



***** The Plan of the Week *****

26 October – 01 November



24/7 SECURITY (228)897-4418

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

SECURITY GATE HOUSE (228)897-4502

Meals: Breakfast: 0700 – 0830 | Lunch: 1130 – 1300 | Supper: 1630 - 1800

Resident Population:

507

Average Age:

81 as of 30 SEP 26

Resident Hail / Farewell / In Memory Of:

Hail: Tom & Ginny Harley (USN), Hometown LaGrange, KY

Stephen Hale (ARNG), Hometown: Sherwood, AR

Lora Hale (USA), Hometown: Sherwood, AR

In Memory Of: Robert (Bob) Snyder (USAF), Hometown: Minneapolis, MN

Facility Notes & Resident Info:

- **Work Orders:** Please call (228) 897-4444 to submit a work order.
- **State Flag Flying at Flagpole:** Colorado, known as the “Centennial State” and “Colorful Colorado” became the 38th state on August 1st, 1876.
- **Room Inspections:** A-Tower Room inspections will be conducted in **November** as follows: Floors 8 & 7: 04 NOV 26, Floors 6 & 5: 18 NOV 26, Floors 4, 3, & 2: 25 NOV 26. Room inspections commence at 0900. B-Tower room inspections will be conducted in December.
- **Wellness Center Sick Call:** Sick Call service hours are 0800 to 0900 Monday through Friday (except federal holidays). We highly recommend that you check in early. If you report after 0900, a nurse may evaluate you and recommend you return the next day. This service is for acute medical conditions only. If you are evaluated for a non-acute condition, you will be instructed to schedule a primary care appointment. Bring all prescription medications, eye drops, inhalers, ointments, vitamins, supplements and other products you purchased to Sick Call.
- **Balcony Lights:** Please remember to turn off your balcony light when not in use to conserve energy and avoid disturbing other Residents.

Recent Bingo & Tournament Results (10/12 – 10/18):

- **Bingo 10/14:** Winner: M. Rhein, D. Quintero, B. Sanders **Jackpot:** \$250 (44 Att.)
- **Bingo 10/16:** Winner: Gerald Boone **Jackpot:** \$240 (41 Att.)
- **Bingo 10/18:** Winner: Marian Swarbrick **Jackpot:** \$240 (41 Att.)
- **Spades 10/13:** 1st: Steve Crews, 2nd: Wolf Kiessling, 3rd: Wayland Webb
- **Horseshoes 10/15:** 1st: Ken Switzer, 2nd: Richard Potratz, 3rd: Joe Blanch

Current Announcements:

- **Trunk-Or-Treat:** Help us welcome approximately 60 fifth-grade students from Anniston Elementary for a fun Trunk-or-Treat at AFRH-G on 29 OCT 2026 @ 1000! Residents are invited to decorate their vehicles and hand out candy to our young visitors. Recreation may be able to assist with decorations, if needed. Want to participate but don't have a vehicle? Stop by Recreation and let us know. We'll help find a way for you to be involved.
- **2026 Resident Guide:** Residents are invited to sign up for a printed copy of the 2026 Resident Guide. The sign-up sheet is available at the Admin Volunteer Desk until 06 NOV 2026. A digital copy will be made available through afrh.gov/gulfport.
- **Fitness Center:** Residents and staff are reminded to please wipe down gym equipment after each use. This simple step helps reduce the spread of illnesses such as COVID-19, influenza (flu), and other seasonal viruses.
- **Horseshoes:** Residents and guests are kindly reminded to pick up the horseshoes and hang them on the post when finished playing.
- **Disabled American Veterans:** On 03 NOV 2026, a DAV representative will share information on available services and benefits from 0900-1030 in the Theatre (Room 1022).
- **Oceans Behavioral Health:** On 03 NOV 2026, a representative from Oceans Behavioral Health will share information on the services that they offer to individuals dealing with mental health issues. Join them in the Theatre (Room 1022) from 1030-1130.
- **Wear Purple Thursday:** Join us this October in wearing purple each Thursday to show your support for Alzheimer's awareness.

Monday, 26 October

- 0900 Catholic Mass (Chapel) *(Monday, Wednesday, & Friday)*
- 0900 Chair Exercise Class (Exercise Room)
- 0930 **TOURNAMENT: Mystery Game (Bocce Center)** *Sign up at Recreation Services*
- 1000 Protestant Prayer Group (Lord’s Cabin) *Monday – Wednesday*
- 1800 **Movie:** *Law Abiding Citizen* (R, 1:48) Drama / Thriller (2009)

Tuesday, 27 October

- 0930 Yoga with Lisa B. (Exercise)
- 0930 Resident Advisory Council (RAC) Meeting (Community Center)
- 1330 **TOURNAMENT: Darts (Club Room)** *Sign up at Recreation Services*
- 1800 **Movie:** *Dungeons & Dragons: Honor Among Thieves* (PG-13, 2:15) Comedy / Mystery (2023)

Wednesday, 28 October

- 0900 Chair Exercise Class (Exercise Room)
- 1030 Bookmobile (outside until 1130)
- 1330 Woodshop Safety Course (Woodshop)
- 1400 **Popcorn Matinee:** *Day Shift* (R, 1:54) Comedy / Action (2022)
- 1400 **CONCERT: JM Stevens Performance** (Community Center)
- 1800 **Movie:** *The Art of Racing in the Rain* (PG, 1:49) Comedy / Sport (219)
- 1800 Evening Bingo (Community Center)

Thursday, 29 October

- 0900 Protestant Prayer Group and Bible Study (Lord’s Cabin)
- 1000 **EVENT: Trunk-or-Treat with Anniston Elementary**
- 1300 **CLASS:** Line Dancing (Exercise Room)
- 1400 **SOCIAL: Boos & Brews Halloween Party & Costume Contest** (Comm. Center)
- 1800 **Movie:** *In the Tall Grass* (TV-MA, 1:41) Horror / Suspense (2019)

Friday, 30 October

- 0900 Chair Exercise Class (Exercise Room)
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie:** *The Black Phone* (R, 1:43) Thriller / Horror (2022)

Saturday, 31 October

Halloween

- 1800 **Movie:** *The Rocky Horror Picture Show* (R, 1:40) Musical / Horror (1975)

Sunday, 01 November

Daylight Saving Time Ends

- 0900 Catholic Sunday Mass (Chapel)
- 0930 Protestant Sunday School (Theater)
- 1015 Protestant Service (Theater)
- 1400 Sunday Bingo (Community Center)
- 1800 **Movie:** *Seven Years in Tibet* (PG-13, 2:16) Drama / Based on Real Life (1997)



Updated!

Town Hall: 0700, 1000, 1700
RAC Meeting: 0900, 1300, 1800
Protestant Service: 0600, 1400
Special Events: 0800, 1500, 1900

SeniorTV Channel Guide:
<https://www.tvtv.us/ms/gulfport/luUSA-MS69527-X>

All movies shown in the Theater unless otherwise noted.

Coming Up in November:

Trip & Tournament Sign-Up Sheets will be posted Tuesday, October 27 at 0830
(This includes the Gulfport High School Veterans Day Breakfast trip)

November brings opportunities to honor our veterans, connect with the community, and enjoy the season! Highlights include the Veterans Day Parade and Breakfast on November 7, Peter Anderson Arts Festival on November 8, USMC Birthday Ceremony on November 10, and Veterans Day Open House on November 11. Later in the month, look forward to the Turkey Trot on November 20 and Thanksgiving Day Luncheon on November 26.
Please see Resident Services with questions/concerns regarding announcements.