



***** **The Plan of the Week** *****
20 JULY – 26 JULY



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: 506 AVERAGE AGE: 81 as of 30 JUN26

RESIDENT HAIL / FAREWELL / IN MEMORY OF:

HAIL: Dean & Katie Stephens (USN), Hometown: Dallas, TX

James Triplett (USN), Hometown: Pelham, GA

IN MEMORY OF: Joe Shuff (USAF), Hometown: Oberlin, LA

Maurice (Moe) Van Houtte (USAF), Hometown: Detroit, MI

STAFF HAIL / FAREWELL:

HAIL: Lisa Brackeen, Recreation Therapist, Resident Services

Antarian Lenoir, Licensed Practical Nurse, Healthcare Services

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:** Missouri, known as the “Show Me State”, was the 24th state to established statehood on 08/10/1821.
- **ROOM INSPECTIONS:** A-Tower Room inspections will be conducted in AUGUST as follows: Floors 8 & 7: 05AUG Floors 6 & 5: 12AUG, Floors 4, 3 & 2: 19AUG. B-Tower rooms will be conducted in September. Room inspections commence at 0900.
- **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.
- **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 (07/06 – 07/12):

- **BINGO 07/08:** Winner: Katie Keffer **Jackpot:** \$220 (49 Att.)
- **BINGO 07/10:** Winner: Marta Nesbit **Jackpot:** \$250 (57 Att.)
- **PONG 07/07:** 1st: Carol Harmes, 2nd: Frank Baker, 3rd: Steve Crews
- **WAR 07/09:** 1st: Joe Blanch, 2nd: Edwina Bray, 3rd: Mary German

CURRENT ANNOUNCEMENTS:

- **DINING HALL ETIQUETTE:** Thank you for helping keep our Dining Hall welcoming and enjoyable for everyone. Please be mindful of those around you by keeping conversations at a respectful volume during meals. Residents are also asked not to remove food, dishes, silverware, or other Dining Hall items, and to take only the food, condiments, and dining supplies they plan to use while dining. This helps ensure adequate supplies remain available for all residents. Thank you for your cooperation and courtesy.
- **VOLUNTEER OPPORTUNITIES:** *Volunteer Admin Assistant:* Volunteer will staff the Admin reception desk Fridays from 0730-1130 and 1300-1500, providing information and assistance to residents, staff, and guests. *FedEx/ UPS Package Room Volunteer:* Volunteer will assist by logging in packages and distributing them between 1-3PM 1 day/ week. For more information or to apply, see Eric Ball, Volunteer Coordinator in Room 1328. Please leave a note if out of office.
- **OVERNIGHT GUESTS:** Limit of 28 total overnight guest days per calendar year (14 days Jan-Jun, 14 days Jul-Dec). Additional nights require Administrator approval. Guests must check in with Security and wear visitor badges.
- **SMOKING & VAPING:** Smoking and vaping are prohibited inside all buildings, balconies, and within 25 feet of entrances. Please use designated outdoor smoking areas only.

Please see Resident Services with questions/concerns regarding announcements.

MONDAY, 20 JULY

- 0900 Catholic Mass (Chapel)
- 0900 Chair Exercise Class (Exercise Room)
- 1000 Protestant Prayer Group (Lord's Cabin) *Monday - Wednesday*
- 1800 **Movie:** *Lucy* (R, 1:30) Action/Sci-Fi (2014)

TUESDAY, 21 JULY

- 0900 Water Aerobics (Pool)
- 1130 **Monthly Birthday Luncheon** (Dining Hall & Community Center)
- 1330 **TOURNAMENT: Spades (Club Room)** *Sign up at Recreation Services*
- 1800 **Movie:** *His & Hers: Ep 5-6* (TV-MA, 1:30) Thriller (2026)

WEDNESDAY, 22 JULY

- 0900 Catholic Mass (Chapel)
- 0900 Chair Exercise Class (Exercise Room)
- 1030 Bookmobile (outside until 1130)
- 1330 Woodshop Safety Course (Woodshop)
- 1400 **Popcorn Matinee:** *Enola Holmes (2 of 3)* (PG-13, 2:11) Mystery/Adventure (2022)
- 1800 **Movie:** *Jurassic World Dominion* (PG-13, 2:26) Action/Sci-Fi (2022)
- 1800 Evening Bingo (Community Center)

THURSDAY, 23 JULY

- 0650 **TRIP: The Downtowner Breakfast Trip** *Sign up at Recreation Services*
- 0845 **TRIP: KAFB Exchange Trip** *Sign up at Recreation Services*
- 0900 Water Aerobics (Pool)
- 1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
- 1000 **BingoCize!** (Exercise Room)
- 1300 Charlie Pet Visit (Lobby)
- 1300 Line Dancing (Exercise Room)
- 1330 **New Resident Orientation** (Theater)
- 1330 **TOURNAMENT: Dice Count (Community Center)** *Sign up at Recreation Services*
- 1800 **Movie:** *The American Experiment: Ep. 3* (NR, 1:15) Documentary/Mini-Series (2026)

FRIDAY, 24 JULY

- 0900 Catholic Mass (Chapel)
- 0900 Chair Exercise Class (Exercise Room)
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie:** *Becky* (R, 1:33) Thriller/Action (2020)

SATURDAY, 25 JULY

- 1800 **Movie:** *The Wrath of Becky* (R, 1:23) Action/Thriller (2023)

SUNDAY, 26 JULY

- 0900 Catholic Sunday Mass (Chapel)
- 0930 Protestant Sunday School (Theater)
- 1015 Protestant Service (Theater)
- 1800 **Movie:** *The Chosen: S4, E7* (TV-PG) Drama (2017)

TRIP SIGN-UP SHEET REMINDERS:

To help keep trip sign-ups fair and accurate for everyone, please print your full name and room number clearly when signing up for a trip. If you need to cancel, please scratch through your own name and initial the change so staff know it was made by you. When adding your name to a trip or waitlist, always sign at the end of the list. Please do not sign above a scratched-out name. Residents who sign above a scratched-out name will be moved to the bottom of the waitlist, as staff are unable to determine when the name was added. Thank you for helping Recreation keep our trip sign-up process organized, fair, and enjoyable for everyone!