

# OCTOBER 2020 AFRH-G Activities



**Due to COVID 19 Concerns, these events are subject to cancellation/change.**

See Flyers posted in the Bulletin Boards for more activities as they are added!



## Frozen Treat Fridays

Oct. 2<sup>nd</sup>, 16<sup>th</sup>, & 30<sup>th</sup>

Enjoy a frozen Ice Cream Bar/Sandwich during lunch.



## AFRH MOVIES in the Theater

Sun, Tue, Thur @ 1800

Wed. at 1400 (10 residents max)



## AFRH MOVIES ON SR. TV

Daily on Channel 4 @ 1800 & 0200

## Birthday Luncheon

Tuesday, October 20<sup>th</sup>

Celebrate October's Birthdays with a great meal & cake.

Rec Svcs will provide alcohol.



Wednesday, October 7<sup>th</sup>



1130-1300- during Lunch

Enjoy a German Cuisine!

Recreation Services will

distribute wine & beer to residents.

## Cruising the Coast @ AFRH-G

Tuesday, October 6<sup>th</sup> from 1330-1500

Residents are encouraged to enjoy the annual visit by the Cruisers. Residents **MUST** wear a mask and social distance and will have **NO** any contact with drivers.



## US Navy Birthday Video

October 13<sup>th</sup> @ 1400

Celebrate the founding of the US Navy with the AFRH-G special presentation on Channel 4.



## AFRH-G SWIMMING POOL

M, T, & Th: 9, 10, 11, 1, 2, & 3

W & F: 10, 11, 1, 2, & 3

Sign up for 1 Hour time slots in Rec Svcs



Each week "virtually" travel

to new and exciting

destinations on AFRH-G

Senior TV's Channel 4.

Daily @ 1300, 2030



Thursdays at 1400 & 1500

(in the Exercise Room)

Sign up in Rec Svcs!



Halloween  
Bags given out  
by Rec Svcs. @  
Lunch.

Friday, Oct. 30th

## UPDATED CHANNEL 4 SCHEDULE



Town Hall & RAC: 1000, 1400, 2200

Covid19 INFO: 1000, 1230, 1600,

Daily Exercise Class: 0900

Hurricane Info: 0100, 0630, 1430, 1630

Protestant Service: 0800 & 1500

Virtual Travels: 1300 & 2030

Dry Bar Comedy: 0700, 1100, & 2230

AFRH-G Movie Feature: 0200 & 1800