



***** **The Plan of the Week** *****
29 MAY 2023 – 4 JUNE 2023



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: 427

AVERAGE AGE: 83.33 as of 01MAY23

RESIDENT WELCOME / FAREWELL / IN MEMORY OF:

WELCOME: Ed English (USAF), Hometown: Mustang, OK
Jan English, Hometown: Mustang, OK
IN MEMORY OF: Arthur VanSickle (USAR), Hometown: Hastings, NE
Raymond Gouin (USAF), Hometown: Montreal, PQ, Canada

RESIDENT WELCOME / FAREWELL:

RETIREMENT: Cynthia Houseman, Security Guard, Security
Philip Kambeitz, Lead Security Guard, Security

FACILITY NOTES & RESIDENT INFO:

- **GATE HOUSE:** Always stop at the Gate when entering AFRH-G to show your ID.
- **WORK ORDERS:** Please call (228) 897-4444 to submit a work order.
- **STATE FLAG FLYING AT FLAGPOLE:** Arkansas, known as the “Natural State” was the 25th state to establish statehood. It achieved statehood on 06/15/1836.
- **ROOM INSPECTIONS:** B-Tower room inspections will be conducted in JUN as follows:
Floors 8 & 7 on 07JUN23, Floors 6 & 5 on 14JUN23, Floors 4, 3, & 2 on 21JUN23.

HEALTHCARE SERVICES NEWS:

- **TRANSPORTATION REQUESTS:** Residents are required to provide a minimum of 48 hours notice for transport requests. Contact Scheduler at Wellness Center Reception Desk or at 228-897-4471. Transportation is space available and priority is residents unable to drive.
- **WELLNESS CENTER AND MEDICATIONS:** Please bring all medications to sick call and appointments to include prescription medications, eye drops, inhalers, ointments, vitamins, supplements and other products you purchased. Failure to do so could result in the Provider rescheduling your appointment.

RECENT BINGO & TOURNAMENT RESULTS:

- **BINGO 5/17:** Winner – Edith Peters **Jackpot:** \$92 (31 Att.)
- **BINGO 5/19:** Winner – Jane French & Bill Truitt **Jackpot:** \$78 (32 Att.)
- **SPADES 5/16:** 1st – Fred Schultz, 2nd – Steve Smith, 3rd – Jerry Anderson
- **CRIBBAGE 5/17:** 1st – Bob Brodeur, 2nd – Wayland Webb, 3rd – Dale McElroy



CURRENT ANNOUNCEMENTS:

- **DINING COMMITTEE:** The RAC Dining Committee will be meeting on 01JUN23 at 1330 in the Dining Room.
- **MEMORIAL DAY:** Federal offices will be closed Monday May 29th in observance of Memorial Day. Offices will reopen Tuesday, please plan accordingly.
- **NAME BADGES:** All residents are required to show their name badge to staff or other residents when asked. Both asking and showing should be done in a respectful way. Residents badges will be with them on campus. When displayed they should be prominent and above your waist line. Guests must wear their name badge.
- **RESIDENT PHONE LISTS:** The Resident Phone List is a Privacy Sensitive document and is intended for Resident use only. Please do not post or leave in common areas/spaces.
- **SEAMSTRESS/CLEANERS:** The Seamstress is available every Mon & Fri from 0900-1000. The Dry Cleaners are available every Wed from 0900-1000.
- **SEWING/ART ROOMS:** The Sewing/Art/Painting rooms will be unlocked starting 19MAY23. This is a community space and we cannot guarantee items will not be tampered with, damaged, or missing. Remove your items if you have concerns.
- **SWIMMING POOL:** Please ensure that you are appropriately dressed while traveling to and from the swimming pool and your room.
- **VOLUNTEERS NEEDED:** Trip Caller volunteers needed. Please contact Rosie Lake at 228-897-4417 or at her office room # 1020.

Please see Resident Services with questions/concerns regarding announcements.



ARMED FORCES RETIREMENT HOME GULFPORT

29 MAY 2023 – 4 JUNE 2023

MONDAY, 29 MAY

Memorial Day Holiday (Federal Offices Closed)

- 0900 Exercise Video – SrTV Channel 4
- 1000 Water Aerobics – AFRH Swimming Pool
- 1130-1300 **Memorial Day “Cook-In” Lunch** – Dining Hall/Community Center
- 1800 MOVIE on SrTV4: “Memorial Day” (R, 104 Min) Action (2012)



TUESDAY, 30 MAY

- 0900 Exercise Video – SrTV Channel 4
- 0900 **Keesler AFB Exchange & Promenade Shopping Trip** (Sign up in Rec Svcs)
- 1000 **Aging Mastery Program** – “Financial Fitness” (Theater) Sign up in Rec Svcs
- 1300 Alcohol Ink Art Activity – Art Studio
- 1400 Spare Time Bowling – Bowling Center
- 1800 MOVIE in Theater: “The Trip to Bountiful” (PG, 108 Min) Drama (1985)



WEDNESDAY, 31 MAY

- 0800 Painting Demonstration – Art Studio
- 0900 Exercise Class – Exercise Room
- 0900 Catholic Mass (Chapel)
- 1000 Water Aerobics – AFRH Swimming Pool
- 1400 POPCORN MATINEE in Theater: “The Sting” (PG, 129 Min) Comedy (1973)
- 1800 MOVIE in Theater: “The Big Chill” (R, 105 Min) Comedy (1983)
- 1830 Bingo – Community Center



THURSDAY, 1 JUNE

- 0900 Exercise Video – SrTV Channel 4
- 0930 Horseshoe Tournament – Outdoor Pits (Sign up in Rec Svcs)
- 0930 Model Trains (RM C-242)
- 1300 Question & Answers about Art – Art Studio
- 1330 Darts Tournament – Club Room A-244 (Sign up in Rec Svcs)
- 1800 MOVIE in Theater: “Treasure of Ruby Hills” (NR, 71 Min) Western (1955)



FRIDAY, 2 JUNE

- 0900 Exercise Class – Exercise Room
- 0900 Catholic Mass (Chapel)
- 0930 Pong Pool Tournament – Bocce Center (RM 1109)
- 1000 Water Aerobics – AFRH Swimming Pool
- 1400 Friday Afternoon Bingo – Community Center (RM 1109)
- 1800 MOVIE in Theater: “The Reliant” (PG13, 140 Min) Action (2019)

SATURDAY, 3 MAY

- 0900 Exercise Video – SrTV Channel 4
- 0900 **Combat Veterans Motorcycle Association Meet & Greet** – Community Center
Donuts and Coffee provided by the CVMA
- 1400 MOVIE in Theater: “Justified” (TV, 44 Min) Crime (2010)
- 1800 MOVIE in Theater: “I Can Only Imagine” (PG, 110 Min) Drama (2018)



SUNDAY, 4 MAY

- 0900 Sunday Mass (Chapel)
- 1030 Protestant Service – (Chapel)
- 1400 MOVIE in Theater: “Justified” (TV, 44 Min) Crime (2010)
- 1800 MOVIE in Theater: “Hunt for Red October” (PG, 135 Min) Action (1990)



COMING UP

- June 5- “Dive-In” Movie Event @ the Pool (Movie begins at 1930)
- June 6- D-Day Tribute Video on SrTV4 @ 1400
- June 10- Premium Outlet Shopping Trip @ 1200
- June 10- Bay St. Louis 2nd Saturday Art Walk Trip @ 1530