



September 2012

ACTIVITIES CALENDAR

Armed Forces Retirement Home - Gulfport



WEEKLY RECREATIONAL VAN TRIPS

Monday – Keesler AFB Exchange & KFCU	Depart AFRH: 1000	Depart Location: 1145
Tuesday – Gulfport NCBC Exchange	Depart AFRH: 1000	Depart Location: 1145
Wednesday – Edgewater Mall	Depart AFRH: 1000	Depart Location: 1145
Thursday – Target Store at the Promenade	Depart AFRH: 1000	Depart Location: 1145

The AFRH Shuttle now makes stops at the new Super Wal-Mart in Biloxi!!

RESIDENT DRIVER VAN TRIPS



SEP 1 – Mobile Baybears vs Mississippi Braves
 Depart AFRH: 1730 Depart Location: 2230
 Watch the 2011 Southern League Champs take on the Mississippi Braves at Hank Aaron Stadium in Mobile, AL. Admission and snacks is on your own.



SEP 1, 15, 29 – Square Dancing
 Depart AFRH: 1800 Depart Location: 2130
 Square Dance with the Belles & Buoys at the Lyman Senior Citizen Center. Admission is \$5 per dancer.



SEP 2 – Asian Show at Imperial Palace Casino
 Depart AFRH: 1730 Depart Location: 1900
 IP Casino Resort & Spa is showcasing nationally-acclaimed Asian performers in a colorful and spectacular production. No Admission Costs.



SEP 7 – American Thrift Store
 Depart AFRH: 0930 Depart Location: 1130
 Visit the coast's largest thrift store in Ocean Springs. This location accepts donations as well as sells numerous items. Shopping is on your own.



SEP 8 – Mobile Greyhound Track
 Depart AFRH: 1000 Depart Location: 1500
 Gaming and Food is "on your own". Facility is located in Mobile, AL. Enjoy the thrill of live greyhound racing at Mobile Greyhound Park.



SEP 13 – Vrazel's Fine Dining Dinner Trip
 Depart AFRH: 1730 Depart Location: 1900
 Dinner Trip to Vrazel's on the beach in Gulfport. On your own.



SEP 15 – Sunny South Raceway Speedway- Season Finale
 Depart AFRH 1730 Depart Location: 2230
 Billed as The South's Finest, 1/4 Mile, high-banked, asphalt oval, Sunny South Raceway in Grand Bay, AL. easily lives up to that billing. \$8 Senior/Military Admission at the Gate.



SEP 20 – Half Shell Oyster House Dinner Trip in Gulfport
 Depart AFRH: 1730 Depart Location: 1900
 Dinner Trip to the Half Shell Oyster House in Downtown Gulfport. On your own.



SEP 29 – New Orleans Fairgrounds OTB
 Depart AFRH: 1000 Depart Location: 1500
 Gaming and Food is "on your own". No Entry Fees.



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TRIP INFORMATION

THURSDAY 6 SEPT.

Depart AFRH– 0830
 Depart Wal-Mart – 1030

Take care of your shopping needs for the month at the Pass Christian Super Wal-Mart. Enjoy the peaceful and serene setting as you drive down US 90 to Pass Christian.

Resident Cost: Shopping "On your own"

WAL-MART IN PASS CHRISTIAN TRIP

Arrive at Wal-Mart – 0900
 Return to AFRH – 1100

(Sign up by 5 SEP in Bocce)



THURSDAY 6 SEPT.

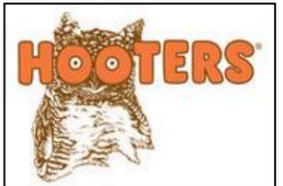
Depart AFRH – 1130
 Depart Restaurant – 1330

Enjoy a fantastic lunch at the Hooter's in Gulfport. This Gulfport location has been dedicated in recognizing our veterans with regular visits to AFRH-G for events

Resident Cost: "On your own" (\$7-\$14 Range) (Sign up by 5 SEP in Bocce)

HOOTER'S IN GULFPORT LUNCH TRIP

Arrive at Restaurant – 1200
 Arrive at AFRH – 1400



FRIDAY 14 SEPT.

Depart AFRH – 0800
 Depart Davis Bayou Center – 1000
 Depart Gator Ranch – 1130

Residents will tour the William M. Colmer Visitor Center at the Gulf Islands National Seashore in Ocean Springs for an introduction from rangers regarding the valuable eco-system and wildlife on our coast. Following this tour, the bus will then travel to the Gulf Coast Gator Ranch for a quick walking tour of their facility housing 100's of alligators. Walking tours are \$5 per person.

Resident Cost: Gator Ranch Tour-\$5

GATOR RANCH & NATIONAL SEASHORE TOUR

Arrive at Davis Bayou– 0830
 Arrive at Gator Ranch – 1030
 Return to AFRH – 1200

(Sign up by 12 SEP in Bocce)



MONDAY 24 SEPT.

Depart AFRH – 0730
 Depart Casino – 1430

Residents will tour the Fletcher-class destroyer USS KIDD (DD-661), the "Pirate of the Pacific." Located in the heart of scenic downtown Baton Rouge, Louisiana, she is the centerpiece of a memorial which serves to honor the men and women of our American armed forces. Exhibits also include an A-7E Corsair Attack Aircraft, P-40 Fighter Plane "Flying Tiger", Old Ironsides exhibit, and the largest model ship collection in the south. Lunch will be "on your own" at the Belle of Baton Rouge Casino Atrium Buffet located adjacent to the USS KIDD.

Resident Cost: Tour- \$7, Lunch is on your own (Sign up by 20 SEP in Room #1208)

USS KIDD TOUR & BELLE OF BATON ROUGE

Arrive at Ship – 1000
 Return to AFRH – 1700



THURSDAY 27 SEPT.

Depart AFRH – 0830
 Depart Country Store – 0945
 Arrive at WWII Museum – 1045
 Depart French Quarter – 1500
 Depart Fairgrounds – 1530

On our way to the Big Easy, enjoy a stop at the Bayou Country Store for a quick taste of Cajun heritage. Grab a cup of coffee and browse the gift shop. Upon arriving in New Orleans, enjoy the sights and sounds of the New Orleans French Quarter. Visit the Audubon Institute Aquarium of the Americas or stroll along the Riverwalk. Residents are welcome to enjoy various attractions including shopping, dining, or gaming at Harrah's Casino. Lunch is on your own.

**Note: Trip may involve extensive outdoor walking. Map of attractions provided for use.*

Resident Cost: "On your own"

NEW ORLEANS FRENCH QUARTER TRIP

Arrive at Bayou Country Store - 0915
 Arrive at French Quarter – 1030
 Arrive at Fairgrounds – 1100
 Depart WWII Museum – 1515
 Arrive at AFRH – 1700



Bus Trips will load approximately 15 minutes prior to departure.

Residents needing assistance and/or using wheelchairs may load 30 minutes prior to departure.

Residents using wheelchairs should sign up on the appropriate spot of the sign up sheet.



SEPTEMBER 2012 AFRH-G RECREATIONAL ACTIVITIES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MOVIES Movies are shown 7 days a week in the AFRH-G Theatre. Check the Movie Schedule for show times.  AFRH-G MOVIE SCHEDULES ARE AVAILABLE BY THE THEATRE.		BE INFORMED!!!!  Stay up to date with the Weekly Plan of the Week, Channel 87, and numerous bulletin boards for new and continuing recreation activities!	Did you know?..... <i>September begins on the same day of the week as December every year, because there are 91 days separating September and December, which is a multiple of seven (the number of days in the week). No other month ends on the same day of the week as September in any year.</i>	RECREATION AREAS Available 24 hours a day, 7 days a week.    Fitness Center Orientations are available daily at 1100 in the Fitness Center.	ROOM LOCATIONS KEY CLC – Computer Learning Cntr BC – Bocce Center (RM 1025) EX – Exercise Room (RM 1211) CLB – Club Room (RM A244) SEW – Sewing Room (RM 1238) ART – Arts Studio (RM 1236) CC – Comm. Center (RM 1109) ACT – Activity Room (RM B242)	Autumn Begins 1 1730 VAN TRIP: Mobile Bay Bears vs MS Braves  <i>Recreation Areas Open 24-7</i>
2	<i>Labor Day Holiday</i> 3	4	<i>RAC Voting 0730-1400 by Dining</i> 5	6	7	8
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) 2000 VAN TRIP: Asian Show at the Imperial Palace Casino  <i>Recreation Areas Open 24-7</i>	0900 Bocce Tournament 0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1400 Movie Matinee w/ Popcorn 1400 Osteoball Class (EX) 1800 Computer for Dummies (CLC) <i>- Federal Offices are Closed -</i>	0900 Chair Exercises (EX) 1000 Zumba Gold Class (EX) 1000 RAC Candidates Forum (CC) 1000 Spades Tournament 1000 Dick & Leif Pet Visit 1300 Arts & Craft Activity (ART) 1500 Candidate Forum Replay (TH) 1800 Computer for Dummies (CLC)	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1400 Osteoball Class (EX) 1400 Woodshop Safety 1400 Navy Band New Orleans (CC) 1400 Movie Matinee w/ Popcorn 1600 Water Aerobics (POOL) 1830 Bingo (CC)	0830 Wal-Mart in Pass Christian Shopping Bus Trip 0900 Chair Exercises (EX) 1130 Hooters Lunch Trip 1300 Acrylic Painting w/ Milt (ART) 1330 Bowling Tournament	0900 Stretching Class (EX) 0930 VAN TRIP- American Thrift Store in Ocean Springs 1000 Water Aerobics (POOL) 1400-1700 Liberty Call Dance Music by: Steve Deiorio	1000 VAN TRIP- Mobile Greyhound Park Track  1400 Prince & Charlie Pet Visit
9	10	11	12	13	14	15
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) <i>Recreation Areas Open 24-7</i> Sign up for the 2012 Fall Games in the Bocce Center. Be sure to sign up in the appropriate age division.	0915 Water Aerobics (POOL) 1000 Tai Chi Class (EX) 1300 Quilt Making (SEW) 1400 Ice Cream Social (CC) 1400 Osteoball Class (EX) 1800 Computer for Dummies (CLC)	0900 Chair Exercises (EX) 0930 RAC MEETING (CC) 1000 Zumba Gold Class (EX) 1300 Arts & Craft Activity (ART) 1300 Serious Quilters Visit (SEW) 1330 Bridge Tournament – (CLB) 1800 Computer for Dummies	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1000 MWR Meeting 1300 Fly Fishing Lure Making 1400 Osteoball Class (EX) 1400 Woodshop Safety 1400 Movie Matinee w/ Popcorn 1600 Water Aerobics (POOL) 1830 Bingo (CC)	0900 Chair Exercises (EX) 1300 Acrylic Painting w/ Milt (ART) 1400 Fleet Reserve Meeting. (TH) 1730 VAN TRIP: Vrazel's Fine Dining Dinner Trip in Gulfport, MS	0900 Gulf Islands National Seashore & Gator Ranch Trip 0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1300 Clay Pottery w/ Dena (ART) 1900-2200 Air Force Birthday Celebration & Dance Music by: Sunny Tanner	1730 VAN TRIP: Sunny South Raceway Season Finale  <i>Recreation Areas Open 24-7</i>
16	AFRH-G FALL GAMES 17	AFRH-G FALL GAMES 18	AFRH-G FALL GAMES 19	AFRH-G FALL GAMES 20	AFRH-G FALL GAMES 21	22
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel) 	0830 Bocce Event - Men's ↓ 1000 Dick & Leif Pet Visit 1030 Bocce Event- Men's ↑ 1030 Bocce Event- Ladies 1330 Free Throw Event - Men's ↓ 1500 Free Throw Event - Men's ↑ 1500 Free Throw Event - Ladies 1800 Computer for Dummies (CLC)	0830 Shuffleboard Event- Men's ↓ 1000 Zumba Gold Class (EX) 1030 Shuffleboard Event - Men's ↑ 1030 Shuffleboard Event - Ladies 1300 Arts & Craft Activity (ART) 1615 B-Day Photo w/ Admin. 1630 Sept. Birthday Dinner 1800 Computer for Dummies (CLC)	0830 Table Shuffleboard - Men's ↓ 1030 Table Shuffleboard - Men's ↑ 1030 Table Shuffleboard - Ladies 1000 Yoga Class (EX) 1330 Football Throw Event - ALL 1500 Softball Toss Event - ALL 1400 Ladies Meeting (CC) 1830 Bingo (CC)	0900 Predictability Walk- ALL 0930 New Resident Orientation (TH) 1300 Acrylic Painting w/ Milt (ART) 1330 Golf Shot Event - Men's ↓ 1500 Golf Shot Event - Men's ↑ 1500 Gold Shot Event - Ladies 1800 VAN TRIP: Half Shell Oyster House Dinner Trip in Gulfport	0830 Poker Walk Event - ALL 0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1000 TOWN HALL (CC) 1400-1700 Liberty Call Dance Music by: Eddie McDaniels	1400 Prince & Charlie Pet Visit 
23	24	25	26	27	28	29
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel)	0800 USS KIDD Tour & Belle of Baton Rouge Casino Lunch 0915 Water Aerobics 1000 Tai Chi Class (EX) 1000 Pet Ministry Team Visit 1330 Indoor Shuffleboard 1400 Osteoball Class (EX)	0900 Chair Exercises (EX) 1000 Zumba Gold Class (EX) 1300 Arts & Craft Activity (ART) 1400 Dining Advisory Meeting 1400 Ice Cream Social (CC) 1430 Fall Games Awards (CC) 1800 Computer for Dummies (CLC)	0900 Stretching Class (EX) 1000 Yoga Class (EX) 1400 Osteoball Class (EX) 1400 Woodshop Safety 1400 Movie Matinee w/ Popcorn 1600 Water Aerobics (POOL) 1830 Bingo (CC)	0830 New Orleans French Quarter & WWII Museum Bus Trip 0900 Chair Exercises (EX) 1300 Acrylic Painting w/ Milt (ART) 1330 Pool (9-Ball) Tournament 1400 Retired Sports Shooting Association Meeting (TH)	0900 Stretching Class (EX) 1000 Water Aerobics (POOL) 1400-1700 Liberty Call Dance Music by: Mark Ridley	1000 VAN TRIP- New Orleans Fairgrounds OTB  1030 Mississippi Mates (Chapel)
30						
0915 Catholic Service (Chapel) 1030 Protestant Service (Chapel)						