### AFRH-W September 2022

**LIVE TV**: Channel 20
- 10am Fun & Fitness
- 12pm Lunchtime Crew
- 1pm Movie & Popcorn
- 2:30pm Ice Cream Run
- 4pm Social Di-Ribs

**WEDNESDAY**
- 1pm Gardening
- 1pm National Centenarian Celebration
- 2:30pm RT Ice Cream Social
- 4pm Social Di-Ribs

**THURSDAY**
- 1pm Visits Daily
- 2pm Paint N Sip-AC
- 2:30pm TRIP: Nationals Baseball Game
- 6pm Social Di-Ribs

**FRIDAY**
- 1pm Visits Daily
- 9am News & Views
- 11:30am Labor Day Cookout
- 1pm Last Softball Game-BF
- 6pm Movies-Th

**SATURDAY**
- 1:1 Visits Daily
- 9am News & Views
- 9:30am Penny Ante
- 10am Meditation-GR
- 1pm Sing A-Long
- 6pm Movies-Th

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**Sunday**
- 8am, 12pm Catholic Mass Channel 20
- 9:00 Protestant Ser. - Th
- 6pm Movie Night - Th

**Monday**
- 8am, 12pm Catholic Mass Channel 20
- 9:00 Protestant Ser. - Th
- 6pm Movie Night - Th

**Tuesday**
- 8am, 12pm Catholic Mass Channel 20
- 9:00 Protestant Ser. - Th
- 6pm Movie Night - Th

**Wednesday**
- 8am, 12pm Catholic Mass Channel 20
- 9:00 Protestant Ser. - Th
- 6pm Movie Night - Th

**Thursday**
- 8am, 12pm Catholic Mass Channel 20
- 9:00 Protestant Ser. - Th
- 6pm Movie Night - Th

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**Afghanistan**
- Carol Mitchell, ADC
- AFRH-W Recreation Therapist
- 202-541-7724

**Staff**
- Steven Briefs, CTRS
- Supervisor Recreation & Recreation Therapy
- 202-541-7733
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td>6:00 p.m.</td>
<td>Movie</td>
<td>SC Theater</td>
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<tr>
<td>MONDAY</td>
<td>11:00 a.m.</td>
<td>Tai Chi &amp; Qigong</td>
<td>SC Theatre</td>
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<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Cardio Lite Chair Exercise Class</td>
<td>SC 2nd Floor LTC</td>
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<tr>
<td>TUESDAY</td>
<td>1:00 p.m.</td>
<td>Bowling Shootout</td>
<td>Bowling Center</td>
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<td></td>
<td>6:00 p.m.</td>
<td>8/9 Ball Pool Tournament</td>
<td>SH 4th Floor Dayroom</td>
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<td>11:00 a.m.</td>
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<td>SC Theatre</td>
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<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Bingo</td>
<td>SC Community Center</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>10:00 a.m.</td>
<td>Table Tennis</td>
<td>SH 5th Floor</td>
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<td></td>
<td>5:45 p.m.</td>
<td>Hand &amp; Foot (Canasta)</td>
<td>SC Game Room</td>
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SC = Scott Building  
SH = Sheridan Building

The Computer Game Room is located on the Sheridan ground floor & the Fitness Room is located on the Sheridan 7th floor.  
The 24 hour Sheridan Computer/ Game Room is located next to the Sheridan Bowling Center.  
There is also a 24 hour Computer Room in the Scott Building, room 1090, near the library.  
Puzzles are located in Scott Building Room 1091. Key access is needed, which you may pick up at security anytime.