



\*\*\*\*\* WEEKLY BULLETIN \*\*\*\*\*  
Monday, November 27, 2023

**MEALS**  
Breakfast: 7:00 - 9:00 a.m., Extended Breakfast 9:15 - 10:30 a.m.,  
Lunch: 11:30 a.m. to 1:00 p.m., Extended Lunch 1:15 – 3:30  
p.m.; Supper: 4:30 p.m. - 6:00 p.m.

**WELCOME / FAREWELL / IN MEMORY OF:**

**WELCOME:** N/A  
**FAREWELL:** N/A  
**IN MEMORY OF:** Orville D. Matthews, USN

US Air Force	70
US Army	68
US Coast Guard	4
US Marine Corps	8
US Navy	52
Spouse	13
Reserve or Guard	8
Total	223

**RESIDENT POPULATION:** 223  
**AVERAGE AGE:** 83

**ADMINISTRATION UPDATES & NEWS:**

**NOTE:** Thank you to the The Old Soldiers’ Home Foundation, the RAC along with many others for our recent Veterans Day celebration. Well done!  
**NOTE:** Thank you everyone for your service to our country. We the members of the staff are honored to serve here at AFRH-W.

**NOTE: Current Positive COVID-19 Data as of 11/24/2023**

TEST	RESIDENTS	EMPLOYEES	CONTRACTORS
COVID -19 Positive	0	1	0

**REMINDER:** Persons entering AFRH-W grounds and properties are subject to the search of their private property. This applies to all residents, their guests or visitors, and staff.

**REMINDER:** The possession, use, introduction and sale of any illegal controlled substances on the AFRH-W grounds and properties are strictly prohibited. The presence of a controlled substance on a Resident’s person, or within his or her personal property, including any vehicle brought onto the campus by a Resident, will be considered possession.

**REMINDER:** Individuals who introduce illegal controlled substances of any sort onto the AFRH-W grounds and properties will be barred from AFRH-W grounds and referred to the District of Columbia authorities for appropriate disposition.

**REMINDER:** Computer and Activity Room (AR) equipment shall not be used for anything other than recreational and/or educational purposes. It may never be used as a tool of harassment or to download and/or store obscene images or other such materials (pornography); nor should the computer equipment be used to conduct illegal activities or private commercial business.

**REMINDER:** No smoking directly in front of the Scott Building. Smoking is only permitted in designated smoking areas.

**RESIDENT SERVICES OPERATIONS UPDATES & NEWS:**

**NOTE:** There will be a \$10.00 dollar charge for family and guests (per person) attending the annual Holiday Dance on Friday, December 8th. That price also includes one alcohol drink. Soft drinks and bottled water are free. See you there!

**NOTE:** If anyone is interested in serving on the Catholic Chapel Fund Council in various roles, please contact the Admissions Office at 202-541-7618 or 7617.

**NOTE:** How to find Menus, the Weekly Bulletin, Activity and Trip calendars:

1. Go to <https://www.afrh.gov/washington>

2. This takes you to the **Washington, DC Community** page.
3. Continue to scroll down to reach **Dining, Activities and other Information.**
- NOTE:** Please remember to change your room # on your mailing address once you have completed your room move. In addition, add your room # when you are ordering package items for delivery. Your address should appear as follows:

Resident Name  
3700 N Capitol St NW # mailbox  
SH Room xxxx  
Washington, DC 20011

**HEALTHCARE SERVICES UPDATES AND NEWS:**

**\*If you are having symptoms of COVID-19, DO NOT come to the Wellness Center to test. Call us at (202) 541-7588/ (202) 541-7900 and we will come to you.\***

**NOTE:** We will soon have a water filling station in the cafe across from the recreation office. The water station will be available to residents, employees and visitors.

**NOTE:** The weather has changed, consider dressing in layers. Remember to hydrate N.O.W (No Opportunity Wasted). The Wellness Center has water available 24/7.

**NOTE:** Please consider wearing mask while out shopping and enjoying festivities in crowded areas in the community.

**NOTE:** We have the COVID-19 vaccine clinic on Fridays between the hours of 0900-1200 for those that sign up. Please sanitize or wash your hands frequently.

**NOTE:** Influenza is on the uptick in our area. The influenza vaccine is available on a walk-in basis in the Wellness Center. Please provide the Wellness Center with a copy of your influenza vaccine if you have already gotten immunized in the community. This information helps us ensure we have the best possible information.

**The following activities begin 27 NOVEMBER 2023:**

**MONDAY, 27 NOVEMBER**

- 1100 Qi Gong - Theater  
1130 Buttery Popcorn - Community Center Lobby  
1330 Movie (*An Old-Fashioned Thanksgiving*) - Theater

**TUESDAY, 28 NOVEMBER**

- 1300 RT Bingo - Community Center  
1330 Movie (*America: A Tribute to Heroes-Documentary*) - Theater  
1330 Watercolor Painting - Artist Colony  
1530 Bible Study – Meditation Room - **CANCELLED**

**WEDNESDAY, 29 NOVEMBER**

- 1100 Qi Gong - Theater  
1300 Bingo - Community Center  
1330 Glenna’s Book Club - Game Room  
1830 Inspirational Movie (A HEART TRANSFORMED CAN CHANGE THE WORLD) – Meditation Room

**THURSDAY, 30 NOVEMBER**

**0900 TOWN HALL - COMMUNITY CENTER**

- 1300 Game Series - Canteen  
1800 Movie (*Chicago*) - Theater

**FRIDAY, 1 DECEMBER**

- 1100 Qi Gong - Theater  
1200 Christmas Market trip  
1400 Songs for Seniors - Theater  
1800 Movie (*Clan of the Cave Man*) - Theater

**SATURDAY, 2 DECEMBER**

- 0900 Holiday Decorating  
1300 Bingo - Community Center  
1600 DI Social (**RIBS**)- Defenders’ Inn  
1800 Movie (*Christmas Miracle at Sage Creek*) – Theater

**SUNDAY, 3 DECEMBER**

- 0900 Catholic Mass -- **ROSE CHAPEL**  
1000 Protestant Service – **STANLEY CHAPEL**  
1800 Movie (*Drivng Miss Daisy*) - Theater