



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

08 JUNE – 14 JUNE



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: 504 AVERAGE AGE: 81 as of 31MAY26

RESIDENT HAIL / FAREWELL / IN MEMORY OF:

HAIL: Dennis Hebler (USAF), Hometown: Defuniak Springs, FL

Roger Caron (USAF), Hometown: Derry, NH

FAREWELL: Jack Jolly (USAF), Hometown: Opelika, AL

STAFF HAIL / FAREWELL:

HAIL: Scot Elliott, Nurse, Healthcare Service

Tiffany Mensi, Nurse Practitioner, Healthcare Service

Michael Rickett, Medical Records Technician, Healthcare Service

Brooke Sward, Recreation Services Supervisor, Resident Services

Helen VanderGrinten, Licensed Practical Nurse, Healthcare Service

FAREWELL: Charli Poole, Dietitian, Healthcare Service

FACILITY NOTES & RESIDENT INFO:

- **GATE HOUSE:** Use the far right lane to swipe your key at the gate when entering AFRH.
- **WORK ORDERS:** Please call (228) 897-4444 to submit a work order.
- **STATE FLAG FLYING AT FLAGPOLE:** Louisiana, known as the "Sportsman's Paradise", was the 18th state to established statehood on 04/30/1812.
- **ROOM INSPECTIONS:** B-Tower Room inspections will be conducted in JUNE as follows: Floors 8 & 7: 03JUN, Floors 6 & 5: 10JUN, Floors 4, 3 & 2: 17JUN. C-Tower rooms will be conducted in July. Room inspections commence at 0900.
- **DON'T RUN OUT OF MEDICATIONS:** Residents are responsible to ensure that they have a fourteen (14) day minimum supply of medications at all times. It usually takes (5) business days to process medication requests from when they are dropped off (excluding federal holiday and weekends). We don't offer same day Wellness Clinic appointments for prescription renewals so plan accordingly and schedule an appointment before you run out. This is especially important during Hurricane Season.
- **MEAL TICKETS:** Purchase all meal tickets at the Security Desk, M-F (excluding Federal holidays), 0800–1500, subject to volunteer availability.

RECENT BINGO & TOURNAMENT RESULTS (05/25 – 05/31):

- **BINGO 05/27:** Winner: John Pecoraro **Jackpot:** \$205 (41 Att.)
- **BINGO 05/29:** Winner: Marian Swarbrick **Jackpot:** \$189 (42 Att.)
- **HAND & FOOT 05/26:** 1st: Wayland Webb, 2nd: Edwina Bray, 3rd: Diana Hilton
- **I/D SHUFFLEBOARD 05/28:** 1st: Steve Crews, 2nd: Wayland Webb, 3rd: Miller Rehm

CURRENT ANNOUNCEMENTS:

- **VOLUNTEER OPPORTUNITY:** Resident Driver - Volunteer will serve as an on-call GSA van driver to provide afterhours pick up of residents from medical appointments. Training and vehicle familiarization will be provided. Please see Eric Ball, Volunteer Coordinator in Room 1328 for more information. Leave a note if out of the office when you stop by.
- **VOLUNTEER OPPORTUNITY:** Meal Ticket Sales - Volunteer will work from 0800-Noon or Noon-1500, 1-2 days each week. Volunteers will sell meal tickets at the Security Desk. No cash handling required-credit card only. Training will be provided. Stipend may be available. Please see Eric Ball, Volunteer Coordinator in Room 1328 for more information. Leave a note if out of the office when you stop by.
- **PATIO PRESSURE WASHING:** Property Management will begin pressure washing selected A and B Tower patios starting June 10 from approximately 0800 to 1400. Due to the number of patios scheduled, work may continue over several days. Residents scheduled for service will receive advance notice. Residents who do not wish to have their patio pressure washed should contact the CMI Work Order Desk at 228-897-4444.
- **WATER AEROBICS HAVE A NEW DAY:** Beginning the week of 08JUN, Water Aerobics will move to Tuesday/Thursday at 1000.

MONDAY, 08 JUNE

- 0900 Catholic Mass (Chapel)
 0900 Chair Exercise Class (Exercise Room)
 1000 Protestant Prayer Group (Lord's Cabin) *Monday - Wednesday*
 1800 **Movie:** *The Captive* (R, 1:52) Thriller/Crime (2014)

TUESDAY, 09 JUNE

- 1000 Water Aerobics (Pool)
 1000 Art Activity (Community Center)
 1330 **TOURNAMENT: Pinochle (Club Room)** *Sign up at Recreation Services*
 1300 **Tech Tuesday** (Library) *Sign up in the Library*
 1800 **Movie:** *Extraction 2* (R, 2:03) Thriller/Action (2023)

WEDNESDAY, 10 JUNE

- 0900 **TRIP: Gulfport Harbor Farmers Market** *Sign up at Recreation Services*
 0900 Catholic Mass (Chapel)
 0900 Chair Exercise Class (Exercise Room)
 1000 **2026 Hurricane Season Safety Briefing** (Theater)
 1030 Bookmobile (outside until 1130)
 1115 **TRIP: Institute for Marine Mammal Studies** *Sign up at Recreation Services*
 1330 Woodshop Safety Course (Woodshop)
 1400 **Popcorn Matinee:** *Happiness for Beginners* (TV-14, 1:45) Rom/Com (2026)
 1800 **Movie:** *The Magic of Belle Isle* (PG, 1:49) Drama/Comedy (2012)
 1800 Evening Bingo (Community Center)

THURSDAY, 11 JUNE

- 1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
 1000 Water Aerobics (Pool)
 1300 Line Dancing (Exercise Room)
 1330 **TOURNAMENT: Pool (8-Ball) (Club Room)** *Sign up at Recreation Services*
 1800 **Movie:** *American Primeval* (TV-MA, Ep. 3-4) Western (2025)

FRIDAY, 12 JUNE

- 0830 **TRIP: Walmart in Pass Christian** *Sign up at Recreation Services*
 0900 Catholic Mass (Chapel)
 0900 Chair Exercise Class (Exercise Room)
 1130 **TRIP: Hollywood Casino** *Sign up at Recreation Services*
 1400 **CEREMONY: U.S. Army 251st Birthday Ceremony** (Community Center)
 1800 **Movie:** *Luckiest Girl Alive* (R, 1:55) Psychological Drama (2022)

SATURDAY, 13 JUNE

- 1000 **TRIP: MS Gulf Coast Pickle Fest** *Sign up at Recreation Services*
 1800 **Movie:** *Nope* (R, 2:10) Sci-Fi/Horror (2022)

SUNDAY, 14 JUNE

- 0900 Catholic Sunday Mass (Chapel)
 0930 Protestant Sunday School (Theater)
 1015 Protestant Service (Theater)
 1800 **Movie:** *The Chosen: S3, E7* (TV-PG) Drama (2017)

Tech Tuesday is back!

Residents with phone or computer issues are invited to join our tech volunteer in the library from 1300-1500 on the second and fourth Tuesday of each month. The first session will be Tuesday, June 9th. A sign-up sheet is posted on the bulletin board in the Library. Assistance will be provided to registered residents on a first-come, first served basis.

🚲 **BIKE REGISTRATION REMINDER:** 🚲

If you have a bicycle in the garage that has a red tag attached, please contact Recreation Services by June 30. Red-tagged bikes may need to be moved, registered, repaired, or confirmed as still in use.

There are currently almost **30 tagged** bicycles in the parking garage awaiting owner verification. To confirm your bicycle, contact Colette at 228-897-4434 or colette.byarnes@afrh.gov. Please see Colette with any questions.