



February 2, 2012 Roadrunner



FROM THE STAFF

Congratulations To Shari Proctor For Winning The Life Enrichment Award! - It is with sincere pleasure that I announce our own Resident Counselor, Shari Proctor, has won the LeadingAge Texas Life Enrichment Award. This prestigious State Level Award is given for outstanding contributions to the enhancement of the quality of life for residents. She will receive her Award at the LeadingAge Texas Annual Meeting in Dallas in May 2012. Shari has been working with you for 14 years and does so with genuine compassion, empathy, professional knowledge, and when necessary, “tough love.” Shari’s services range from support groups, community awareness, assistance with issues concerning military and Social Security benefits, and much, much more. Aside from her strong work ethic and energy, we recognize Shari Proctor for being a counselor, advocate, and most importantly, a friend to all residents. When you see her, tell her “Congrats.”

Air Force Village Volunteer Tax Preparers Win Texas Wide Award - Appreciation, depreciation, capital gains, cost basis - all terms that would set most persons' heads to spinning - Not so for this trusted group of volunteers of the AFV, AARP Tax-Aide Program. For more years than anyone recalls, this volunteer group of tax preparers has served both AFV campuses along with the staff who serve them. This team of experts unravels one of life's most complex problems - annual income taxes - for approximately 250 people each year. These sharp witted volunteers all serve through the AARP Tax-Aide Program.

Their efforts were awarded this week with the formal announcement from Leading Age Texas (formerly Texas Association of Homes and Services for the Aging) they were selected as winners within their annual awards program in the category of *Volunteer Achievement Award for a Group Within an Organization*.

Fred Ryder, Executive Director – FredRyder@afvillages.org

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IN MEMORIAM

Mrs. Jean Ladd, a resident of Freedom House, passed away on Friday, January 27, 2012.

Several days each week throughout late winter and early spring, the Tax-Aide Team is busy sorting through shoe boxes and other containers to help their "clients" piece together the past year's income and expenses. In addition, they assist with out-of-cycle returns throughout the year. About two thirds of those whom they serve are resident widows and about 10% are employees.

Willing, able, and ready, this team of volunteers unravels the mysteries of the Internal Revenue Service to ensure fellow Air Force Village residents and staff members greet the 15th day of April with a smile. Congratulations to the 2011 team: Lt Col Ed Orbock (AARP Tax-Aide District Coordinator for San Antonio and Bexar County), CW4 Hank Karpf, Mrs. Wendy Curtis, Col Jerry Eichhorn, Maj Wayne Roberts, Col Jim Council, and Lt Col Keith Cole. New members to the team for 2012 include: Maj Hal Elliott, Maj Gen Gary Alkire, Lt Col John Merryman, Mrs. Katherine Rajczi, Mrs. JoAnn Richardson and Rufus Johnston. Additionally, this year some AFV volunteers will assist at other Tax-Aide locations in San Antonio.

Holleran Resident Survey – In the Jan 19 Roadrunner, we told you about Holleran, a nationally recognized, independent research firm, which will be conducting our biennial Resident Survey. The survey will arrive with your Roadrunner today. No one on our staff will have access to the information you provide on the survey. Once you have answered the survey, please place it in the self-addressed envelope, included with the survey, and mail directly to the Holleran firm. We will receive a final report from Holleran and will provide the results through your Resident's Councils. Thanks in advance for taking time to fill out this survey. It will provide us valuable information to use toward ensuring we provide you the best possible service and programs.

Medical Deduction Information Letter Now Available At Front Desk - The 2011 Medical Deduction letters have been published and are available at the Front Desk at VI and VII. This information will assist those of you who itemize medical deductions on your IRS tax returns. This year, you'll find a comprehensive letter, as well as an attachment, that provides information specific to your contract type. Remember, the Entrance Fee deduction will only apply for the tax year you "entered" the Village. If you have any questions related to the letter, you may contact Finance at 838-6325. However, please note that any tax related questions should be directed to your tax preparer.

Fred Ryder, Executive Director – FredRyder@afvillages.org

Marketing Update – Please take a moment to review the current Marketing Update on page 28 of the Road Runner. We have launched our new website www.afvillages.org. Lisa Skopal, Director of Marketing and Public Relations – LisaSkopal@afvillages.org

Cassie Bright - Hi everyone- it's me, Cassandra! First, I wanted to say I sincerely miss everyone and thank you all for the numerous best wishes I received before my last day at the Village. I hope all of you are doing well. Secondly, as you may remember, I now work at Gus Garcia Middle School, as a Case Manager. I wanted to send out the word that the school is desperately in need of mentors. Currently, we only have one mentor. We have numerous students who could greatly benefit from having mentors. Being a mentor to a student is as simple as coming by the school once a week for 45 minutes during the school day to play a game and chat with a boy or girl. Serving as a mentor, you might be the only positive influence in the student's everyday life. If you have ever thought of becoming a mentor, or are just thinking of it now, please contact me. I can be reached at the school's main office 210-444-8075 and ask for the CIS Office. Thank you, Cassandra Bright, CBright@CISSA.org.

Medication Pick Up/Delivery Information – It can be a bit of a maze, so please note:

- The Wellness Center picks up Meds Monday through Friday at the Reid Pharmacy located on Lackland. If your Dr. is giving you a new prescription and you want us to pick it up, please have him fax the prescription to: 210-671-6486. Also, let the Wellness Center know-that way we can be on the look out for it.
- You ALWAYS have the choice of bringing any new prescription directly to the Wellness Center & we'll get it filled for you.
- If you are being seen at WHMC, and the Dr. is putting in a prescription, you'll need to pick it up at WHMC.
- There are times a Dr. "off Base" prescribes meds that Lackland does not carry, in that case Lackland will notify the Wellness Center and they will notify you. You will then need to call your Dr., please let your Dr. know to fax it to Valley Hi HEB Pharmacy. We can pick up the prescription from there Mon-Fri on our morning run.
- IF you need that prescription the same day, and it's past the time of our morning run, an option is Oakdell Pharmacy, who will deliver directly to your door (24 hours a day, 7 days a week). You or your Dr. can reach them at 210-614-6200 to make arrangements for this service.

You may want to clip this article and carry it with you when you have a Dr's appointment.

Welcome The New Resident Services Coordinator – Amy Thibodeaux has joined us as the "new Donna." Feel free to stop in and welcome her. All Roadrunner articles should now be sent to Amythibodeaux@afvillages.org.

Maj Gen Goldfein's Briefing – A video of the briefing given by Gen Goldfein on Friday, Jan 20 in the Road Runner Lounge, will be shown on the in house channel (34 or 480) on Saturday, Feb 4 and Sunday, Feb 5, 3pm at 7:30pm.

Do You Go To BAMC ? – We are trying to capture the number of residents currently going to BAMC (SAMMC). As we continue to assess transportation needs/requirements we feel this is a number we need to capture. If you currently utilize this facility please give me a call at 568-3301. If you leave a message it would be helpful to know the number of times per month you currently go there.

Bob's Blog – Three stories by Bob (aka: the Hooligan):

- I went in for a little grooming session last weekend...something new: I quiver from my nose to my toes when I go there. I do the same thing when I get a bath at home. I LOVE water, but HATE baths. My “mom” has quit asking why when it comes to “the ways of Bob.”



- Lisa and I like to share a bag of Cheetoe's at lunch. BUT-that's not enough to satisfy me, later in the afternoon you can find my head in Lisa's trash can retrieving the empty bag. I proceed to proudly walk around with the bag in my mouth, finally settling down and ripping the bag apart until every last crumb is gone.

- They're testing me: Mom's been leaving the gate to her office door down to see if I'll “stay.” I'm actually doing great-usually keep my toes on the carpet and just peak my head out the door. The exception to this is when mom walks out the door. Earlier in the week I followed her to Fred Ryder's office, after getting a biscuit I continued down the hall (without mom). I checked in at Rehab before returning up the hall-but, then, suddenly-I stopped. I was in a conundrum. Sally McBride was at one end of the hall and my mom was at the other. There I stood-looking at her, then looking at mom, then looking at her, then looking at mom (this went out for quite some time). Finally, Fred stepped out of his office and that “sealed the deal”-I headed back to work at the Front Desk.



Lobby Computer Volunteers – Stop by on Saturday's near the Lobby computers from 1pm – 3pm. Please feel free to phone the desk to confirm they're on site prior to coming to the Computer area.

Lori DeWitt, Resident Services Director - LoriDeWitt@afvillages.org

Music For The Coming Week – Today-Solid Gold Oldies, Friday-Classic Country, Saturday-70's, Sunday-Jazz, Monday-Blues, Tuesday-Singers & Swing, Wednesday-Easy Listening.

Friday "Mall" Transportation – On Friday, Feb 10 we will go to Ingram Mall. Departure time is 10am, please sign up at the Front Desk no later than the day prior (by noon).

Lori DeWitt, Resident Services Director - LoriDeWitt@afvillages.org

Today, Thursday, Feb 2 – Vietnam Memorial Wall – The bus will leave the Main Lobby at 3pm for the Lackland AFB Security Forces Museum and to view the Vietnam Memorial Wall. The newly renovated museum's Vietnam exhibit offers an up close view of a typical bunker, security dogs, and thousands of digitally-displayed photos of the war and Tet Offensive. The museum is operated under the 37th Training Wing at Lackland, and is supported by the wing and private donors. There will be no charge for the museum or the bus. Please sign up in CC3 by 12pm today, Thursday, Feb 2 if you would like to attend.

Ladonna Hill, Air Force Village II Activity Coordinator



Pool Closure - We had to close the pool earlier this week due to a malfunction that caused too much chlorine to be released into the pool. We were originally planning to close the pool for a week, beginning this Friday, Feb 3 to do some scheduled cleaning and maintenance. Because of this unexpected closure, we decided to keep the pool closed and perform the scheduled work early. Our goal during this closure is to reduce the hardness in the water by partially draining the pool and while it is drained, we are planning to replace some of the old, brittle PVC plumbing. So, the pool is now scheduled to reopen on Monday, Feb 6 pending the temperature of the water after being refilled.

Dustin Powers, Director of Maintenance – dustinpowers@afvillages.org

AIR FORCE VILLAGES CHARITABLE FOUNDATION

AFVCF is sincerely grateful for each gift received during the month of January 2012.

We offer a special thank you to **AFV I White Elephant**, who supported the Village with a gift of \$10,000 or more.

We also thank the following donors who generously supported the Village in January.

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AFV CHARITABLE FOUNDATION REPORT FOR JANUARY *(continued)*

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Mr. Peter Stasker
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Mrs. Cynthia Yanez

We also offer a special thank you to those individuals listed immediately below who donated through the AFV II Protestant Church in January 2012 to benefit the Chapel Building Fund.

Col and Mrs. Oscar W. Agre, Jr.
Maj Gen and Mrs. Gary Alkire
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We make every effort to prepare a complete and accurate donor listing. Please accept our apology for any error. If you detect an error, please contact the AFVCF office (568-3211) so that we can correct our records. Thank you.

PEST CONTROL SCHEDULE

Friday, Feb 3: Apt 106-108, 131-138, 141-148, 860, 864, & 1100's – 1300's.
Friday, Feb 10: Apt 211-218, 221-228, 866, 867, & 1400's.



RESIDENT COUNSELOR'S EVENTS

February Calendar:

Enewsletter For Family Members - Many times we encounter family members who are unaware of services AFV provides to the residents and who to contact for assistance. Unfortunately, this usually occurs when their parent or relative is experiencing a medical crisis or struggling to maintain their independence. So, the staff is in the process of creating an ENewsletter for family members to provide information on AFV II. The ENewsletter will contain brief articles from staff describing services we provide and resources for family members, basic "did you know" type articles. BUT...we need your help in gathering email addresses for family members. The family member(s) you designate to receive the ENewsletter should be the person(s) you have appointed as your agent under your medical and financial powers of attorney. Again, the ENewsletter is intended to provide family members with information on who we are and what we do at AFV II. If you would like to include your family member(s), please provide the Resident Counselor's office with the name and email address of your family member(s). Once we compile the list of email addresses, we will begin sending out the ENewsletter on a quarterly basis. We're excited about this new project and hope our residents will join us in helping family members learn more about AFV.

Shari Proctor, Resident Counselor – shariproctor@afvillages.org

Health Talk / Low Vision Club - Dr. Gary Lane, Retinal Specialist - Friday, Feb 3 At 11am in CC3 - This month we are combining our Health Talk and Low Vision Club presentations. Dr. Gary Lane, Retinal Specialist with the Retinal Consultants of S.A. returns to AFV II for a presentation covering the following topics: Macular Degeneration, specifically the "wet type"; the use of injections as a treatment; effectiveness of vitamins for the eyes; signs and symptoms of Macular Degeneration; and general information on low vision. Please sign up in CC3 if you plan to attend.

Care & Share Group - Friday, Feb 17 At 10am – will meet in CC2 led by Bill Jacobs and Shari Proctor. This is a group for caregivers, former caregivers and friends of caregivers that meet the 3rd Friday of every month at 10am. This is an informal group discussion on various caregiving topics. We invite you to come and share your experiences with other caregivers or if you just want to come and listen that's OK too.

Lackland Legal Office - Tuesday, Feb 28 From 9am – 11:30am - Please note the date Change – Going forward, Lackland Legal will begin to visit AFV II on the Fourth Tuesday of every month. A representative from the Lackland Legal Office will be here on Tuesday, Feb 28 from 9am to 11:30am in the Executive Director’s Conference Room. Please contact Ann Gonzales at 568-3356 to schedule an appointment.

Shari Proctor, Resident Counselor – ShariProctor@afvillages.org

BON APPÉTIT

Village Café In Season Special

Week of Feb 6:

Pineapple Teriyaki Angus Burger

&

Roast Turkey Cobb Salad

Village Café will now offer Soup at dinner service.

Michael Miller, Certified Dietary Manager – MichaelMiller@afvillages.org

Sky Lounge Featured Entrée - This Friday night in the Sky Lounge we will have a Featured Entrée/Menu selection that will be offered until the item is sold out, so get there early. This featured item will change weekly.

Chef’s Choice for Saturday, Feb 4

Veal Cannelloni and Cheese Manicotti Topped with Marinara Sauce and a Lemon Dill Béchamel served with Sautéed Squash, Zucchini Ribbons and a Stuffed Tomato.

Valentines Dinner In the Sky Lounge - This year on Tuesday, Feb 14 we will have our annual Valentines Dinner. There will be Carved Prime Rib (rare through well), or Crab Stuffed Salmon, and a choice of an appetizer. You will still have the option of a Garden Salad or Fresh Caesar Salad before dinner. A complimentary glass of Champagne comes with the meal. The price is \$34.95 per person. Roses will be handed to all the ladies at dinner. This special meal can be charged to the meal plan.

Ben De Los Santos, Director of Food Services – BenDeLosSantos@afvillages.org



RESIDENT'S CORNER

Benefit Dinner- Medina Valley JROTC is holding a Scholarship dinner on Friday, Feb 3 from 5pm –7pm. The dinner will be held at the American Legion Hall in Castroville. Dinner will consist of Roast Beef, Mashed Potatoes, Glazed Carrots, Salad, tea and dessert. The cost of the plates will be \$6. You can eat there or get it to go.

Sponsored by Nancy Novak

Great Books - Meets on the first and third Thursdays from 7pm till 8:30pm in **the Kay Lipp Arts and Crafts Room**, which is located on the first floor next to the Chapel. The next meeting is today, Thursday, Feb 2, when we will discuss Tim O'Brien: "The Things They Carried." It is time to order the new book, Great Conversations 5. You can order your copy at www.greatbooks.org or (800) 222-5870 for \$24.95, plus shipping. We welcome anyone who wants to read and discuss, and guests are welcome.

Gus Vanderneck, 677-0252

The Lackland Fisher House - Fisher House has need for certain disposable items. We will have boxes by the mail boxes (Wednesday, Feb 1 – Wednesday, Feb 15), please help us fill the boxes. The "Wish List:" Toilet paper, paper towels, napkins, plates, and bowls (all sizes), Paper cups hot (8 Oz), cold cups (12-16 oz), baking supplies (mixes), dishwasher soap (liquid), anti-bacterial liquid hand soap, storage container large and medium, zip lock storage bags (1 gal & quart), 13 gal white kitchen bags, 33 gal black trash bags. Prepaid long-distance phone cards, passes to local attractions. Gift certificates (BX., Walmart, Taco Cabana, Commissary, etc.), or postage stamps. Boxes will be in front of mailboxes in the Towers from Wednesday, Feb 1 until Wednesday, Feb 15. For information: Call (677-0383).

Jim & Nita Peck

Super Bowl XLVI – Are You Ready For Some Football? – On Sunday, Feb 5 the



Roadrunner Lounge will be the scene of the Super Bowl XLVI Party. Everybody is invited. This is a Pot Luck affair so bring a "covered dish" of an appetizer/salad, entrée, or dessert. Sign up sheets in CC3 will help give us an approximate count for tables and will help insure a variety of food items.

Meal kits (knife, fork, spoon, & napkin) and a limited number serving spoons & forks will be furnished. You should bring your favorite drink and glass. The Roadrunner Lounge tables will be arranged for the placement of food and electrical extensions for hot plates. Please put your name on any dishes or appliances that you bring. The doors of the Roadrunner Lounge will open at 3:30pm. Kickoff is scheduled for 5:25pm Central time. Questions? Call me at 673-9721.

Dave Roberson

Tax Time - It is almost time for the Village tax center to open! The tax center will be open on Tuesday, Feb 7 from 10am – 3pm. You may sign up for an appointment by the front desk. Please read the handout located by the sign up sheet to ensure that you have the necessary items to file your tax return. If you have any questions, please come by the tax office, Rm 112 (across from the Thrift Shop), or give me a call at 677-0616.

Ed Orbock

Activities Coordinating Council (ACC) – The ACC will be holding a special meeting on Wednesday, Feb 22 at 9am in CC1. The special meeting was requesting in accordance with the ACC Bylaws. The primary subject will be ACC funding for a Village Dog Park. If any other activities have any out-of-cycle requests, please submit them to the ACC Chairman prior to Feb 20 using the ACC Form #1. Remember, this is *your* Council and it is open to all residents. Your opinion, pro or con, is needed.

Ed Orbock, ACC Chairman

MOAA Luncheon – Thursday, Feb 23 at Fort Sam Golf Club. The speaker will be Congressman Francisco Canseco's San Antonian Representative. Reservations slips are in the MOAA folder in CC3.

Ginny Alloway

J & J Jeweler - will be here on Monday, Feb 6 from 1pm – 3pm in Rm 104 and will continue to come on the first and third Monday of each month. He will do general repairs and buy and gold that you wish to sell.

Wilma Lawson

Boy Scout Dinner Fundraiser - Troop 471 of Rio Medina will be selling dinner plates for \$6 on Sunday, Mar 4. They will consist of one-half chicken with all the trimmings. The plates will be delivered to the Village at 12pm; or you pick them up between 11am and 1pm at Koenig Park, Castroville. Buy your tickets from Jack Bujalski at 677-0311. Specify if you want your order delivered.

Jack Bujalski



Wanted – If you enjoy laying track, creating unusual model scenes, laying out towns, operating freight and passenger trains, electronic control systems, or any other aspect of model railroading, why not join us in the Train Room just around the corner from the Barber Shop. Give me a call at 677-0340 and we will be delighted to introduce you to this fascinating hobby.

Paul Myers

February Birthday And Anniversary Celebration

Who: All AFV II residents and guests are invited.

When: Wednesday, Feb 8, Hosted Cocktails 5pm - Dinner 6pm.

Theme: Sweethearts.

Entertainment: Dance to the "River City Big Band."

Menu: Cole Slaw on Leaf Lettuce with Parsley sprinkled on top, Sautéed Tilapia with Lemon Butter Sauce, Whipped Mixed Potatoes (white and sweet potatoes), Petit Green Beans, White and Wheat Dinner Rolls. For Dessert: Lemon Cream Pie or Dietetic Dessert (Chef Choice).

Pictures: Birthday & Anniversary pictures will be taken at 5:30pm in the Lower Lobby near the elevators of Towers 3 & 4.

Seating Time: Doors open for regular seating at 6pm. Those needing extra time for seating may enter at 5:45pm.

Decorators: Gail Brennan, Blaine Craig, Marilyn Goff, & Jackie Greaud.

Suggested Dress: Dressed for your Sweetheart.

Reservations: The Reservation Chairpersons are Patricia McCarthy (677-8360) and Hilda Cunningham (677-0750). Please follow directions and everyone is guaranteed a seat. All those planning to attend, including guests, MUST sign the list in the CC3 no later than 1pm on Friday, Feb 3. The list will be picked up at that time. If you have to cancel after 1pm, Friday, Feb 3, please call Patricia McCarthy (677-8360), or Hilda Cunningham (677-0750). If you cancel after 1pm, Monday, Feb 6, please call the Food Service Office at 568-3232. Table reservations are limited to eight. To make a table reservation, contact, Patricia McCarthy (677-8360), or Hilda Cunningham (677-0750). Come alone and you will be seated with other interesting people. It is a great way to meet other people. Important: Reservations are not taken through the Dining Room for this event. Each person must sign up in the CC3 room.

Hosted Cocktails: Cocktail Hour is held in the CC Rooms from 5pm - 6pm. Your hosts for the evening are wearing colorful and distinctive name tags: Bill & Judi Butkovich, Jim & Mary Alice Council, Lew & Wendy Curtis, Larry & Hilda Cunningham, Ed & Joyce Hamer, Eileen Hubp, Edna Laker, Ginny Lengnick, Geri Martin, Don & Fay Miller, Leslie & Sandy Miller, Jim & Norma Ross, Ken & Penny Saylor, Rollin & Joann Siefken, Jeff & Lois Waguespack, and Vye Woods.

Carolyn Watson

Sunday Evening Social – This Sunday Evening Social, Feb 5, will be cancelled due to the Super Bowl Party. Please stop by and join us next Sunday, Feb 12.

Doug Curtis

Decorate Your Name Tag - I can add your choice of Swarovski crystal colors to your name tag. Information is available on the display cabinet to the left just past the Chapel entrance.

Peggy Kircus



RC Maintenance Committee – The goals of the RC Maintenance Committee are to identify and bring to Managements attention, Maintenance problems and deficiencies here at our AFV II. Below are listed your representatives to the Maintenance Committee:

Towers 1 & 2	John Greaud	677-0683
Towers 3 & 4	Dick Giesler	677-0594
Apt 1100 – 1500	Lew Curtis	677-0480
“ “ “	Elisabeth Carwile	677-8822
Apt 1600 – 2000	Bill Irwin	677-0523
Apt 2100 – 2400	Larry Cunningham	677-0750
Apt 2500 – 2800	Roy Lemons	677-9991

Please bring to your representative's attention any problems of a general nature that come to your attention, e.g. outside lighting problems, walking hazards, and problems in and around your apartment that have not been taken care of after 2 or 3 Work Orders have been submitted by you. Also, chronic problems that Maintenance has worked on, but continue to recur.

Larry Cunningham, RC Maintenance Committee

T'ai Chi Chuan And Qi Gung – T'ai Chi and Qi Gung are conducted in CC2 on Monday mornings from 9am to 10am. Instruction is given by a qualified and certified instructor who studied in China and who has more than thirty years experience in this field with his studio in San Antonio. He is sensitive to the needs and capabilities of the older student. T'ai Chi is known to be both relaxing and reviving. The additional benefits of flexibility, improved concentration and focus are well recognized. The practice of T'ai Chi reduces falls by improving balance. Observers are welcome. For more information please call 645-4460.

Miriam Barber

Sing-A-Long – Everyone is welcome to come and join us as we sing each week at the Health Care Center (HCC), or at Freedom House (FH). The first and third Thursday we sing at the HCC and the second and fourth at FH. We start at 3:30pm and finish at 4:30pm. Months that include a fifth Thursday will have no “Sing-A-Long” on that day.

Pat Wells

Share Your 35mm Slides With Your Family - Many residents have 100's or even 1000's of 35mm color slides of their families growing up. We have high quality scanner and DVD burner equipment to digitally scan these slides to media that you can give to your children and grandchildren. If you are interested in joining our group or would like more information, contact me at mikefox@satx.rr.com .

Mike Fox

HEALTH CARE CENTER

The HCC Volunteer Meeting - will be held on Monday, Feb 6 at 1pm in CC2. There will not be a guest speaker.

Buzz Parkhill

What's Happening This Week In Health Care – Monday, Feb 6 – Friday, Feb 10

Monday - Checkers 10:30am; Exercise 10am; Short Stories 11am; Manicures 3:30pm.

Tuesday- Devotional 10am, Exercise 10:30am; Baking 2pm; Connect 3:30pm.

Wednesday - In Room Visits 9am-11am; Women's Bible Study 10am-12pm; Exercise 10am; Outside 11am; Bingo 3:30pm.

Thursday - Road Runner 10am; Exercise 10am; Short Stories 11am; Baby Shower 2pm-4pm.

Friday - Trivia 10:30am; Exercise 10am; Happy Hour 3:30pm; News 5pm.

Carolyn Watson

Cindy McOsker with Mary Kay will be coming to the AFVII HCC on Saturday, Feb 11 from 10-3pm. She will have some great gift items along with other great stuff for Valentines. Please tell all your friends to come by and visit.

Sponsored by Nancy Smith

THANK YOU

Thank You – Words cannot express the overwhelming gratitude I feel from the Village family. I truly experienced your warmth, caring and support. You lifted my spirit during these challenging days. Your gentle words of encouragement, your promise of prayer and Masses, gifts to the AFV Charitable Fund, the food, flowers, cards, calls and visits all assisted me to face each day with the confidence I needed to go forward. God has blessed me greatly, and these days, in particular, I feel God's presence. Thank You! You are in my heart and my continued prayer.

Dodie Blum

Thank You – I would like to take this opportunity to thank all of my friends and staff of AFVII for your thoughtfulness and words of strength; on the passing of my beloved husband, Mel. Please believe me when I say that he truly enjoyed the camaraderie and love that you gave to him over the many years here at the Village. As for me, I will miss him dearly...and I do hope that our friendships will go on. God bless each and every one of you.

Wanda Faulk & Family

LIBERTY HOUSE

Activities:

Thursday, Feb 2 at 3pm Bible Study.

Friday, Feb 3 at 1:30pm, Shopping at Ingram Park Mall.

Saturday, Feb 4 at 2:30pm, Ice Cream Social followed by a Movie at 3pm.

Sunday, Feb 5 at 9:30am, Sunday services in LH Lounge;
2:30pm, Bingo with Col. White; **5:30pm**, Super Bowl Party.

Monday, Feb 6 at 1:30pm, Shopping at H E B.

Tuesday, Feb 7 at 1:30pm, Resident Meeting **2:30pm**, Movie.

Wednesday, February 8 at 3pm, Bingo.

Maria Castillo, Liberty House Activity Coordinator - MariaCastillo@afvillages.org

SAFETY



Rainy Weather Safety Tips - It's that time of year when slips and falls occur at an increasing number. Walking to and from parking lots during the winter requires special attention to avoid slipping and falling. Due to the recent rains a few tips on ways to prevent slips and falls might be useful to everyone:

- Wear the proper foot gear.
- Take small steps to keep your center of balance under you.
- Walk slowly and never run on slippery ground.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Walk in designated walkways as much as possible. Taking shortcuts can be hazardous.

When given no choice but to walk on slippery pavement, consider the following:

- Keep both hands free for balance, rather than in your pockets or loaded with packages.
- Use handrails wherever possible.
- Keep your eyes on where you are going.
- Step carefully- Don't rush when getting out of vehicles.
- Keep walkways clear of debris, water, and slippery materials.
- Plan ahead; give yourself sufficient time and plan your route.

Remember to take your time, step carefully, and plan ahead. Arriving safely at your destination is what really matters to everyone.

Lori DeWitt, Resident Services Director - LoriDeWitt@airforcevillages.com

RELIGION

Jewish Sabbath Eve Chapel Services - Lackland Airmen Memorial Chapel, Friday, 5:45pm.

Abe Dreiseszun

Sunday Bible Class - Meets Sunday, Feb 5 in CC1. Prayer period, 9:15am - 9:30am: Bible lesson, 9:30am - 10:30am.

Ken Crawford

Are You Looking For A Church? – The Episcopal Church of the Holy Spirit is considering sending transportation to the Church from AFV II. Holy Spirit has a Rite II Service with traditional music. Adult Sunday educational classes are also available. If you are interested, contact me at 451-5969.

Ralph Comer

Episcopal Church – There is an Episcopal Service with Holy Eucharist using Rite I every Thursday at 3pm in the High Flight Chapel.

Protestant Services For Sunday February 5th

9:30am - High Flight Chapel, Pastor Steve Sill

9:30am - Willow Chapel, Pastor Bill Jacobs

9:30am - Liberty House, Pastor Ren Vandesteeg

10:45am - Freedom House Chapel, Pastor Ren Vandesteeg

11am - High Flight Chapel, Pastor Bill Jacobs

Bible Study And Weekday Service Schedule-

Sunday Bible Class meets at 9:30am in CC1 led by Ken Crawford.

Tuesday Bible Study is led by Pastor Jacobs and meets at 9:30am each Tuesday in CC1. All are invited and welcome.

A Tuesday Devotional Service is led by Pastor Steve Sill each Tuesday at 10am in the Willow Chapel near the Health Care Center. The service includes hymns and a devotional message, and all are welcome to attend.

Ladies' Bible Study begins a new study on Wednesday, Feb 1 at 10am, in the Willow Chapel. It is a 7-week study of the Book of James by Beth Moore entitled "Mercy Triumphs." Contact Louise Turner at 677-0119 or Jo Dobbs at 677-0520 for more information.

Liberty House Bible Study- Join us this week as we study the basic beliefs in Christianity and how these apply to our lives. The study meets on Thursdays at 3pm at Liberty House in the 3rd floor activities room. Spread the word and join us. Questions? Contact Ren Vandesteeg at 835-5150.

Catholic News

Monday, Feb 13 - Spiritual Renewal Dinner at 4:30pm. Louise Anne Siller, from the Oblate School of Theology, will speak on "Relating the Mass to our Daily Lives." followed by dinner at 6pm. For reservations, call Alice Mechling at 677-8062. Meal charges are "rung up" Saturday afternoon, so cancel by 12pm (noon), the Saturday before the second Monday or you will be charged.

Saturday: 11am Mass (For Sunday, by special dispensation of the Archbishop) in High Flight Chapel. 2 pm Communion Service at Freedom House.

Wednesday: Rosary/Benediction at 3:30pm, followed by Communion at 4pm. Held in the Willow Chapel. Third Wednesdays: Catholic Council meets at 10am in CC2. Guests welcome.

Friday: Adoration, 1pm – 5pm, Blessed Sacrament Chapel. St. Vincent de Paul, Castroville: First Saturday donations.

End of Month: Food Plan donations.

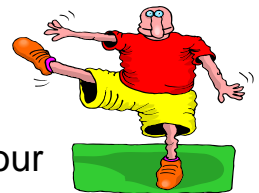
Pastoral Ministry: Deacon Archie Henson (677-0077), Deacon Pat Benigno (cell 386-7880) or Carolyn Myers, NACC (677-0340) or cell (954-7411). Contact one of the above, if requesting the sacramental services of a priest.

Juanita Giesler

LIFE ENRICHMENT

FITNESS - Debbie Zazeela, Fitness Manager –

February Group Exercise Schedules - You can pick up your February exercise schedule in CC3, or during scheduled class times.



Class Change Wednesday, Feb 8 - Due to the B & A, the following classes will meet in the Front Lobby at 3pm for Total Conditioning and 3:45pm for Pilates.



Senior Games Of San Antonio - March 22 through Apr 1. This event is a great way for San Antonio's Fifty-Plus population to compete in several different events. Some of the events include swimming, tennis, pickleball, billiards, golf, scrabble, Triathlon and many more. Please visit their website at <http://www.sportsforlife.org/> for more information. If you are interested in forming a team or participate individually, please contact Debbie and I will guide you through the process. Deadline to register is Mar 16.



Personal Training - Don't have a personal trainer yet? This service is available to you for a fee. Personal Trainers provide one-on-one fitness instruction and create a program tailored to your specific needs. Trainers evaluate their client physical fitness and keep track of their progress.

Trainers develop programs and choose exercises that provide the optimum results and take into account the activities their client's enjoy. Plus, they are motivators. If you are interested, please call Debbie at 568-3296.

Physical Assessments/Orientations: Everyone can receive assessments and orientation on the fitness equipment at no charge. These assessments are performed by a certified Personal Trainers Monday through Friday. Please call Debbie at 568-3296.

Debbie Zazeela, Fitness Manager - DebbieZazeela@afvillages.org

SPECIALTY CLINIC:

Zarate Medical Group – Dr. Jocelyn Zarate will be here every Tuesday in February from 1pm - 5pm. Please call 587-8787 to schedule an appointment.

Doctors At Your Service (Days) - Antonio Cavazos, M.D. and Founder of DAYS will be in the Specialty Clinic on Friday, Feb 17. Please call 479-3297 for an appointment.

Dentist – Dr. Burke will be in the Specialty Clinic every Tuesday in February from 8am – 5pm. Please call his office at 674-3122 for an appointment, or contact Dr. Burke at 568-3419 on the days he is at the Village.

San Antonio Family Physicians – Dr. Eric Bernstein will be in the Specialty Clinic Thursday, Feb 23 from 8:30am - 11am. Please call 523-7237 for appointments.

Dr. Gary Lane – Will be in the Specialty Clinic Friday, Feb 3 at 8:30am to see patients, on maintenance basis only, for their retina eye care. Patients are appointment only, **No Walk Ins** please. You can call Dr. Lane at 615-1311 to schedule your appointments.

Podiatrist –

- Dr. Rollin Pester will be in the Clinic Monday, Feb 13 at 9am. Call 496-2321 to schedule an appointment.
- Dr. Jose Hilario will be in the Specialty Clinic **Saturday**, Mar 3 at 9am. Please call 545-9100 for an appointment.

House Call Eye Care – Dr. Kaiser, Optometrist, will be in the Specialty Clinic Friday, Feb 3 from 9am - 11:30am. Please call Ladonna in the Wellness Center at 568-3416 to schedule an appointment. Any questions you need to address to Dr. Kaiser, please call Debbie Kaiser at her toll free number, 1-866-994-5875.

Valley Hi Optical – Kathy Hernandez will be in the Specialty Clinic to clean and adjust your glasses at no charge, on Monday, Feb 20 from 10am – 11am. To fill prescriptions please call 674-9461 for an appointment.

Audicles Hearing Aid Service – Dr. Jane Watson, Audiologist, will be in the Clinic every Thursday in February by appointment only, from 8:45am – 11am. Please call 820-0525 for appointments.

A&B Hearing – Larry Farris, Audioprosthologist, will be in the Specialty Clinic Tuesday, Feb 14 from 10am – 11am. Please call Ladonna in the Wellness Center at 568-3416 to schedule an appointment to see him at AFV II Specialty Clinic. If you would like to see him at his main office, please call 342-2299 for appointments.

Licensed Massage Therapist – Jan Haney will be in the Specialty Clinic, by appointment only, on Tuesdays, Wednesdays and Fridays. Please call 313-4263 for appointments.

Blood Pressure Clinic – The AFV Home Health Blood Pressure Clinic will be in the Specialty Clinic every Thursday from 1:30pm - 2:30pm. They will take your blood pressure manually with a cuff. You do not need an appointment for this service.

ACTIVITIES - Ladonna Hill, Activities Coordinator:

Reminder – Each resident must sign up on their own line on the signup sheet to insure a seat on the bus. Please indicate next to your name if you will be using a walker (w), wheelchair (wc), or scooter (s). If you have signed up for an event, please check the Roadrunner, near the date of the event, to make sure there is no additional information that has been posted, changes in dates, or departure times. There will be a transportation charge for all trips, unless specified otherwise. All charges are applied to your Monthly Service Statement unless otherwise indicated. Thank you.

All trips are handicapped assessable unless otherwise indicated.

Today, Thursday, Feb 2 - Cielo Vista Theater/Red Tails – Reminder: The bus will leave the Main Lobby at 11:30am. The deadline to sign up has passed.

Today, Thursday, Feb 2 – Vietnam Memorial Wall – The bus will leave the Main Lobby at 3pm for the Lackland AFB Security Forces Museum and to view the Vietnam Memorial Wall. There will be no charge for the museum or the bus. Please sign up in CC3 by 12pm today, Thursday, Feb 2, if you would like to attend.



Friday, Feb 3 – Broadway Rocks/POPS Series S.A. Symphony – Reminder: The bus will leave the Main lobby at 6:45pm for the Laurie Auditorium. The deadline to sign up has passed.

Saturday, Feb 4 - “Ain’t Misbehavin” – Reminder The bus will leave the Main Lobby at 6:15pm to the Josephine Theatre. The deadline to sign up has passed.

Sunday, Feb 5 – CATS – Reminder: The bus will leave the Main Lobby at 6:30pm for the Majestic Theater. The deadline to sign up has passed.

Thursday, Feb 9 – Dining Out At La Fogata – Bus will leave the Main Lobby at 4:30pm. Dinner will be paid for on an individual basis. A copy of the menu is in the Menu Folder in CC3. The deadline for sign up is Monday, Feb 6 at 12pm.

Friday, Feb 10 - Beethoven 8, 9, 10 & 11/S.A. Symphony Applause Series - The bus will leave the Main Lobby at 6:15pm for the Majestic Theatre. When the Berlin Wall finally fell, Leonard Bernstein chose to play Beethoven’s Ode to Joy as the perfect expression of human freedom. Please call Karen Cramer at 554-1010 for season/individual tickets. Tickets may also be purchased the night of a performance at the box office, if available. The deadline to sign up is Monday, Feb 13 at 12pm.

Saturday, Feb 11 – San Antonio Rose Live – Reminder: The bus will leave the Main Lobby at 1pm. The deadline to sign up has passed.

Monday, Feb 13 - Lunch At The Outback - The bus will leave the Main Lobby at 11:15am. You can enjoy delicious food with your sweetheart or friends: choose from sirloin steak, chicken or salmon, with a salad, baked potato, soft drink, bread & butter, and cheesecake, for \$9.50 + tax, and it will be added to your Village bill. The Outback will open for lunch just for us, don’t miss it! The deadline to sign up is Monday, Feb 6 at 12pm.

Monday, Feb 27 – Knitting Classes – Mrs. Rajczi has volunteered to teach a six week course in beginning/novice knitting! The class will meet on Monday’s from 2:30pm-4pm in the Arts and Crafts Room (train side) starting on Monday, Feb 13. There will be no charge for the class and some supplies will be provided. The class size will be limited to six, so sign up ASAP in CC3 (under Feb). The deadline to sign up is Wednesday, Feb 8 at 12pm.

Tuesday, Feb 14 – Deer In The Headlights Show & Dinner At LaFonda, (Oakhills) – The bus will leave the Main lobby at 5:30pm. Are you looking for a great way to spend Valentine’s Day? This is it! One of San Antonio's oldest and finest restaurants is preparing a buffet and will start serving from 6pm to 7pm. The show will begin at 7pm and should conclude about 8:30. The first show will feature the Moonlites, a fantastic

Doo Wop group that will perform many of the old favorites. They will be accompanied by several other acts to complete an evening of food, fun, and entertainment. The total price for dinner and show is \$25 per person. The deadline for sign up is Monday, Feb 6 at 12pm.

Tuesday, Feb 14 – Interim Home Health – Will be in the Main Lobby at 12pm to show their appreciation to Air Force Village residents by giving out some sweet Valentines' Day treats!

Thursday, Feb 16 - Dining Out At Pappadeaux – Bus will leave the Main lobby at 4:30pm. Dinner will be paid for on an individual basis. A copy of the menu is in the Menu Folder in CC3. The deadline for sign up is Monday, Feb 13 at 12pm.

Thursday, Feb 16 - Lunch At The Menger Hotel - The bus will leave the Main Lobby at 11:15am. Recently renovated to make modern guests feel at home, the Menger remains an elegant landmark and historical destination in San Antonio. Along the walls of the Main Lobby, you'll see photos of some of the most prominent guests of the Hotel, from President Theodore Roosevelt to baseball great Babe Ruth. Today the Menger Hotel is the oldest continuously operating hotel west of the Mississippi. Lunch will be paid for on an individual basis. The deadline to sign up is Friday, Feb 10 at 12pm.

Tuesday, Feb 21- Bourbon St. Restaurant - The bus will leave the Main Lobby at 3:45pm. To celebrate "Fat Tuesday," we will go to Bourbon St. Seafood Restaurant, a place for exquisite New Orleans cuisine. A copy of the menu is attached to the sign up sheet. Dinner will be paid for on an individual basis. The deadline to sign up is Tuesday, Feb 14 at 12pm.

Thursday, Feb 23 - Spanish Governor's Palace - The bus will leave the Main Lobby at 1pm. This National Historic Landmark represents the last visual vestiges of the Presidio San Antonio de Bejar. The Spanish Governor's Palace, constructed at this location in the early 18th century and restored in the 1930's, is furnished with Spanish Colonial period pieces and features a beautiful, hand-carved wooden door at the entrance. Tickets for the museum are \$3, and will be charged to your Monthly Service Statement. The deadline for sign up is Thursday, Feb 16 at 12pm.

Thursday, Feb 23 – Dining Out/Red Lobster – The bus will leave the Main Lobby at 4:40pm. Dinner will be paid for on an individual basis. The deadline for sign up is Monday, Feb 20 at 12pm.

Friday, Feb 24 - La Villita & Lunch At La Villita Cafe - The bus will leave the Main Lobby at 10:15pm. Located on the south bank of the San Antonio River, La Villita was San Antonio's first neighborhood. It was originally a settlement of primitive huts for the Spanish soldiers stationed at the Mission San Antonio Valero (the Alamo). After a flood

in 1819, brick, stone and adobe houses replaced the earlier structures. In 1836, La Villita was the site of General Santa Ana's cannon line in the Battle of the Alamo and a map from early that year showed the village to be of considerable size. We will have lunch at "La Villita Café," and it will be paid for on an individual basis. Departure from La Villita is 2pm. The deadline to sign up is Friday, Feb 17 at 12pm.



Saturday, Feb 25 – 2012 Stockshow & Rodeo/Xtreme Bulls W/ Trace Adkins – Reminder: The bus will leave the Main Lobby at 11:45am for the AT&T Center. The deadline to sign up has passed.

Sunday, Feb 26 – Blue Man Group – The bus will leave the Main Lobby at 12:45pm for the Majestic Theater. You may purchase tickets at the Majestic Theater Box Office located at 208 E. Houston St (saving on handling charges), or by calling Ticketmaster at 1-800-745-3000. Although it is impossible to describe, people of all ages agree that this is an intensely exciting and wildly outrageous show. With no spoken language, BLUE MAN GROUP is perfect for people of all ages, languages, and cultures. This unique experience is a form of entertainment like nothing else; guaranteed to be an outing you will never forget. The deadline for sign up is Monday, Feb 20 at 12pm.

Monday, Feb 27- Artisan Alley & Lunch At Madexalli - The bus will leave the Main Lobby at 10:15am. This is a warehouse converted into small shops for artists. Over the years, the Alley has grown in many directions. Today, the shops at Artisan's Alley are bursting with exciting and fun shopping opportunities. Recent renovations to the Alley have brought a more contemporary look to the stores, as well as the wonderful out-of-the ordinary products sold in them. The deadline to sign up is Monday, Feb 20 at 12pm.

Wednesday, Feb 29 – Paddy Moloney And The Chieftains' 50th Anniversary Tour – The bus will leave the Main Lobby at 6:15pm for the Lila Cockrell Theater. Start your St. Patrick's Day celebration early with six-time Grammy winners and the world's most popular Irish traditional music group. Led by founder and leader Paddy Moloney, The Chieftains have recorded many albums of instrumental Irish folk music as well as multiple collaborations with musicians of many genres. After half a century of making some of the most beautiful music in the world, The Chieftains' music remains as fresh and relevant as when they first began. Tickets are \$53.40 each (Superior Tickets Orch. Rt. Row T & U). The deadline for sign up is Monday, Feb 13 at 12pm.

Monday, Mar 5 - Geniuses Of American Music/Billie Holiday & Fred Astaire - The bus will leave the Main Lobby at 6:15 pm to the Josephine Theatre. Tickets are \$22. You may purchase your ticket by calling 734-4646. The deadline to sign up is Monday, Feb 27 at 12pm.

Saturday, Mar 10 – Magnolia Pancake Haus - The bus will leave the Main lobby at 8:15am. What started with a wild idea back in 1998 has turned into San Antonio's favorite spot for breakfast. Your meal will be paid for on an individual basis. The deadline for sign up is Monday, Feb 13 at 12pm.

Thursday, Mar 15 - BINGO – Back by popular demand! Interim will again be hosting BINGO on the third Thursday of each month at 2pm in CC2 starting in March. Please sign up in CC3 (in the March activities clipboard).

Tuesday, Mar 20 – Washington D.C. Exploring America's Capital/Spain's Classics – Mike Sprute, from Collette Vacations, will be in CC3 at 10am. The seven day trip to Washington departs on September 19, 2012. This slide show will feature the White House Visitor Center, World War II Memorial, Mount Vernon, Arlington National Cemetery, Smithsonian Institution, Annapolis, Baltimore, Washington National Cathedral, and Ford's Theatre. The 11 day Spain's Classics Tour departs on October 27, 2012. Featured in this slide show is Madrid, Royal Palace, Toledo, Dordoba, Seville, Flamenco Show, Granada, Alhambra, Valencia, Lladro-city of Pocelain, Museum of Las Fallas, and Barcelona. There is no obligation to sign up for trip you may come and just enjoy the slide shows. Please sign the interest sheet if you would like to attend.

Thursday, Mar 22 - Brackenridge Fun 2 Mile Walk - The bus will leave the Main Lobby at 8:15am. The walk will be held on the trails of the beautiful Brackenridge Park. The opening ceremony will begin at 9:30am. The registration fee is \$5 and includes a t-shirt, snacks, etc. Come to the Wellness Center and fill out the registration form. Please sign up before Thursday, Mar 15 at 12pm.



Sunday, Mar 25 – Spurs-V- Philadelphia (76's) & Courtside Experience –The bus will leave the Main Lobby at 4pm. You will get there an hour early to participate in a “Courtside Experience” our group will sit at Center Court in Section 22 (these are not the game seats) and watch the teams warm up before the game (an hour before the doors open to the public). Tickets are \$92.50 each (located in Lower Level Plaza) and include the Courtside Experience, free Hot Dog, Chips, and a Drink. The deadline for sign up is Monday, Mar 5 at 12pm.

Friday, Mar 30 – S.A. Botanical Garden & Lunch At The Carriage House Bistro - The bus will leave the Main Lobby at 10:15am. The S.A. Botanical Garden is highly suitable for use by people of all ages and abilities and is wheelchair accessible. As a major attraction in the city, the facility offers access to beautiful visuals year-round with the background sounds of nature. The tickets are \$6, and lunch will be paid for on an individual basis. The deadline to sign up is Friday, Mar 23 at 12pm.

Wednesday, Apr 4 – Rudolph Giuliani At Laurie Auditorium – The bus will leave the Main Lobby at 5:15pm for Trinity University’s Laurie Auditorium. The lecture is free and no tickets are required, but we must get there early because seating is on a first-come, first-seated basis. As mayor of New York City, Rudolph Giuliani focused on reducing crime, reforming welfare, and improving the quality of life. On September 11, 2001, Giuliani immediately began leading the recovery of the city as it faced its darkest hour. He was named “Person of the Year” by TIME magazine, knighted by the Queen of England, and dubbed “Rudy the Rock” by French President Jacques Chirac. Former first lady Nancy Reagan also presented him with the Ronald Reagan Presidential freedom Award. The deadline for sign up is Monday, Mar 25 at 12pm.

Saturday, April 14 - Fiesta Gartenfest At Beethoven Maennerchor – The bus will leave the Main Lobby at 5pm and will depart the Gartenfest at 9:30pm. Make plans to join the Beethoven Maennerchor and celebrate Fiesta German-style. Come early and enjoy the lively Biergarten as it fills with sounds of German entertainment and Gemuetlichkeit. Admission is \$5 per person and will be paid at the door. The deadline for sign up is Thursday, Mar 31.

Monday, Apr 23 - Texas Cavaliers River Parade - The bus will leave the Main Lobby at 6pm. The parade runs from 7pm - 9:30pm. This year’s parade, entitled "Rocking on the River," promises an evening of fun with live music, celebrities and lights. More than 40 festively decorated floats sponsored by local community organizations and military installations drift down the San Antonio River. Tickets are \$22. The deadline for sign up is Friday, Feb 10 at 12pm.

Friday, Apr 27 – Battle Of Flowers Parade - The bus will leave the Main Lobby at 11:30am. The parade runs from 12:45pm - 4pm. The first Battle of Flowers Parade took place in 1891 to honor the heroes of the Alamo and to commemorate the Battle of San Jacinto, April 21, 1836, where Texas won its independence from Mexico. Despite rain that postponed the first parade for four days, a group of determined San Antonio women made the colorful “Flower Battle” a success. The parade has entertained our city every year since, except during World Wars I and II. It is now recognized as the founding event of Fiesta San Antonio. The theme of this year’s Parade is "Battle of Flowers ...Where Fiesta Began!" Today the Battle of Flowers Association celebrates Fiesta, whose foundation took place more than 120 years ago. Fiesta started with the Battle of Flowers! Tickets are \$20. The deadline for sign up is Friday, Feb 10 at 12pm.

Saturday, Apr 28 – Fiesta Flambeau (Night Parade) - The bus will leave the Main Lobby at 6:30pm. The parade runs from 7:45pm - 11pm. The theme for the 2011 parade is “Holiday Magic.” The University of Texas Longhorn Band is the premier band that traditionally leads the parade each year. This year Flambeau will feature spectacular musical floats representing the holidays. The parade will also feature precision marching units, out-of-state bands, equestrian and musical groups, and many

other attractions to entertain and create a night of incredible illuminated musical memories. Tickets are \$20. The deadline for sign up is Friday, Feb 10 at 12pm.

Ladonna Hill, AFV II Activity Coordinator - LadonnaHill@afvillages.org

SCORES REPORT

Tuesday Mah Jongg – from 1pm – 4pm in CC3. Come and join us! Rosella Anderson won the “Hand of the Day.” No one had a “Bouquet”.

Wright Pat Rules

National Mah Jongg League Playing Sessions:

Mondays 9:30am – 12pm Room 112

Wednesdays 1pm – 3:30pm CC3

*All B & A days-2nd Wednesday of the month-playing in Room 112

Friday & Saturday 1pm – 3:30pm CC2

Note: Room 112 is the Card Room across from the Thrift Shop.

Gayl Ganskow, 677-0061

Bridge Notes

Thursday, Jan 26

1. I. Landry/D. Matamoros (2 Slams)

3. E. Kendrex/T. Thomson

5. M. Barth/M. Christmas

Slam: M/Cobb/M. Miller

2. Skucas (2 Slams)

4. E. Jackson/B. Linn (Slam)

6. Kelleys 7. H. Bunker/G. Lengnick

Grand Slam: M. Davis/A. Wheeler

Saturday, Jan 28

1. M. Dykes 2/3 (Tie)

A. Wood, J. Lingamfelter

Monday, Jan 30

1. I. Landry/D. Matamoros

3. P. Higginbotham/E. Kendrex (2 Slams)

5. M. Hartley/M. Pate (Slam)

7. M. Freeman/A. Graves

2. M. Dykes/D. Wise

4. Parkhills

6. D. Neubrand/A. Wheeler

8. T. Lundquist/L. Tisdale

Ellen Parkhill, Reporter



Roadrunner/Team Golf

January 23, 2012 11 Players Individual Net

1st – Gene Kircus, Score 61. 2nd – Mike Kasper, Score 63. 3rd – John Revak, Score 65. 4th – Gail Brennan, Score 67. 5th Tommy Thomson, Score 70.

Also competing were John Brooks, Bill Miller, Tom Curtis, Jim Kniker & Katherine Rajczi. Non-competitive players were Pat & Joyce Kelley.

January 24, 2012 3 Player Teams 2 Best Balls Front/Back/18

Front Nine: 1st – Bill Miller, Gene Kircus & Tom Curtis, Score -13. 2nd – Ted Hess, Mike Kasper & Goldie Goldfein, Score -12.

Back Nine: 1st – The Hess Team, Score -9. 2nd – John Brooks, John Revak & Jim Kniker, Score -6.

18: 1st – The Hess Team, Score -21. 2nd Tie between the Brooks Team & the Miller Team, Score -16.

It looks like everybody won something, but nobody won much!

January 26, 2012 3 Players Individual Net

Competition from the Cowboy Breakfast limited the golf to just 3 players.

Mike Kasper, with a Net 62 was the big winner over John Brooks and Ted Hess, who both had 73.

Neil Holt

Marketing Update

January has been a busy month for Marketing. One of the biggest events - we launched our new website, and our new domain is **www.afvillages.org**. But don't worry, if anyone uses the old website, it will redirect you to the new one. When you get a chance, check it out.

You may have seen a number of potential clients either with a Marketing Counselor or Resident Ambassador walking around both communities or enjoying a nice meal at one of our dining venues. As you know, we count on your support in helping us sell our wonderful communities to prospective clients. Since the staff doesn't live here, you provide important information about life at Air Force Village, and we really count on you sharing your "positive" perspective to these clients.

Over the next few months we plan to concentrate on hosting several events at both Villages. We will host to both in-town and out-of-town clients. Due to space limitations, these events are primarily directed toward Marketing clients, but we will be coordinating with several of our Resident Ambassadors to also join us for one of these events. Details are forthcoming soon.

Feb 22 – 11am-1pm – at Village II Roadrunner Lounge, *Signs and Symptoms of Normal Aging vs Dementia*, Speaker Wendy Carpenter, Exec Dir HSC

March 7 – 11am-1pm – at Village I Skylounge - *What Every Senior Should Know & More*, Maureen Anderson, Senior VP New Life Mgmt and Dev Inc.

March 27-28—*Try Before You Buy Event* – Two-day event (both Villages) for invited prospects from all over Texas

April 12 – 11am – 1pm – at Village II Roadrunner Lounge - *\$\$ and \$ense of a CCRC* – Speaker, Brian Englund, CFO, AF Village

As a reminder, we would appreciate you letting your eligible friends (potential Air Force Village residents) know about the various events we have planned. Please refer them to our website...www.afvillages.org which gives them all the details of the events including how to RSVP, or they can call us at (210) 568-3200; toll free at 1 800 780-6154 for more information.

As always, thanks for your support.

Lisa Skopal
Director, Marketing and Public Relations

AFV II DINING ROOM

Dining Room Advisory Committee – November 2011 – November 2012

Residents Dining Room Advisory Committee: Rachel Bujalski, Nita Ivy, Marilyn Goff, Lois Revak, Marilyn Valentine, Stella Leis, Miriam Dykes, Norma Ross, Lorrie Hale, Karen McGinty, Robert Yanke, Ann Horton, Kaye Duncan, Rose Marie Schelling, Hilda Cunningham, Ken Shanklin, Loyal Stewart, Tom Jones, Frank Sherman.

Director of Food Service – David Weidner – 210 568 3233 davidweidner@airforcevillages.com

HOURS OF OPERATION

<p style="text-align: center;">BREAKFAST</p> <p>Mon - Sat 7:00am – 11:00am Sunday 7:00am – 10:00am</p> <p style="text-align: center;">Delivery 568-3235</p> <p>Mon–Sat 8:30am, 12:00pm, 1pm, 5:00pm, 7pm // Sun 8:30am, 11:30am</p>	<p style="text-align: center;">SUNDAY BRUNCH</p> <p>Take Out 11:00am - 11:30am Dine In 11:00am - 1:00pm</p> <p style="text-align: center;">Please make reservations by calling 568-3232 No Ala Carte Available</p> <p style="text-align: center;">AFV I Sky Lounge Reservations Line 568-5045 Closed: Sunday & Wednesday Evenings</p>	<p style="text-align: center;">LUNCH / DINNER LUNCH & DINNER</p> <p style="text-align: center;">Monday - Saturday</p> <p>Lunch 11:00am-2:00p Dinner 2:00pm –7:00pm Take Out 11:00am – 7:00pm</p> <p style="text-align: center;">Evening Reservation Please Call 568-3238 by 3:00 pm for day and time</p>
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DAILY LUNCH SPECIALS

Entrée Special	\$6.95	Starch/Vegetable	\$1.40	Cup of Soup	\$1.75
Entrée Only	\$5.25	Small Salad	\$1.40	Bowl of Soup	\$2.25
Sandwich Special	\$5.50	Dinner Roll	\$0.60	Soup Green Container	\$2.25
Entrée Salad Special	\$5.50	Muffin	\$0.85	Fruit Green Soup Cont.	\$3.25

DAILY DINNER SPECIALS

Dinner Entrée Special	\$10.95	Soup & Salad Bar	\$6.95	Salad Only	\$2.50
Dinner Lite Special	\$ 8.50			Soup Only	\$2.25

BEVERAGES

Small Juice	\$1.50	Small Cappuccino	\$1.75	Soft Drinks	\$1.00
Large Juice	\$1.95	Large Cappuccino	\$2.75	Coffee	\$1.30
Milk	\$1.00	Hot Chocolate	\$1.50	Iced/Hot Tea	\$1.30

BEER & WINE

Beer	\$2.75	Wine Glass/Split	\$2.75	Champagne Split	\$2.75
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DESSERTS

Daily Dessert	\$2.00	Yogurt 8 Oz.	\$1.75	1 Scoop of Ice Cream	\$1.40
Diet Dessert	\$2.00	Yogurt 12 Oz.	\$2.25	2 Scoops of Ice Cream	\$2.15
Gourmet Dessert	\$3.25			Sundae	\$2.75

Daily Menu – Monday February 6th

Soup of the Day

Turkey Rice Soup (96) (Na 1079)
 Cheese and Bacon Soup(252) (Na 570)

Daily Entrée's

Yankee Pot Roast (241) (Na 952)
 Cajun Blackened Chicken (308) (Na 293.3)
 Healthy Heart Baked Cod (83) (Na 952)
 Cheese Tortellini Pesto (462) (Na 1426)
 Chicken Salad Plate (301) (Na 360)

Today's Sides:

Parsley New Potatoes
 Garlic Mashed Potatoes
 Peas & Carrots
 Cauliflower
 California Mixed Vegetables
 Braised Cabbage

Daily Menu – Tuesday February 7th

Soup of the Day

Italian Vegetable Soup (142) (Na 291)
 Cream of Poblano (200) (Na 950)

Daily Entrée's

Liver & Onions(322) (Na 161)
 Healthy Heart Baked Chicken(287) (Na 624)
 Parmesan Crusted Catfish(505) (Na 609)
 Grilled Ham Steak n Raisin Sauce(230) (Na 1650)
 Beef Jazz Salad (586) (Na 876)

Today's Sides:

Macaroni & Cheese
 Scalloped Potatoes
 Capri Mixed Vegetable
 Roasted Acorn Squash
 Broccoli Florets
 Harvard Beets

Daily Menu – Wednesday February 8th

*Dining Room will be Closed at 2:00 pm
To prepare for Birthday Anniversary Dinner*

Soup of the Day

Navy Bean Soup(114) (Na 680)
Velvet Corn Soup(137) (Na 386)

Daily Entrée's

BBQ Beef Tips(265) (Na 761)
Chicken Curry (196)(Na 351)
Healthy Heart Lemon Dill Tilapia(202) (Na 227)
Turkey Crepes(400) (Na 485)
Meatball Sub Sandwich (567) (Na 1271)

Today's Sides:

Thai Fried Rice, Buttered Fettuccini
Green Beans, Baby Carrots,
Rainbow Vegetable Medley, Buttered Corn

Daily Menu – Thursday February 9th

Soup of the Day

Mushroom Barley (67) (Na 341)
Turkey Andouille Gumbo (379) (Na 1533)

Daily Entrée's

Veal Patty Marsala (196) (Na 429)
HH Italian Herb Rotisserie Chicken(305)(Na 423)
Beer Battered Cod(334) (Na 216)
Whole Wheat Spaghetti & Meatballs(465)(Na 483)
Cochran's Chicken Salad (258) (Na 475)

Today's Sides:

Sweet Potatoes, French Fries
Italian Mixed Vegetables, Lima Beans
Brussel Sprouts, Fried Okra,

Daily Menu – Friday February 10th

Soup of the Day

Manhattan Clam Chowder(96) (Na 380)
Beef Vegetable Soup(66) (Na 792)

Daily Entrée's

Mongolian Beef(514) (Na 2699)
Chicken Tetrizzini (257) (Na 939)
Healthy Heart Herbed Catfish(344) (Na 370)
Sweet & Sour Pork(442) (Na 361)
Beef Taco Salad (485) (Na 897)

Today's Sides:

Polenta, Basmati Rice
Oriental Mixed Vegetables
Zucchini,
Sugar Snap Peas
Cauliflower

Daily Menu – Saturday February 11th

Soup of the Day

Cream of Broccoli (102) (Na 363)
Hot-Sour Shrimp Soup (144) (Na 526.9)

Daily Entrée's

Bratwurst & Sauerkraut(498) (Na 1226)
Healthy Heart Lemon Pepper Chicken(287) (Na 624)
Salmon Croquettes (176) (Na 503)
Chicken Fajitas(262)(Na 352)
Seafood Salad Sandwich(538) (Na 1519)

Today's Sides:

Saffron Orzo, Pinto Beans,
Broiled Tomato Half,
Sliced Carrots,
Creamed Spinach
Summer Squash

Sunday Brunch- February 12th \$14.95

Chicken Gumbo Soup(83) (Na 818)
Carved Beef Tri-Tip Sirloin(180) (Na 254)
Pork Loin(157) (Na 118)
Roasted Potatoes, Spaghetti Noodles,
Whole Green Beans, Corn on Cob
Sautéed Mushroom, Green and Wax Beans
Regular Eggs, Eggbeaters
Eggs Benedict, Sausage Patties
Bacon Strips, Mini Muffins, Belgian Waffles
Omelets
Cheese Blintzes
Assorted Desserts, Salads
& Fresh Fruit
Champagne included on Dine In Only

Birthday / Anniversary Dinner Menu

February 8th

To-Go's from 5:00pm to 5:30pm
Cole Slaw

Sautéed Tilapia with Lemon Butter Sauce
Whipped Mixed Potatoes, Petit Green Beans
White & Wheat Soft Dinner Rolls
Lemon Cream Pie
\$12.95

Reminders:

Please help us in our endeavor to reducing the amount of Styrofoam that has such an impact on the landfills and the environment. Please return any "Green" containers you may have.

Make your Valentine's Day reservations by calling at 568-3232

Village 2 Valentine's Day Dinner

Dining Services is presenting Valentine's Day Dinner on February 14, 2012. This can be a meal plan charge to your account. The menu below will be offered instead of the normal evening menu. The Dining Room will be closed between 2:00 pm and 5:00 pm. The Dining Room will open from 5:00 pm to 7:00 pm featuring the below menu only. Reservations will be required, and Normal Dining Room Dress will apply. To – Go service will be from 5:00 pm to 5:30 pm. Please call 568-3232 to sign up for this evening Valentine's Dinner. Cut off time of 12:00 noon on Monday, February 13, 2012.

**Pricing of \$34.95 includes appetizer, salad, entrée, accompaniments, and dessert.
Complimentary Glass of House Champagne or House Wine. Rose for the Ladies.**

Appetizer

Pan Seared Day Boat Scallops with Thyme Beurre Blanc

Salad

Tossed Caesar Salad with Garlic Croutons and Parmesan Cheese Crisps

Entrée

Choice of:

Carved Prime Rib Au Jus

Or

Salmon Wellington with Crabmeat Filling and Chardonnay Cream Sauce

Accompaniments

Roasted Yukon Gold Potatoes

Lemon Scented Grilled Asparagus

Dessert

Choice of:

Chef Dan's Belgian Chocolate Truffle with Cabernet Syrup

Or

Tiramisu Cake

Suggested bottles of wines paired to this menu for your enjoyment:

<i>Lange Twin Zinfandel</i>	<i>glass \$5 bottle \$20</i>
<i>Xplorador Sauvignon Blanc</i>	<i>glass \$5 bottle \$20</i>

Dinner and Wines can be charged to your meal plan account.

Village Café

Super Bowl Sunday Special



VS



“New England Patriot” Clam Chowder (bowl)
And
“New York Giant” Corned Beef Sandwich (1/2)
And
Bottle of Beer or Wine
\$6.95



**Come watch the
game and enjoy
the special!**



**Special runs from
5:00p-7:00p**