contact your Doctor's office to check on you medical appointment status. In most cases routine appointments are being re-scheduled, and medical services are being limited to acute and emergency care only. KAFB currently has restrictions in place for base access. Confirm all appointments in advance.

RECREATION IDEAS DURING SOCIAL DISTANCING

Social Distancing doesn't mean you can't still enjoy your time. Read a book. Watch that movie you have been wanting to see. Take a walk outside, Play online games. Practice your drawing. Video chat with family and friends. Take a virtual tour of exciting places online or on you-tube.

KEEP MOVING & STAY HEALTHY!!!