



***** **The Plan of the Week** *****
28 JULY 2025 – 03 AUGUST 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: 490 AVERAGE AGE: 82 as of 31JUL25

RESIDENT HAIL / FAREWELL / IN MEMORY OF:

HAIL: Philip Burnett (USMC), Hometown: Van Wert, OH

Travis Quesenberry (USN), Hometown: Gulfport, MS

IN MEMORY OF: Terry "Lee" Byrd (USA), Hometown: Ocean Springs, MS

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:** Iowa, known as the "Hawkeye State" was the 29th state to establish statehood on 12/28/1846.
- **ROOM INSPECTIONS:** A-Tower room inspections will be conducted at in AUGUST as follows: Floors 7 & 8 on 06AUG, Floors 5 & 6 on 13AUG, Floors 4, 3, & 2 on 20JUL. B-Tower will be conducted in September. Room inspections start at 0900.

RECENT BINGO & TOURNAMENT RESULTS (07/14 – 07/20):

- **BINGO 07/16:** Winner: Stacey Byington **Jackpot:** \$150 (36 Att.)
- **BINGO 07/18:** Winner: Stacey Byington **Jackpot:** \$144 (34 Att.)
- **BINGO 07/20:** Winner: Richard Haynes **Jackpot:** \$128 (33 Att.)
- **HEARTS 07/15:** 1st: Fred Schultz, 2nd: Wayland Webb, 3rd: Joe Blanch
- **DICE COUNT 07/17:** 1st: Wayland Webb, 2nd: Philip Lickliter, 3rd: Frank Baker

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.
 - **TECH SAFETY TIP OF THE WEEK:** When disposing of old devices such as cell phones or laptops, be sure to remove or wipe any personal data before recycling or donating them.
 - **SENIORTV UPDATES:** SeniorTV has been updated! If you're having trouble getting the new channels to appear on your television, please reach out to a member of Resident or Recreation Services. We're happy to help get you reconnected and up to date!
 - **SENIORTV ONLINE TV GUIDE:** Please visit the following website to access the online TV guide for SeniorTV: <https://www.tvtv.us/ms/gulfport/luUSA-MS69527-X> (Helpful note: view The Plan of the Week online at www.afrh.gov/gulfport to follow the direct link on the PDF).
 - **HANDY HELPERS:** Need a hand? Active Duty Navy volunteers will be on campus Friday, August 1 from 0830-1100 to help with small tasks like turning a mattress (please strip your bed), moving furniture, or assembling items. Volunteers work in pairs and cannot accept tips or assist with anything involving personal or financial info. Sign-up at Recreation.
 - **BUZZ-WORTHY NEWS:** There are new residents buzzing around AFRH-G! Some new beehives have been placed near the garden plots, now home to approximately 20,000 honey bees. These busy newcomers will help pollinate the gardens and add a little extra buzz to our community. Please enjoy from a distance and do not disturb the hives.
 - **SERVICE PETS FRIENDLY REMINDER:** Please remember that service dogs are working animals, not pets. Do not pet, feed, or try to get the attention of a service dog while they are on duty. Always ask the owner for permission before approaching or interacting with their dog. Distractions can interfere with the dog's ability to safely assist their handler.
 - **VOLUNTEER OPPORTUNITIES:** We're looking for a Recreation Assistant (RA) and Package Room Messenger! The RA will be assisting with tournaments; Package Room Messenger is for Mondays & Saturdays. If interested, please see Eric Ball in office 1020.
 - **PMD SAFETY:** PMDs must be driven at safe speeds, especially in hallways and public areas. Please slow down near doorways, intersections, and elevators to avoid accidents.
- Please see Resident Services with questions/concerns regarding announcements.***

MONDAY, 28 July

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Water Aerobics (Pool)
- 1000 Protestant Prayer Group (Lord’s Cabin)
- 1000 Tournament Meeting for Current Players (Theater)
- 1400 **“Korea: The Never-Ending War” Documentary Screening (Theater)**
- 1800 **Movie: “Midway” (PG-13, 2:18) War (2019)**

TUESDAY, 29 JULY

- 0900 Painting Demonstration (Art Studio)
- 0930 RAC Meeting (Theater)
- 1000 Protestant Prayer Group (Lord’s Cabin)
- 1330 **Hand & Foot Tournament (Club Room)** *Sign up in Recreation Services*
- 1400 Spare Time Bowling (Bocce Center)
- 1800 **Movie: “Sophie’s Choice” (R, 2:30) Romance (1982)**

WEDNESDAY, 30 JULY

- 0800 **Flight Works Alabama** *(Sign-ups have closed for this trip)*
- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Water Aerobics (Pool)
- 1000 Protestant Prayer Group (Lord’s Cabin)
- 1030 **Bookmobile** (Front Drive)
- 1330 Woodshop Safety Course (Woodshop)
- 1400 **Popcorn Matinee: “Patriot Games” (R, 1:57) Action (1995)**
- 1800 **Movie: “Papillon” (PG, 2:31) Crime (1973)**
- 1830 Evening Bingo (Community Center)

THURSDAY, 31 JULY

- 0900 AFRH-G Model Train Room Open (Room C-242) **(0900 – 1100)**
- 1000 Protestant Prayer Group & Bible Study (Lord’s Cabin)
- 1800 **Movie: “Mister Roberts” (NR, 2:032) Comedy (1955)**

FRIDAY, 01 AUGUST

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Water Aerobics (Pool)
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie: “LBJ” (R, 1:38) Drama/History (2016)**

SATURDAY, 02 AUGUST

- 1800 **Movie: “Gone in the Night” (R, 1:30) Thriller (2022)**

SUNDAY, 03 AUGUST

- 0900 Catholic Sunday Mass (Chapel)
- 1015 Protestant Service (Theater)
- 1400 Sunday Bingo (Community Center)
- 1800 **Movie: “Everyday Miracles” (NR, 1:33) Drama (2015)**

If you cannot attend a trip you signed up for, please cross out your name on the list.
Senior TV has been updated. New SrTV Channel 2 schedule will be posted soon.

Resident Advisory Committee (RAC) Chair Candidate Nominations
(Received as of Thursday Morning)
King Houston

August Sign-Up Sheets for Trips and Tournaments will be posted on Tuesday, July 29 at 0830 in Recreation Services (outside Office 1208).