



July 2020


AFRH W-Recreational Activities



Due to Covid 19 restrictions, many recreational activities have been altered to keep residents safe according to CDC best practices. Under guidance of management, we are slowly returning some activities to the schedule, adhering to precautions. Please see flyers and channel 2 Senior TV for updates.

July 14th 1:30 Periodical Selection Meeting-Game Room
 July 16th 1:30 Movie Selection-Game Room
 July 17th 1:30 Name That Tune-Theater
 July 31st 1:00 Billiards & Beer 7th Floor Pool Room

Saturday, July 4th Celebration
Lunchtime Cookout in the dining hall



RELIGIOUS SERVICES

Catholic Services
 Catholic Station (ETWN-CH 98) Mass & Rosary everyday
 (WDCW CH 50)-10:30 am Catholic Mass
Rose Chapel always open for private prayer




Protestant Services
 CH. 4 VIDEO TAPED Every Sunday 9:00 am & 10:15 am
 VIDEO TAPED Tuesday Bible Study 3:30 pm
 With Pastor Goodloe

POPCORN MONDAY




Pick up a box of freshly popped popcorn along with a movie @ 1:30 pm

Lunch Line TRIVIA TUESDAY



11:00 am Lunch Line Trivia-Can you answer the questions?

Tia Chi Video




M-W-F 11:00 am Theater

THIRSTY THURSDAY



Enjoy an ice cold beer to go with your lunch!

SOCIAL DISTANCING FRIDAY BINGO



Six chances to win a bingo prizes. Pick up a Bingo card @ lunch

Outdoor Activities

Wednesday 9:00 am Meet at the Bocce Court

THERAPEUTIC POOL OPEN 8-4 pm Mon-Sat No more than 2 people at a time. Exit if Pool Tech comes in.

GYMS– Scott GI GYM is Open 24 hours (Please wipe equipment down before and after use)

Sheridan 7th Floor Gym open 7am-9 pm (Please wipe equipment down before and after use)

COMPUTER ROOM OPEN 24 hours NEXT TO THE HALL OF HONORS ONLY-All other computer labs are closed

BOOK/DVD DELIVERY AVAILABLE FROM THE LIBRARY During regular hours Call Library (202) 541-7630

July Events

July Birthday Dinner on the 21st

July 20th-24th 1:30 Tribute to John Wayne Theater