



# \*\*\*\*\* The Plan of the Week \*\*\*\*\*

3 JUNE 2024 – 9 JUNE 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: 458 AVERAGE AGE: 82.52 as of 01MAY24

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

**WELCOME:** Edwin Tepera (USAF), Hometown: Arlington, TX

**IN MEMORY OF:** Laneth Womack (USN), Hometown: Lubbock, TX

Raleigh Player (USAF), Hometown: Valdosta, GA

## **EMPLOYEE HAIL / FAREWELL:**

**FAREWELL:** Scott Elliot, Licensed Practical Nurse, 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:** Arkansas, known as the “Natural State”, was the 25<sup>th</sup> 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 05JUN24, Floors 6 & 5 on 12JUN24, Floors 4, 3, & 2 on 26JUN24.

## **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 5/22:** Winners – Phil Mendenhall, John Pecoraro **Jackpot:** \$108 (32 Att.)
- **BINGO 5/24:** Winners – Jane French, Marion Swarbrick **Jackpot:** \$179 (37 Att.)
- **DISC GOLF 5/20:** 1<sup>st</sup> – Steve Crews, 2<sup>nd</sup> – Ken Switzer, 3<sup>rd</sup> – Milton Paul Smith
- **GOLF PUTTING 5/21:** 1<sup>st</sup> – Steve Crews, 2<sup>nd</sup> – Ernest Fowler, 3<sup>rd</sup> – Joe Blanch
- **WAR TOURNEY 5/23:** 1<sup>st</sup> – Michael Cissell, 2<sup>nd</sup> – Edith Peters, 3<sup>rd</sup> – Danny Myers

## **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.
- **LONE EAGLE HONOR FLIGHT:** The Lone Eagle Honor Flight ensures that all veterans, regardless of their geographic location in the U.S., are able to participate in an Honor Flight trip. Minimum of 50 Residents interested needed to schedule flight. Tentatively planning during this Fall season. Sign-up is available at Recreation table.
- **MEMORABILIA:** Memorabilia items may be donated to the home, but must be approved by the Memorabilia Committee before being displayed. Please do not hang or display items in common areas without prior approval.
- **MILITARY IDS:** The RAPIDS office is coming to AFRH-G to update Military IDs on June 3<sup>rd</sup>, 4<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>. You must have 2 valid State or Federal government-issued picture identifications. Sign-up sheets for appointments are in Recreation. Forms are available at RAC office or can be completed at your appointment. Please bring updated ID by Medical Records or Admissions to get the new copy updated in your records.
- **RECYCLE BINS:** Paper recycle bins, located in the trash room of each floor, are for PAPER only. Please do not place trash or any other items in these bins.
- **VOLUNTEERS:** Recreation Therapy, Movie Host, and Package Room volunteers needed. If interested, please see Sean Campbell in office 1204 or call 228-897-4433.

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



# ARMED FORCES RETIREMENT HOME GULFPORT

3 JUNE 2024 – 9 JUNE 2024

## MONDAY, 3 June

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Video (SrTV4)
- 0900 **New DOD ID Printing Services** (Computer Learning Center)
- 1330 Pool Tournament (Club Room)
- 1400 Line Dancing (Exercise Room)
- 1800 **Movie Night:** "Burlesque" (PG-13, 119 Min) Drama/Musical (2010)

## TUESDAY, 4 June

- 0900 Painting Demonstration (Art Studio)
- 0900 **New DOD ID Printing Services** (Computer Learning Center)
- 0930 Washer Toss Tournament (Bocce Center)
- 1400 Spare Time Bowling (Bowling Center)
- 1500 **Chatom Baptist Choir Performance** (Community Center)
- 1500 Android Beginner Class (Computer Learning Center)
- 1800 **Movie Night:** "Magnum Force" (R, 124 Min) Action/Crime (1973)

## WEDNESDAY, 5 June

- 0830 **KAFB Exchange Trip** (*Sign up in Rec Svcs*)
- 0900 Exercise Class (Exercise Room)
- 0900 Catholic Mass (Chapel)
- 1000 Water Aerobics (Pool)
- 1030 Library Book Mobile Visit (Outside: Front Drive) **(1030 – 1130)**
- 1145 **Captain Al's Lunch Trip** (*Sign up in Rec Svcs*)
- 1330 Woodshop Safety (Woodshop)
- 1400 **Popcorn Matinee:** "Dog" (PG-13, 101 Min) Drama/Comedy (2022)
- 1800 **Movie Night:** "They Were Expendable" (NR, 135 Min) Drama/War (1945)
- 1830 Bingo (Community Center)

## THURSDAY, 6 June

### **D-Day (1944)**

- 0900 AFRH-G Model Train Room Open (Room C-242) **(0900 – 1100)**
- 1330 Dining Committee Meeting (Dining Hall)
- 1800 **Movie Night:** "The Stray" (PG, 92 Min) Drama/Family (2017)
- 1830 Android Advanced Class (Computer Learning Center)

## FRIDAY, 7 June

### **National Donut Day**

- 0800 **Coffee and Donuts with the Salvation Army** (Front Drive and 1<sup>st</sup> Floor Lobby)
- 0900 Exercise Class (Exercise Room)
- 0900 Catholic Mass (Chapel)
- 1000 Water Aerobics (Pool)
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie Night:** "Footloose" (PG, 107 Min) Drama/Music/Romance (1984)

## SATURDAY, 8 June

- 0915 Royal Pet Visits (Lobby)
- 1800 **Movie Night:** "The Day the Earth Stood Still" (PG-13, 104 Min) Adven/SciFi (2008)

## SUNDAY, 9 June

- 0900 Sunday Mass (Chapel)
- 1030 Protestant Service (Chapel)
- 1800 **Movie Night:** "Marley & Me: The Puppy Years" (PG, 86 Min) Comedy/Fam (2011)

## DAILY SENIOR TV CHANNEL 4 SCHEDULE:

	Town Hall Updates	0700, 1100, 1400	Protestant Services	0800, 1500
	RAC Meetings & Updates	1000, 1600, 2200	Daily Exercise Class	0900
	Spoken Plan of the Week	0945, 1545	Dry Bar Comedy	1300, 2300
	AFRH-G Special Videos	1200, 2100		

All movies are shown in the Theater.