MONDAY 23 SEPTEMBER 2019

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: 4:30-6:00 p.m.

WELCOME / FAREWELL / IN MEMORY OF:
WELCOME: N/A
FAREWELL: Melvin Becraft, USAF
IN MEMORY OF: Eugene Downs, USN
RESIDENT POPULATION: 280
AVERAGE AGE: 84

ADMINISTRATION SERVICES UPDATES & NEWS:
NOTE: The Administrator’s Town Hall meeting will be held on Thursday, (26 September) at 0900 in the Community Center.
NOTE: From the Administrator: PICK YOUR NEIGHBOR INCENTIVE: If you refer a qualified applicant to AFRH, after they have six months in good standing as an AFRH Resident, you will receive one “fee-free” month at AFRH. If the applicant referred is already in the application process, or a prior Resident, the incentive does not apply. Please provide the Public Affairs Office (202-541-7551) or Admissions Office (202-541-7618) with the name and telephone number of the applicant for outreach.
NOTE: From the Business Center: Due to low staffing, beginning Monday, 23 September, the Business Center hours will be Monday – Friday 0800 to 1200 until further notice. We apologize for any inconvenience. In addition, if you have not done so, please bring your 2018 Federal and State tax return to the Business Center in Scott -1067.
NOTE: From the Ombudsman: After receiving some complaints concerning noise, I would like to draw your attention to the following information in the Resident Guide: “To promote a peaceful, fulfilling, quality of life at AFRH-W, quiet hours are established between 2100-0600”. This is not a request; it is imperative to enforce this rule and respect each other’s space. Have a great week and “Never forget that your weapon was made by the lowest bidder”!

RESIDENT SERVICES UPDATES & NEWS:
NOTE: Residents, Family and Friends are invited to attend the annual Fall Fun Fest and Antique Car Show on Sunday, (29 Sept) from 0900 – 1700. The morning activities, including the Car Show, will be held on Quarters Row from 0900-1200; and the afternoon activities will be held at the Golf Course from 1200-1700. There will be a shuttle bus departing from the Sheridan Building to the Golf Course every 30 minutes starting at 1300. Please join us for this fun filled event!
NOTE: The Resident Memorial Service honoring all who passed in July and August will take place Wednesday (25 September) at 1000 in the Scott Meditation Room.
NOTE: Reminder: Wilson High School and Deal Middle School will hold the DCIAA and the Ron Jenkins Invitational Cross Country Track Meet on Thursday 26 September from 1300 to 1830 on the lower campus.

HEALTHCARE SERVICES UPDATES & NEWS
NOTE: N/A
Mond a y, 23 SEPTEMBER
1100 Tai Chi Class – Scott Theater
1330 “Do Not Disturb” & Popcorn – Scott Theater
1800 Social Bridge Club – Sheridan room 4017

TUESDAY, 24 SEPTEMBER
1100 Older than Dirt Trivia – Community Center Lobby
1300 Bowling Shoot Out – Bowling Center
1330 Fall into Poetry – Defender’s Inn
1530 Bible Study – Scott Meditation Room
1800 RT Happy Hour – SE3
1800 8/9 Ball Pool Tournament

WEDNESDAY, 25 SEPTEMBER
1000 Memorial Service – Scott Meditation Room
1100 Tai Chi Class – Community Center
1300 Bingo – Community Center
1330 Sing-a-long – Defender’s Inn
1530 Rosary – Lady Sheridan Lounge
1830 Inspirational Movie – (Jerusalem Count Down) – Scott Meditation Room

THURSDAY, 26 SEPTEMBER
0900 Town Hall – Community Center
1000 Table Tennis – Sheridan 5th Floor
1330 RT Bingo – Community Center
1430 Jeopardy – Scott Theater
1500 Holy Hour – Rose Chapel
1745 Hand & Foot (Canasta) – Scott Game Room
1800 Movie (The Gambler) – Scott Theater

FRIDAY, 27 SEPTEMBER
1000 Fishing Rodeo - Pond
1000 Current Events – Game Room
1100 Tai Chi Class – Scott Theater
1330 Watercolor Painting – Artist Colony
1800 Movie (Ship of Fool’s) – Scott Colony
1830 RT Lion Club BINGO – Community Center

SATURDAY, 28 SEPTEMBER
1300 Bingo – Community Center
1330 RT Bowling – Bowling Center
1600 MP Birthday Social – Defender’s Inn
1800 Saturday Night Movie – (Inglourious Basterds) – Scott Theater

SUNDAY, 29 SEPTEMBER
0900 Antique Auto Show – Quarters Row
0900 Protestant Service – Scott Meditation Room
0900 Catholic Mass – Rose Chapel
1030 Catholic Mass – Scott Meditation Room
1015 Protestant Service – Stanley Chapel
1300 Fall Fest – Golf Course
1330 Classic Movies – Scott Club Room
1800 Sunday Movie (Star Trek Generations) – Scott Theater