



No. 258
April 24, 2009

WEEKLY BULLETIN

ATTENTION ALL RESIDENTS

Securing of Rooms While on Leave:

Security now has locking devices we can place on your room while you are on leave/vacation. This service will be provided upon request and will normally be accomplished before you depart the Campus.

Please be aware that once secured, there will be no entry to your room except for documented emergencies; routine maintenance will be deferred until your return.

Procedure: Before you depart on leave/vacation, please call Security at 3111 to request that an officer install a locking device on your room. When you return, either stop by Security or call us to remove the device.

Please call on the day of your departure.

PODIATRY UPDATE:

Progress is being made in negotiations for on site podiatry services and services should be available soon. Until a podiatrist is on board please take any medical podiatry issues through sick call as you would any other emergent problem. If you need nails cut and you have no medical issues (i.e. diabetes, any type of foot infection, circulatory issues, etc.) you may make an appointment at the Beauty Parlor for having nails trimmed.

FROM THE PUBLIC AFFAIRS OFFICE

Night of Heroes 2009

The Pentagon Federal Credit Union Foundation

Date: Thursday, June 4, 2009

Place: Ritz-Carlton Tysons Corner 1700 Tysons Boulevard, McLean, VA 22102

Time: 6:00 p.m. - 10:00 p.m.

Dress: Formal/Semi-formal, Coat & tie

Program: Silent Auction and reception followed by Presentation of the Colors & National Anthem, dinner, awards, speakers and live auction.

Awards: Presenter: General Barry R. McCaffrey USA (Ret)

Military Hero Award: Bob Feller, Baseball Hall of Fame, decorated US Navy World War II veteran.

Speakers: Master of Ceremonies: Bob Schieffer, Award-winning CBS News Anchor

Keynote Speaker: To be named

Purpose: Commemorate the 65th Anniversary of D-Day.

Honor those who have given outstanding service to our nation and our military.

Generate support for our programs for military personnel and their families.

Thank today's wounded and other generations of warriors and their families who have sacrificed so much for all of us

Note: POC and sign up for this event is Greg Moore in the Public Affairs office, Sherman room 303, extension 3206. Priority will go to those residents who have not gone in years past. Please provide

PAO with a vintage photo of yourself - preferably in uniform.

Attention Army Veterans

Event: Army Birthday

Date: June 12

Location: Pentagon

Dress: Coat & Tie

Time: TBD (roughly 1030 – 1500)

We are taking a very limited number of residents

From the Pentagon PAO:

“We are looking for AFRH Residents to be our guests on behalf of the Senior Army Leadership at the Pentagon Courtyard cake cutting ceremony. The AFRH veterans will have guest seating and an opportunity after the ceremony to tour the Senior Army Corridor exhibits with docents from the Center of Military History providing narratives along the way. The Army Senior Corridor tour lasts approximately one full hour.

This is the "Year of the NCO" and our Army Birthday theme this year echoes that sentiment with "NCOs - The Strength of the Army". It would be great to have a significant number of veterans be retired/former NCOs or direct commission officers with prior NCO experience.

In years past we had during the Army Birthday cake cutting ceremony the future Soldiers swearing in lead by Chief of Staff of the Army and the Re-enlistment of NCOs as well. This year we are conducting an NCO induction ceremony for newly promoted E-5s. These newly minted NCOs will have an opportunity to speak with AFRH veterans throughout the morning and afternoon. This is a great opportunity for veterans to share their stories and experiences with the younger Soldiers and also get to ask how they are doing in today's Army.

I look forward to working with you and your staff to ensure a memorable and pleasurable experience with the 234th Army Birthday Celebration at the Pentagon Courtyard Cake Cutting Ceremony.”

To sign up for this event please contact Greg Moore at the AFRH PAO office in Sherman 303 or by phone at ext 3206. **There is a need for personal information in order to clear Pentagon security.**

LADIES NIGHT!!!

Women In Defense (WID)

will be hosting an evening social for the ladies of AFRH.

Date: Wednesday, May 6, 2009

WID Bench dedication will start at 5:00 p.m. in front of the Sheridan main entrance

Social: Will be held in the Sherman Building main lobby from 5:15-7:00 p.m. *AFRH ladies please bring your scrapbooks and military photographs.

Please RSVP to the Public Affairs Office by Thursday, April 30, 2009 Sherry Artis at ext. 3228 Sheila Abarr at ext. 3043 Refreshments will be served.

Effective 4 May 2009

Two of the off campus shuttle departures will change. The bus that left Walter Reed at 1145 will now leave 1155 and the Scott departure for VA and Washington Hospital that left at 1200 will now depart at 1210.

Departure times to Walter Reed

Depart Scott

705 755 900 1005

Depart Lagarde

655 805 910 1015

Departure times from Walter Reed

Leave Walter Reed

735 840 945 1045

Departure times to VA & Washington Hospital

Depart Scott

735 805 845 925

Depart Lagarde

725 815 855 935

Departure times from VA & Washington Hospital

Depart Washington Hospital

745 825 905 945

Depart VA

750 830 910 950

BEAUTY SHOP HOURS OF OPERATION: Hours of operation are Mondays in the Sheridan Beauty Shop 9:00 a.m. -3:00 p.m. and on Wednesdays at KHC 9:00 a.m. – 12:00 noon and in the Sheridan 1:00 - 4:30 p.m. Appointments are recommended but walk in’s welcomed on a time available basis.

STAY IN TOUCH WITH CHANNEL 99: Residents interested in up coming events, special announcements, trips, menus and much more should tune into CH99 everyday. -Daily menus run every half hour for six minutes. -Wednesday at 9:00 a.m.-Stretch out with Curtis Young -Tuesday

and Thursday at 9:00 a.m.-Young at Heart -Special events video shown Monday through Friday at 7:00 p.m.

EYE CLINIC

Is your driver's license up for renewal?

DMV renewal forms can be completed at the Eye Clinic following an eye examination.

Please call x3068 to schedule an appointment or visit us. We are located across from the Dental Clinic at the back of the Wellness Center. We look forward to 'seeing' you soon!

General Hours of Operation:

Mondays	07:30 – 14:30
Tuesdays	07:30 – 14:30
Wednesdays	07:30 – 13:30
Thursdays	By Appt. Only
Fridays	07:30 – 11:30

Please call x3068 to schedule an appointment or visit us. We are located across from the Dental Clinic at the back of the Wellness Center. We look forward to 'seeing' you.

MEDICAL ESCORTS PROVIDED & NEEDED

If you need a Medical Escort to accompany you to the hospital for a procedure and are unable to find a friend, neighbor or family member to accompany you, please contact the Volunteer Services Office at x3410. *If you have received the services of a Medical Escort and would like to make sure that the same service is available to others, please consider volunteering for a trip or two.* Please see Carolyn Weber in the Volunteer Services Office, Room 1024.

Transportation Needs

Metrorail and Metrobus:

202.637.7000; (www.wmata.com)

Taxicabs:

202.645.6018; (<http://dctaxi.dc.gov/dctaxi/site/default.asp>)

Airports:

Ronald Reagan National Airport (DCA); 703.417.8000 www.mwaa.com/national/index.htm

Washington Dulles International Airport (IAD); 703.572.2700 (www.metwashairports.com/Dulles)

Baltimore-Washington International Airport (BWI); 410.859.7111 (www.bwiairport.com)

GOLF REPAIR SHOP OPENED: The Golf Repair Shop, located in the North Sherman building, room 312 is open now for repairs and sales. The hours of operation are 10:00 – 11:00 a.m. Monday – Friday until further notice. Please contact Joe at 202-279-1930 with questions and more information.

VOLUNTEER VANTAGE

REMINDER: VOLUNTEER TIME SHEETS ARE DUE APRIL 25th. Time sheets are to be brought to the volunteer office, Sheridan building, room 1024. It is important that stipend volunteers have their AFRH staff point of contact signatures on the timesheet.

If you would like to get involved with your community; and volunteer at the Armed Forces Retirement Home, please contact Carolyn Weber at ext. 3410 or stop by the Volunteer office, Sheridan building, room 1024.

VOLUNTEERS NEEDED:

Dog pound Volunteer

Need Volunteers to help with the AFRH Dog pound located in the Scott Building -1st Sunday and 3rd Saturday every month.

Library Information and Referral Front Desk

The library is in need of volunteers to join their team, training will be provided. Circulation shifts are two per day 8:00 a.m. – 11:30 a.m. and 1:00 p.m. – 4:30 p.m.

Chaplain's Office

Receptionist at front desk.

Newcomer's Room Coordinator

A Volunteer is needed to make out the volunteer schedules. Good penmanship needed.

Newcomer's Room

Volunteers are needed to assist with information and referral. Positive attitude and good customer service skills a must.

Movie Projectionist

Volunteers are needed to run the evening movies; on the job training provided.

Recreation Marquee Board

A Volunteer is needed to put information on the Marquee Board by the Scott Dining Area.

Auto Hobby Shop Safety Assistants

Pick a shift either Monday – Friday 9:00-11:30 a.m. or Monday-Wednesday-Friday from 12:30-3:00 p.m.

LaGarde Volunteers

If you are interested in helping out at LaGarde with the Recreation Therapy staff, please stop by Volunteer Services and learn about the many fun events.

LaGarde Wednesday Trips

Volunteers are needed to assist residents on their Wednesday trips to local restaurants and shopping. Must be able to push a wheelchair.

Schedule for the Wellness Center

General Hours of Operation Monday - Friday:
7:30 a.m. – 12:00 p.m.
1:00 p.m. – 4:00 p.m.

Walk in Clinic 7:30 a.m. -11:30 a.m. Monday – Friday.

Walk in Clinic “begins” at 9:30 a.m. on Wednesdays.

Evening Hours 4:00 p.m. – 12:00 a.m.
(Nurse Available)

Weekends & Holidays
(Nurse Available) 7:30 a.m.-12:00 p.m.
1:00 p.m. - 4:00 p.m.
4:00 p.m.-12:00 a.m.

AFTER MID-NIGHT, CALL SECURITY AT 3111, OR USE YOUR HOMEFREE PULLCORD.
If you are experiencing chest pain and are having difficulty breathing, or shortness of breath, call 911 immediately.

Medication Renewal: Please make an appointment to see your primary care provider when it's time to renew medications.

If your prescription runs out before you can make an appointment, it can be renewed Mon.-Fri. 7:30 -11:30 a.m. in the Walk-In Clinic.

Remember to keep your appointment with your primary care provider.

During your appointment with your primary care provider, he or she will review the effectiveness of your medication, discuss changes in your medications and examine you for any change in health.

HOW TO MAKE AN APPOINTMENT WITH YOUR PRIMARY DOCTOR:

- Call Central Appointments at 3320 or 3453
- Tell the receptionist you would like to make an appointment with your primary care provider.

The receptionist will schedule your appointment and inform you of the date and time. Residents who do not know or do not have a Primary Care Doctor need to report to the Central Appt Office between 8:00am-11:00am & 1:00pm-3:00pm Monday thru Friday. See Ms. Cunningham or Ms. Gorham. Do not call.

The Department of Nursing provides transportation to the Armed Forces residents who need to travel out of the campus on various appointments. All residents who request travel arrangements to Ft. Meade and Ft. Belvoir for surgery MUST be accompanied by an escort on

the day of surgery.

If residents refuse to be escorted on these appointments we will not honor the transportation requested per our contract agreement. We ask for your cooperation so that we may assist you better. Thank you.

WELLNESS CLINIC

HEALTH TIPS

IF YOU HAVE A FALL: Use your home free pull cord in your room, or use your pendant if you are not in your room. Also, notify the nurse in the Wellness Clinic as soon as possible. Even if you are able to get up without assistance and do not feel you were injured notify the nurse. Falls that occur when you are off campus should also be reported as soon as you return. The **nurse can be reached at 3078 or 3291. REPORT ALL FALLS!!!!!!!!!!!!!!!!!!!!**

ROUTINE BLOOD PRESSURE CHECKS: Wednesdays, 8 a.m. to 12:00 p.m. in front of the Wellness Clinic.

RELIGIOUS ACTIVITIES OPPORTUNITIES FOR WORSHIP

PROTESTANT:

SUNDAY: 9:00 a.m. - Worship, LaGarde Bldg.
9:00 a.m. - Bible Class, Stanley Chapel
10:15 a.m. - Worship, Stanley Chapel

TUESDAY: 1:30 p.m. Open prayer meeting
6:30 p.m. - Bible Study
Scott Building Meditation Room for
Prayer and Fellowship
ALL ARE INVITED TO ATTEND

WEDNESDAY: 1:00 p.m. - Bible Study (Ask the pastor)
Scott Building Meditation Room
ALL ARE INVITED TO ATTEND

THURSDAY: 1:30 p.m. Open prayer meeting
6:00 p.m. - Christian Video Night
1st, 2nd, and 4th Thursday, Meditation Room
6:00 p.m. - Agape Fellowship,
3rd Thursday, Meditation Room
ALL ARE INVITED TO ATTEND

CATHOLIC:

SATURDAY: 4:00 p.m. - Mass, Rose Chapel

SUNDAY: 8:30 a.m. - Rosary, Rose Chapel
9:00 a.m. - Mass, Rose Chapel
10:10 a.m. - Mass, LaGarde Chapel

MONDAY - FRIDAY: 7:30 a.m. - Rosary, Rose Chapel
8:00 a.m. - Mass, Rose Chapel

THURSDAY: 3:00 p.m. - Sacrament of Penance (Confessions) Rose Chapel
3:00 - 4:00 p.m. - Holy Hour, Rose Chapel

Rosary on Wednesday at 2:30 p.m. in the Meditation Room for Assisted Living and all who would like to participate.

The Sacrament of Penance (Confession) is offered at the Chaplain's Office at 13:00 most days. The

chaplain is eager to accommodate your needs. He also makes house calls.

JEWISH: 10:00-11:30 a.m.
2nd Sunday of each month in the
Meditation Room, Scott Building

RECREATION SERVICES
SHOPPING & MALL TRIPS:

Monday, April 27th- Arundel Mills & Wal-Mart, MD.....9:00 a.m.
Sign up now. BPV's ALSO
Friday, May 1st- Laurel Target & Race Track, MD.....12:00 p.m.
Sign up begins Monday, April 27th.
Tuesday, May 5th- Potomac Mills & Wal-Mart, VA.....9:30 a.m.
Sign up begins Wednesday, April 29th.

P/X COMISSARY TRIPS:

Tuesday, April 28th - Fort Meade, MD.....9:00 a.m.
Sign up now. (Retirees Only)
Thursday, May 7th- Andrews AFB, MD (BPV's ALSO).....10:00 a.m.
Sign up begins Friday, May 1st.

TRIPS

LEISURE WORLD DANCE: Saturday, April 25th. The VAN will depart from the front of the Sheridan at 6:45 p.m. to take the *men* to Leisure World Dance, where the women there will await your arrival to share an evening of dancing and mingling. This trip must have at least 5 men ready to board the van at the time of departure in order to go. The bus will leave the dance at 10:30 p.m. to return you home. Sign up now.

GOLDEN CORRAL RESTAURANT, MD.: (BPV Trip) Saturday, May 2nd. The bus will depart from the front of the Sheridan at 3:30 p.m. to take you to the restaurant for dinner at the great tasting buffet restaurant. There will be a variety of foods to choose from and you will definitely find a feast to your liking. The bus will leave from Maryland at 5:30 p.m. to return you home. Sign up begins Tuesday, April 28th. (BPV Trip)

ACTIVITIES AND SPECIAL EVENTS ON THE CAMPUS:

BINGO: Bingo will be played on Wednesday, April 29th (double Bingo) & May 6th and Saturday, May 2nd at 1:00 p.m. in the Scott Lounge.

LINE DANCE CLASS: Monday, May 4th. We will have a special Line Dance class in the Scott Theater at 9:00 a.m. Everyone is welcome to come and have fun learning some of the newest steps that you see at weddings and dances, and most importantly it builds up your confidence on the dance floor along with giving you great exercises from each dance. We'll see you in the theater, and bring a friend.

TALENT SHOW REHEARSAL: Monday, May 4th and Wednesday, May 6th. There will be a rehearsal for anyone interested in participating in the 2009 Talent Show. The rehearsal will take place in the Scott Theater from 10:00 a.m. - 11:00 a.m. For more information or any questions, please see Keith in the Sheridan room 1010 or call ext. 3201.

SPRING COOK OUT: Friday, April 24th for the mid day meal beginning at 11:30 a.m. Join us for the first cook out of the season behind the Scott building.

POETRY PRACTICE SESSION: Friday, April 24th at 1:30 p.m. in the Scott Library. Poetry readers bring your poems for a practice session before the Poetry on the Green next week.

BLUE VALLEY NORTHWEST HS WIND ENSEMBLE: Tuesday, April 28th at 1:30 p.m. in the Scott Theater. Come on out after lunch and enjoy talented kids from Overland Park, Kansas. Join us after the show for refreshment in the Scott Lounge

MUSIC PROGRAM: Tuesday, April 28th at 1:30 p.m. in the Scott Music Room, 1210. Come enjoy live Spanish guitar music by our own Luis Lopez!

AARP “55 ALIVE” DRIVING COURSE: Wednesday, April 29th and Thursday, April 30th, beginning at 9:00 a.m. in the Sherman building’s conference room. Cost is \$10.00 and you will pay at the door, the day of the class.

POETRY ON THE GREEN IS HERE!: Thursday, April 30th at 6:30 p.m. in front of the Lincoln Cottage. Come for an evening of poetic entertainment as residents and staff read their favorite poems. Refreshments will be served.

HASLETT HIGH SCHOOL BAND: Friday, May 1st at 1:30 p.m. in the Scott Theater. Come on out after lunch and enjoy talented kids from Haslett, Michigan. Join us after the show for refreshments in the Scott Lounge

COMPUTER CLASS: Saturday, May 2nd at 10:00 a.m. in the Computer Lab, Room G211. It’s a beginning computer class, showing the ins and outs of your computer and the Internet. No sign up sheet.

GOTTA DANCE PERFORMANCE: Sunday, May 3rd at 1:30 p.m. in the Scott Theater. There will be 2 flamenco dances, 2 ballroom dances, and tap dancing numbers. Some of the dancers are apart of the famous “Young at Heart” group you have seen here before. So for all you music lovers come on out and enjoy a wonderful performance. Join us after the show for refreshments in the Scott Lounge

AFRH-W D-BACKS FIRST GAME OF 2009 SEASON: The Diamondbacks open the 09 season with a softball game against Children’s Hospital Bears on Tuesday, May 5th at 6:30 p.m. at AFRH-W campus. Come out and cheer for the home team!

TRIP SELECTION MEETING: Wednesday, May 6th. There will be a SPECIAL trip selection meeting in the Scott lounge at 9:00 a.m. everyone is welcome to give their input and suggestions.

YOGA CLASS INFORMATION: This class is held on Sundays at 3:00 p.m. in the Fitness Center... What is it? Yoga helps with overall health and well-being-both physical and mental. It involves postures and movements to build strength, flexibility, tone, and balance. What if I never have done yoga before? The class is for all levels, including beginners. Who is the teacher? Atieno Fisher is a certified Yoga instructor.

IMPAIRED VISION GROUP: Meets every Tuesday at 1:00 p.m. in the Scott Building, room 1012. Please pass this information on to those individuals who have difficulty with the reading of printed material.

PINOCHLE: Pinochle is played every Tuesday, at 2:30 p.m. in the Scott Visitor’s Lounge on the First Floor. Come join us in a good game of pinochle. Interested parties may contact Jim Grant, Sheridan Building.

TOASTMASTERS: A weekly Toastmasters Meeting is held every Thursday, 4:15 p.m. – 5:15 p.m. in the Mediation Room, Scott 1203 (next to the Library). Toastmasters can help you improve your communication skills and increase your confidence and self-esteem. Everyone is welcome.

BRIDGE: Held each Monday at the Scott Visitor’s Lounge promptly at 1:00 p.m. All party bridge players (at any level) are invited!

Bridge Winners for Monday, Apr. 20, 2009

1st: Richard W. Robinson

2nd: August Kulick

3rd: Dan Gallucci

4th: Bill Kelly

HAND AND FOOT CLUB GAME:

Meets every Friday at 1:00 sharp in the Scott Residents Lounge. This canasta base card game is open to all beginners.

8/9 BALL POOL WINNERS

April 15th RESULTS:

1st Place: Richard Powers

2nd Place: Gil Baker

3rd Place: Ernie Fowler

4th Place: Minoru Nagaoka

BOWLING SHOOT-OUT WINNERS

April 16th RESULTS:

- 1st Place: Jim Vancil
- 2nd Place: Bob Schonherr
- 3rd Place: Tom Fauss
- 4th Place: Mimi Rivkin

PINOCHLE WINNERS

April 14th RESULTS:

- 1st Place: Corrine Robinson
- 2nd Place: John Rumph
- 3rd Place: PA Wells
- 4th Place: RW Leftwich

READ, READ.....

AFRH-W DIAMONDBACKS SOFTBALL 2009: *Practice has started.* Softball practice is held every Tuesday at 5:00 p.m. on the field behind the Scott building. This schedule will be followed until the season games begin in May 09. All residents and staff interested in playing this season are invited to come out! All levels of ability and experience welcomed. If you are seeking to have fun, exercise and enjoy the spring-summer weather outdoors on the diamond this activity is for you! For more information contact Jerry ext. 3066. Go Diamondbacks!

ASSIGNED HOBBY SPACE USERS: Residents are reminded that the hobby spaces you are provided are for on going use pertaining to your hobby. THESE ROOMS ARE NOT TO BE USED FOR STORAGE. Inspections of these rooms in the Sherman and Sheridan buildings are being done at this time. Please clean out your areas immediately of unrelated items/supplies. In addition, residents must occupy the hobby benches on a regular weekly basis as stated in the SOP for hobby areas. Please remember to sign in as well.

METRO BUS/RAIL ORIENTATION CLASSES: Sign up for the Metro Bus/Rail Orientation Classes in Sheridan Building Room 1010. Classes are held at 9:00 a.m., in the Sheridan Building, Room 2017, by appointment only. The dates for the classes will be announced by the instructor.

CUA FACILITY USE INFORMATION: The Fitness Center has Consent and Release of Claims/waiver forms. This form must be completed and signed to use the Catholic University Dufour Center, pool, surrounding facilities and grounds. Once the form is signed, your name will be sent to the Catholic University DuFour center to generate key card for access to this building. Residents and staff need to pick up the key card at the DuFour center 2nd floor office and ask for Jen. The waiver form can be signed Tuesday-Saturday 8:00 a.m.-3:30 p.m. in the Fitness center. Please contact Jerry ext. 3066 for more information.

GUEST ROOMS: We are now taking reservations for the 4th of July. **Reservations are taken on a first come first served basis.** *All guest rooms must be paid for in advance before the keys can be issued. Before a key is sent over to Security for "after-hours pickup", weekends, or holidays, it must be paid for by guest or sponsor.* Key refunds are given out by the Guest Reservation Office. Your refund is based on how you made your payment.

THRIFT SHOP NEWS: Thrift Shop is open Monday, Wednesday, and Friday 8:30 a.m. - 11:30 a.m. and Thursday from 1:00 p.m. - 4:00 p.m. The Thrift Shop is conveniently located in the Sheridan Building, Room G-018 across from the P/X entrance. The phone extension is 3355. No clothing or bedding will be accepted. All transactions must be paid for in cash only.

SWIMMING AT CATHOLIC UNIVERSITY: Recreation Services will provide van service for residents participating in the swimming program at CUA. On Tuesdays, unless otherwise noted, the van will depart in front of the Sheridan building at 1:30 p.m. and return at 3:30 p.m. For more information contact Jerry ext. 3066.

COMPUTER LAB: Check outside Room G211 for the new hours of operation.

AFRH-W DIAMONDBACKS SCHEDULED GAMES FOR MAY 2009:

- Tuesday, May 5th vs. Childrens Bears at AFRH-W time-6:30p.m.
- Wednesday, May 13th vs. Providence Hospital at AFRH-W time-6:30p.m.
- Thursday, May 28th vs. Blue-Cross MotherDuckers at AFRH-W time- 6:30p.m.

ARTS, CRAFTS & HOBBIES

WRAPPING ROOM: Now is the time to get those "Mother's Day" gifts to be wrapped before

the rush.

AUTO HOBBY SHOP: Come out and visit the Auto Hobby Shop located behind the Rose Chapel. The shop hours are Mon. thru Fri. from 9:00 a.m. – 11:30 a.m. and 1:00 p.m. – 3:00 p.m.

CERAMICS: Beginners welcome to come join us, learn a hobby and have fun. POC: Jackie, ext. 3585.

FITNESS & WELLNESS

To stay healthy, find time to exercise.

Visit the Wellness Center. It is open 24 hours a day.

REMINDER: All staff and residents utilizing the Fitness Center must be certified by Jerry, the Fitness Specialist. Hours are Tuesday – Saturday 7:30 a.m. - 4:00 p.m. For more information contact Jerry ext. 3066.

AFRH WALKING CLUB: Participate in our Walking Program and walk your way to better health. Stop by the Fitness Center to receive your Walking Log Book. Please contact Jerry at ext. 3066 for more information.

WALKING CLUB NEWS: Congratulations to *Walter Hutchins!* Logged in 2,544 miles in his walking book. Way to Go Walter!

OSTEO BALL CLASS: New class continues to be a big success... This class will be combined with the Flexibility & Strength classes on Tuesdays and Fridays at 3:00p.m. in the Fitness center... This class will help residents who have osteoporosis, arthritis, and need strengthening of major muscle groups individually. The OsteoBall targets all key areas needed for upper and lower body strength. These specific exercises not only strengthen muscles, but help maintain bone strength, balance, and reduce fracture risk. Keep in shape the easy way with the OsteoBall!

FLEXIBILITY & STRENGTH TRAINING CLASSES: Every Tuesday and Friday at 3:00 p.m. in the Fitness Center.

SIT AND BE FIT CLASS: Every Wednesday at 9:00 a.m. in the Fitness Center.

TAI-CHI CLASS: Every Saturday at 10:30 a.m. in the Fitness Center.

STRETCH CLASS: Every Tuesday and Thursday at 9:00 a.m. in the Fitness Center.

YOGA CLASS: Every Sunday at 3:00 p.m. in the Fitness Center.

INFORMATION: Please do not remove any equipment from the Fitness Center. NO EXCEPTIONS.

GOLF COURSE NEWS

FOUR-BALL STROKE PLAY TOURNAMENT: Saturday, April 25th at 12:00 p.m. Find a partner (or we can pair you up), and join the Associate Members in the first official “tournament” of the season. Four-ball stroke play is two partners each playing his/her own ball and the better score on each hole is the teams score. Food and prizes will follow the nine-hole round. Call the golf shack, ext. 3050, or stop by to sign up.

BOOK REVIEWS

Night and Day Fiction by Robert B. Parker

While unraveling a delicate situation at a local high school, Jessie Stone will end up confronting a town’s darkest secret from someone called “The Night Hawk”.

Rancher’s Legacy Large Print Western by Max Brand

Tom Baldwin has seven sons. Six are hard workers, but Flash has never worked a day in his life. What can this youngest brother do with only a six-gun, a thoroughbred horse and a task of avenging his father’s death?

Asher, Neal **Shadow of the Scorpion** Science Fiction

Hemingway, Ernest **A Farewell to Arms** Large Print Fiction

Steele, Danielle **Rogue** Large Print Fiction

Walsh, Marcie **The Killing Club** Mystery

Whiting, Charles **Disaster at Kasserine** Non-Fiction

MOVIES

MOVIES ARE SHOWN IN THE SCOTT THEATER AT 6:00 P.M.

Friday, Apr. 24th – Something’s Gotta Give (2003) (DVD 2004)

Rated PG-13, Romance Comedy, 128 Minutes

Jack Nicholson, Diane Keaton, Keanu Reeves

Harry Sanborn is a perennial playboy with a libido much younger than his years. During what was to

have been a romantic weekend with his latest infatuation, Marin, at her mother's Hamptons beach house where Harry develops chest pains and winds up being nursed by Marin's reluctant mother, Erica. Harry unexpectedly finds himself developing romantic feelings toward Erica, something that is new to him and his playboy image.

Saturday, Apr. 25th – Body of Lies (2008)

Rated R, Thriller, 128 Minutes

Leonardo DiCaprio, Russell Crowe, Mark Strong

The CIA's hunt is on for the mastermind of a wave of terrorist attacks. Roger Ferris is the agency's man on the ground, moving from place to place, scrambling to stay ahead of ever-shifting events. An eye in the sky – a satellite link – watches Ferris. At the other end of that real-time link is the CIA's Ed Hoffman, strategizing events from thousands of miles away. And as Ferris nears the target, he discovers trust can be just as dangerous as it is necessary for survival.

Monday, Apr. 27th – The Missing (2006)

Not Rated, Western, 154 Minutes

Tommy Lee Jones, Cate Blanchett

When her daughter Lily is snatched by a dark-hooded phantom with shape-shifting powers, Maggie's long-estranged father (Jones) appears suddenly, offering to help. Father and daughter set out to track down the fiend that took Lily, unaware that lying in wait is horror so unspeakable it will change them forever.

Wednesday, Apr. 29th – Nim's Island (2008)

Rated PG, Adventure Story, 96 Minutes

Abigail Breslin, Jodie Foster, Gerard Butler

Nim Rusoe lives on a deserted island with her scientist father and her best friends: Selkie, a seal lion; Fred, a bearded dragon lizard; and Galileo, a plucky pelican. But when Jack goes missing at sea and the island is "invaded," Nim reaches out via e-mail to the adventurous author of her favorite books, and together, each discovers what it takes to truly become the hero of your own life story.

Friday, May 1st – From Russia With Love (1963) (DVD 2007)

Sean Connery, Daniela Bianchi

This second ever James Bond movie takes 007 to Istanbul to retrieve a top-secret Russian decoding machine.

Recreation Therapy Programs at KHC

Portals H.S. Chorus: On Friday, April 24th at 10:00 a.m. in the recreation center join us to welcome these students as they present a musical show for our listening pleasure.

Evening Happy Hour: On Tuesday, April 28th at 6:30 p.m. in the recreation room join us for a lively time of music, quiz questions and refreshments. All are invited.

Derby Day: On Friday, May 1st at 1:30 p.m. on Main Street in the LaGarde building join us for a preview of the "Kentucky Derby". We will have our own horse race where you can place a bet on your favorite horse and win a cash prize. Refreshments will be served.

Wii Games: On Monday, May 4th at 1:30 p.m. in the recreation center come and try yours skills at this interesting electronic game of bowling and golf. All are invited.

Cinco de Mayo: On Tuesday, May 5th at 6:30 p.m. in the recreation center you are invited to this Mexican celebration where we listen to Spanish music and enjoy some Mexican food.

KHC Cookout: On Wednesday, May 6th at 11:30 a.m. in the recreation center we will be having our first cookout of the spring season. KHC residents will enjoy hamburgers, smokies, chicken on a stick and more. This year we will invite our nurses to join us in honor of National Nurses Appreciation Week.

Sensory Stimulation Group: Every Tuesday at 10:00 a.m. in the recreation center. This program is for our residents who don't often get off the units. It's designed to provide music and intellectual stimulation and enjoyment.

Fun & Fitness: Every Tuesday at 2:00 p.m. in the recreation center. This activity is for those residents who need some stretching and range-of-movement exercises. All are invited.

Steve's Travel Club: Each Wednesday at 1:30 p.m. in the recreation center we take a video tour of a state or country. Join us as we travel the world but don't worry, we'll be back in time for dinner! All are invited.

The American Revolution Club: Each Thursday at 9:30 a.m. in the recreation center join us as we learn about the American Revolution. We will be watching a PBS 7-part series on this time of our American history. It should be fascinating!

Ladies Social Club: Each Thursday at 3:00 p.m. in the recreation center our ladies get together for a

time of sharing news, (gossip), and refreshments. All are invited.

KHC Hoe-Down: Each Friday at 1:30 in the recreation center, we end our week with a fun time of music, jokes, quiz questions and refreshments. All are invited.

KHC Bus Trips:

Wheaton Plaza: On Wednesday, April 29th at 10:30 a.m. the residents of KHC will be enjoying shopping and lunch at this great mall.