



\*\*\*\*\* **The Plan of the Week** \*\*\*\*\*  
**6 MAY 2024 – 12 MAY 2024**



**24/7 SECURITY (228)897-4418**

**24/7 WELLNESS CLINIC: (228)897-4450**

**MEALS – Breakfast: 0700 - 0830 / Lunch: 1130 - 1300 / Supper: 1630 - 1800**

**RESIDENT POPULATION: 455**

**AVERAGE AGE: 82.52 as of 01MAY24**

**RESIDENT WELCOME / FAREWELL / IN MEMORY OF:**

**WELCOME:** Anthony Hovious (USA), Hometown: Great Falls, MT

**FAREWELL:** Kenneth Keith (USA), Hometown: Ft. Custer, MI

William Palmer (USA), Hometown: Montgomery, AL

**IN MEMORY OF:** Gerald Guynn (USAF), Hometown: Royal Oak, MI

**EMPLOYEE HAIL / FAREWELL:**

**RETIREMENT:** Debora Joiner, Chief of Healthcare Services

**FACILITY NOTES & RESIDENT INFO:**

- **GATE HOUSE:** Always stop at the Gate when entering AFRH-G to show your ID.
- **ROOM KEYS:** Check your room key for expiration date, renewal available 30 days prior.
- **WORK ORDERS:** Please call (228) 897-4444 to submit a work order.
- **STATE FLAG FLYING AT FLAGPOLE:** Illinois, known as the “Prairie State” was the 21<sup>st</sup> state to establish statehood. It achieved statehood on 12/03/1818.
- **ROOM INSPECTIONS:** A-Tower room inspections will be conducted in MAY as follows: Floors 6 & 5 on 08MAY24, Floors 4, 3, & 2 on 15MAY24. B-Tower will be in JUN.

**HEALTHCARE SERVICES NEWS:**

- **WELLNESS CENTER AND MEDICATIONS:** Bring all medications to Sick Call and every appointment. Primary Care Providers are required to review each medication at each visit. Bring all prescription medications, eye drops, inhalers, ointments, vitamins, supplements and other products you purchased. If you are unable to retrieve your medications in a timely manner, the Provider may direct that your appointment be rescheduled.

**RECENT BINGO & TOURNAMENT RESULTS:**

- **BINGO 4/24:** Winner – Marian Swarbrick, Rich Miller      **Jackpot:** \$140 (40 Att.)
- **BINGO 4/26:** Winners – Cara Haggerty, Marian Swarbrick      **Jackpot:** \$146 (33 Att.)
- **GOLF PUTT (INDOOR) 4/25:** 1<sup>st</sup> – Ken Switzer, 2<sup>nd</sup> – Paul Smith, 3<sup>rd</sup> – Frank Baker
- **GOLF PUTT (OUTDOOR) 4/26:** 1<sup>st</sup> – Miller Rehm, 2<sup>nd</sup> – Ernie Fowler, 3<sup>rd</sup> – Ken Switzer

**CURRENT ANNOUNCEMENTS:**

- **DRY CLEANING:** Due to staffing issues, until further notice, dry cleaning hours will be from 1100-1200 on Wednesdays. Thank you for your patience, we greatly appreciate it.
- **FEEDING ANIMALS:** Please do not pet or feed wild animals and birds on the grounds or from your balcony. This includes putting out birdseed in the garage area.
- **PACKAGE PICKUP:** Please ensure that you are picking up your packages in a timely manner after package slip is received. There is limited space available in the package room and storage is not possible. If you are expecting perishable items, pick them up ASAP as the package room is not responsible for your perishable items.
- **OVERNIGHT GUESTS:** Residents may have overnight guests in their Independent Living (IL/ILP) apartment a total of 28 days per calendar year (14 days between Jan – Jun, and 14 days between Jul – Dec). Any stay beyond this period must be submitted in writing and approved by the Administrator.
- **SAFETY – RV CHARGING STATION:** Electrical extension cords should NOT be left plugged in or left unattended (they are intended for temporary use) NOR should they be ran across the driveway.
- **STORAGE UNITS:** One storage is assigned to each room. Storage units can be loaned between Residents by completing the paperwork in Resident Services. Please do not put items in lockers that do not belong to you without completing the necessary paperwork.
- **VOLUNTEERS NEEDED:** Sponsors and Thrift Store volunteers needed. Please contact Rosie at 228-897-4417 or stop by office #1020.

*Please see Resident Services with questions/concerns regarding announcements.*



# ARMED FORCES RETIREMENT HOME GULFPORT

## 6 MAY 2024 – 12 MAY 2024

### MONDAY, 6 MAY

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class – Exercise Room
- 1330 Hearts Tournament – Club Room A-244 (Sign up in Rec Svcs)
- 1400 Line Dance Class – Exercise Room
- 1800 MOVIE in Theater: *“The Rose”* (R, 125 Min) Drama/Music Genre (1979)


### TUESDAY, 7 MAY

- 0900 Painting Demonstration – Art Studio
- 1300 Art Activity – Art Studio
- 1330 Cribbage Tournament – Club Room A-244 (Sign up in Rec Svcs)
- 1400 Spare Time Bowling – Bowling Center
- 1500 Beginners Apple Class – Computer Learning Center
- 1800 MOVIE in Theater: *“Far and Away”* (PG-13, 140 Min) Romance/Western (1992)

### WEDNESDAY, 8 MAY

- 0900 Exercise Class – Exercise Room
- 0900 Catholic Mass (Chapel)
- 1030 **Library Book Mobile Visit** – Outside Front Drive (1030 – 1130)
- 1330 Woodshop Safety – Woodshop
- 1400 **POPCORN MATINEE:** *“Masters of the Air”* Finale (TVMA, 77 Min) Action (2024)
- 1800 MOVIE in Theater: *“The Wild Bunch”* (R, 135 Min) Western/Action (1969)
- 1830 Bingo – Community Center **B I N G O**

### THURSDAY, 9 MAY

- 0830 KAFB Exchange Bus Trip (Front Drive) (Sign up in Rec Svcs) 
- 0900 AFRH-G Model Train Room Open – Room C-242 (0900-1100)
- 1200 Lucy’s Retired Surfers Bar & Restaurant Lunch Trip (Sign up in Rec Svcs)
- 1330 Bowling Tournament (Bowling Center) (Sign up in Rec Svcs)
- 1400 Fleet Reserve Meeting (Theater)
- 1800 MOVIE in Theater: *“Book Club”* (PG13, 104 Min) Comedy (2018)


### FRIDAY, 10 MAY

- 0900 Exercise Class – Exercise Room
- 0900 Catholic Mass (Chapel)
- 0900 Pharmacy Procedures - Theater
- 0930 Horseshoe Tournament (Outside: Outdoor Pits) (Sign up in Rec Svcs)
- 1400 Afternoon Bingo (Community Center - RM 1109) **B I N G O**
- 1400 Pharmacy Procedures - Theater
- 1700 Shuckers Baseball Game and Fireworks Trip (Front Drive) (Sign up in Rec Svcs)
- 1800 MOVIE in Theater: *“Bad Teacher”* (R, 92 Min) Comedy/Drama (2011)

### SATURDAY, 11 MAY

- 1800 MOVIE in Theater: *“Love’s Enduring Promise”* (NR, 120 Min) Western/Romance (2004)

### SUNDAY, 12 MAY

- 0900 Sunday Mass (Chapel) 
- 1030 Protestant Service – (Chapel)

### DAILY SENIOR TV CHANNEL 4 SCHEDULE:



Town Hall Updates: 0700, 1100, & 1400  
 RAC Meetings & Updates: 1000, 1600, & 2200  
 Spoken Plan of the Week: 0945 & 1545  
 AFRH-G Special Videos: 1200 & 2100

Protestant Service: 0800 & 1500  
 Daily Exercise Class: 0900  
 Dry Bar Comedy: 1300 & 2300  
*(All Movies are now shown in Theater)*