



\*\*\*\*\* **The Plan of the Week** \*\*\*\*\*  
**11 AUGUST 2025 – 17 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:** William (Bill) Sanders (USN), Hometown: Gulfport, MS  
Dexter & Maria Nesbit (USN), Hometown: Virginia Beach, VA

**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:** California, known as the “Golden State” was the 31<sup>st</sup> state to establish statehood on 09/09/1850.
- **ROOM INSPECTIONS:** A-Tower room inspections will be conducted at in AUGUST as follows: Floors 5 & 6 on 13AUG, Floors 4, 3, & 2 on 20AUG. B-Tower will be conducted in September. Room inspections commence at 0900.

**RECENT BINGO & TOURNAMENT RESULTS (07/28 – 08/03):**

- **BINGO 07/30:** Winners: John Stahlhut, Donna Gaudet **Jackpot:** \$165 (40 Att.)
- **BINGO 08/01:** Winner: Marian Swarbrick **Jackpot:** \$163 (38 Att.)
- **BINGO 08/03:** Winner: Joe Chappel **Jackpot:** \$151 (36 Att.)
- **HAND & FOOT 07/29:** 1<sup>st</sup>: Mary German, 2<sup>nd</sup>: Carol Harmes, 3<sup>rd</sup>: Jan English

**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:** Be cautious of phone calls claiming to be from government agencies or financial institutions asking for personal information. When in doubt, hang up and call the official number directly (not a number provided by the caller).
- **POOL FURNITURE:** Special thanks to the Old Soldiers Home Foundation for the new pool furniture, made possible through the efforts of our resident representatives.
- **ANNUAL PMD CLEANING:** On Wednesday, September 17, from 0800 – 1200, volunteers will provide free cleaning for PMDs, rollators, and wheelchairs. Please bring your device to the north-east corner of the parking garage. Remove all personal items before drop-off.
- **TRASH ROOM GUIDANCE:** Please take a moment to review the Trash Room Guidance flyers posted in each trash room before disposing of garbage. Do not dispose of sharps, needles, or medical supplies in the trash. All boxes must be flattened and stacked neatly. Only 13-gallon or smaller trash bags should be used. Regular trash should not be placed in the paper recycling bins. We appreciate your efforts in keeping our trash rooms safe and clean for everyone. Contact Darren Jones at 228-897-4449 with any questions.
- **RECREATION CALENDAR REVISIONS:** Please check the TV outside of the Exchange for calendar revisions. Changes are marked with a highlighted REVISED next to the date.
- **VOLUNTEER OPPORTUNITIES:** Do you enjoy films and friendly faces? We're looking for a Movie Host to assist 1–2 days per week in the Theater. Days are flexible and negotiable! Duties are light; set up the movie, welcome residents, and press play. No red carpet required! Interested? Please contact Eric Ball, Volunteer Coordinator, 228-897-4417
- **PACKAGE ROOM UPDATES:** Package slips from the FedEx/UPS Package Room are delivered to residents' doors between 1000 - 1330, Monday through Saturday. Residents should check their doors for slips and pick up parcels during Package Room hours: 1300 - 1500, Monday through Saturday.

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

**MONDAY, 11 AUGUST**

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 **Town Hall with Mr. RisCassi, AFRH COO** (Community Center)
- 1000 Water Aerobics (Pool)
- 1000 Protestant Prayer Group (Lord's Cabin)
- 1000 **Ice Cream Social with the American Red Cross** (Community Center)
- 1800 **Movie: "Catwoman"** (PG-13, 1:44) Action/Thriller (2004)

**TUESDAY, 12 AUGUST**

- 0830 Painting Demonstration (Art Studio)
- 1000 **Tech Essentials for Seniors with Humana** (Theater)
- 1000 Protestant Prayer Group (Lord's Cabin)
- 1330 **Pool Tournament** (Club Room) *Sign up in Recreation Services*
- 1400 Spare Time Bowling (Bocce Center)
- 1800 **Movie: "Made for Each Other"** (NR, 1:32) Romance/Comedy (1939)

**WEDNESDAY, 13 AUGUST**

- 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: "Gravity"** (PG-13, 1:30) Thriller/Sci-Fi (2013)
- 1800 **Movie: "The Day After Tomorrow"** (R, 1:59) Action/Sci-Fi (2019)
- 1830 Evening Bingo (Community Center)

**THURSDAY, 14 AUGUST**

- 0900 AFRH-G Model Train Room Open (Room C-242) (0900 – 1100)
- 0930 **Indoor Shuffleboard Tournament** (Bocce Center) *Sign up in Recreation Services*
- 1000 Protestant Prayer Group & Bible Study (Lord's Cabin)
- 1130 **Luau Luncheon** (Dining Hall)
- 1300 Line Dancing (Exercise)
- 1400 Fleet Reserve Association Meeting (Theater)
- 1800 **Movie: Senior Theater Thursday Presents "Country Western JamBoree"**

**FRIDAY, 15 AUGUST**

- 0830 **National Maritime Museum** (Formerly Gulf Quest) *Sign up in Recreation Services*
- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Water Aerobics (Pool)
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie: "Beirut"** (R, 1:49) Thriller/Action (2018)

**SATURDAY, 16 AUGUST**

- 1800 **Movie: "Jericho"** (PG-13, 1:42) Western/Thriller (2000)

**SUNDAY, 17 AUGUST**

- 0900 Catholic Sunday Mass (Chapel)
- 1015 Protestant Service (Theater)
- 1400 Sunday Bingo (Community Center)
- 1800 **Movie: "Exodus: Gods and Kings"** (PG-13, 2:30) Adventure/Action (2014)

**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.**

SeniorTV Channel Guide: <https://www.tvtv.us/ms/gulfport/luUSA-MS69527-X>

**Resident Advisory Committee (RAC) Chair Candidate Nominations**

(Received as of 07AUG)

King Houston