

# \* \* \* \* \* \* The Plan of the Week \* \* \* \* \* \* \* \* 14 JULY 2025 – 20 JULY 2025



#### 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:** 489 **AVERAGE AGE:** 82 as of 30JUN25

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

HAIL: Mark Thompson (USN), Hometown: Dallas, TX JoAnn Thompson, Hometown: Dayton, OH

## STAFF HAIL / FAREWELL:

FAREWELL: Isaiah Surratt, Security Guard, Security

### 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: Florida, known as the "Sunshine State" was the 27<sup>th</sup> state to establish statehood on 03/03/1845
- ROOM INSPECTIONS: C-Tower room inspections will be conducted in JULY as follows: Floors 4, 3, & 2 on 16JUL. A-Tower will be conducted in August.

## RECENT BINGO & TOURNAMENT RESULTS (6/30 – 07/06):

- > BINGO 07/02: Winner: Bob Smyth
- > BINGO 07/04: Winner: Jane French, Stacey Byington
- > **BINGO 07/06:** Winner: Billy Wilson

- Jackpot: \$154 (44 Att.) Jackpot: \$270 (44 Att.)
  - Jackpot: \$137 (33 Att.)
- > HOOK & RING 07/01: 1<sup>st</sup>: Ken Switzer, 2<sup>nd</sup>: Wolf Kiessling, 3<sup>rd</sup>: Phil Lickliter
- **BOCCE 07/03:** 1<sup>st</sup>: Joe Blanch, 2<sup>nd</sup>: Frank Baker, 3<sup>rd</sup>: Wolf Kiessling

### **CURRENT ANNOUNCEMENTS:**

- MEDICAL APPOINTMENT TRANSPORTATION REQUESTS: Residents are required to provide a minimum 2 business day notice for transport requests. We highly recommend that you inform the Scheduler immediately upon receipt of an appointment; don't wait. Transportation is space available with priority given to residents who are unable to drive. Contact the Scheduler via the Wellness Center Reception Desk or call 228-897-4471.
- VOLUNTEER OPPORTUNITIES: We're looking for a new trip caller! This can be a volunteer or stipend position and it's a great way to get involved and support your community. Interested? See Volunteer Coordinator or Lead Rec. Specialist for more info.
- VOLUNTEER OPPORTUNITIES: We're looking for a new Recreation Assistant and FedEx/UPS Package Room volunteer! The Rec Assistant will be focused on assisting with running Tournaments. The FedEx/UPS volunteer will be making and distributing notes to resident rooms about packages If interested, please see Eric Ball in office 1020.
- TECH SAFETY TIP OF THE WEEK: If a pop-up appears on your computer warning of a virus or security issue, do not click any links or call any phone numbers shown. These messages are often scams designed to trick you into giving access to your device or personal information. Simply close the window, and if you're unsure, contact IT or a trusted staff member for assistance.
- DINING ROOM ETIQUETTE: Please be mindful of other Residents & guests in the dining room by keeping conversations at a respectful volume to ensure a pleasant experience for everyone. Enjoy your meals and your fellowship.
- TIDY DINING ROOM: Let's all work together to keep the dining room clean by tidying up after ourselves. Thank you for helping maintain a pleasant space for everyone!
- CHAIR YOGA: Sage Health will be providing free Chair Yoga classes on the first and third Tuesday of each month at 1000. Next session will be held on July 15. Swing by the Exercise Room to start your day with a good stretch!
- GIFTS TO STAFF/CONTRACTORS: Please remember that meal tickets and financial gifts of any kind are not permitted. However, shared food items like cookies, candy, or snacks may be donated to departments for all to enjoy.
  Please see Resident Services with questions/concerns regarding appouncements

Please see Resident Services with questions/concerns regarding announcements.

## THE WEEK AHEAD

# AFRH-G WEEKLY SCHEDULE: 14 JULY 2025 – 20 JULY 2025



# MONDAY, 14 July

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Water Aerobics (Pool)
- 1000 Protestant Prayer Group (Lord's Cabin) (Monday Thursday)
- 1030 Quarterly Memorial Service (Theater)
- 1400 Musical Matinee: "My Fair Lady" (G, 2:50) Musical (1964)
- 1800 Movie: "Sling Blade" (R, 2:15) Thriller (1996)

## TUESDAY, 15 JULY

- 0900 Painting Demonstration (Art Studio)
- 1000 Chair Yoga with Sage Health (Exercise) \*\*NEW\*\*
- 1000 MWR Meeting (Volunteer Lounge)
- 1130 Birthday Luncheon (Dining Hall)
- 1330 Hearts Tournament (Club Room) Sign up in Recreation Services
- 1800 Movie: "Camelot" (G, 3:00) Musical (1967)

## WEDNESDAY, 16 JULY

- 0800 Armed Forces Museum Trip Sign up in Recreation Services
- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 AFRH Town Hall (Community Center)
- 1000 Water Aerobics (Pool)
- 1030 Bookmobile (Front Drive)
- 1330 Woodshop Safety Course (Woodshop)
- 1400 Popcorn Matinee: "Miracle" (PG, 2:15) Sport (2004)
- 1800 Movie: "The Manchurian Candidate" (R, 2:09) Thriller/Drama (2004)
- 1830 Evening Bingo (Community Center)

## <u>THURSDAY, 17 JULY</u>

- 0900 AFRH-G Model Train Room Open (Room C-242) (0900 1100).
- 0930 Dice Count Tournament (Community Center) Sign up in Recreation Services
- 1300 Line Dancing (Exercise Room)
- 1300 Charlie Pet Visit (Lobby)
- 1300 American Legion Meeting (Theater)
- 1400 Genealogy (Computer Learning Center)
- 1800 Movie: "No Time for Sergeants" (NR, 1:59) Comedy (1958)

# FRIDAY, 18 JULY

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Water Aerobics (Pool)
- 1400 Afternoon Bingo (Community Center)
- 1800 Movie: "Chariots of Fire" (PG, 2:03) Sport (1981)

# SATURDAY, 19 JULY

- 0900 Bird Watching with the Audubon Society (Front Lobby)
- 1800 Movie: "10<sup>th</sup> and Wolf" (R, 1: 05) Thriller (2006)

#### <u>SUNDAY, 20 JULY</u>

- 0900 Catholic Sunday Mass (Chapel)
- 1015 Protestant Service (Theater)
- 1400 Sunday Bingo (Community Center)
- 1800 Movie: "The Widow's Might" (G, 1:41) Western (2009)

# **DAILY SENIOR TV CHANNEL 4 SCHEDULE:**

Town Hall Updates0700, 1100, 1400Protestant Services0800, 1500RAC Meetings & Updates1000, 1600, 2200Daily Exercise Class0900AFRH-G Special Videos1200, 2100Dry Bar Comedy1300, 2300All movies are shown in the Theater.1000, 1600, 2200Dry Bar Comedy1300, 2300

If you cannot attend a trip you signed up for, please cross out your name on the list.