



***** **The Plan of the Week** *****
24 AUGUST – 30 AUGUST



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 31JUL26

RESIDENT HAIL / FAREWELL / IN MEMORY OF:

HAIL: Betty Prewett (USA), Hometown: Weaver, AL

IN MEMORY OF: Eugene “Smitty” Smith (USN), Hometown: Bloomfield, NM

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:** Iowa, known as the “Hawkeye State”, was the 29th state to established statehood on 12/28/1846.
- **ROOM INSPECTIONS:** A-Tower Room inspections will be conducted in AUGUST as follows: Floors 4, 3 & 2: 19AUG26.
B-Tower rooms will be conducted in September. Room inspections commence at 0900.
- **DON'T RUN OUT OF MEDICATIONS:** Residents are responsible to ensure that they have a fourteen day minimum supply of medications at all times. It takes an average of five business days to process medication requests from when they are dropped off (excluding federal holiday and weekends). Same day appointments for prescription renewals are not available so plan accordingly and schedule an appointment well before you run out.
- **MEAL TICKETS:** Purchase all meal tickets at the Security Desk, M-F (excluding Federal holidays), 0800–1500, subject to volunteer availability.
- **DINING HALL REMINDER:** Please see the Dining Hall Reminder posted on your RAC Board for important information regarding food transfer procedures and taking only the food and condiments needed for your meal.

RECENT BINGO & TOURNAMENT RESULTS (08/03 – 08/09):

- **BINGO 08/12:** Winner: Ron Klein **Jackpot:** \$240 (44 Att.)
- **BINGO 08/14:** Winner: Jerry McCollum **Jackpot:** \$230 (48 Att.)
- **BINGO 08/16:** Winner: Dexter Nesbit **Jackpot:** \$221 (45 Att.)
- **HAND & FOOT 08/11:** 1st: Barbara Shook, 2nd: Ken Switzer, 3rd: Jim Stockford

CURRENT ANNOUNCEMENTS:

- **QUIET HOURS:** To help maintain a comfortable and peaceful environment for everyone, Residents are reminded to observe quiet hours from 2200 hours to 0600 hours. During these hours, please be considerate of your neighbors and keep noise to a minimum. This includes: do not operate machines in the laundry room, keep televisions, music and conversations at a low volume, and avoid activities that may disturb Residents in neighboring rooms or above or below your room. We appreciate everyone’s cooperation in helping ensure that all Residents can enjoy a quiet and restful night.
- **LOW VISION VETERANS:** On Saturday, Aug. 29, the Blinded Veterans Association and Meta will be distributing Ray Ban Meta AI glasses to blinded veterans at AFRH. The event will be from 1500-1700 in the Community Center. Please see the Chief of Resident Services with questions (x4402).
- **RAC ELECTIONS:** AFRH-G will hold Resident Advisory Committee (RAC) elections for Chairperson and Floor Representatives on 10 Sep 2026. Nominations are open 31 Jul–31 Aug 2026 and may be submitted to the Ombudsman or Chief of Resident Services. Candidates must meet eligibility requirements outlined in the RAC Directive. Approved nominees will be announced weekly in TPOW. Residents interested in serving on the Electoral Team to assist with voting and ballot counting should contact the Ombudsman (x4404) or Chief of Resident Services (x4402).
CURRENT NOMINATIONS: King Houston
- **RESIDENT BIKES:** If you have a bicycle stored in the parking garage, please make sure it is registered and confirmed with Recreation. If your bicycle does not have a registration sticker, please visit the Recreation Office to register it. **See back for more details.**
Please see Resident Services with questions/concerns regarding announcements.

MONDAY, 24 AUGUST

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
0930 **TOURNAMENT:** Mystery Game (Bocce Center)
1000 Protestant Prayer Group (Lord's Cabin) *Monday – Wednesday*
1030 VA Low Vision Program Meeting (Community Center)
1800 **Movie:** *The Hunger Games: Mockingjay Part 2* (PG-13, 2:03) Sci-Fi/Dystopian (2014)

TUESDAY, 25 AUGUST

0900 Water Aerobics (Pool)
0930 **RAC Meeting** (Community Center)
1130 Monthly Birthday Luncheon (Dining Hall)
1300 **Tech Tuesday** (Library) *Sign up in the Library*
1330 **TOURNAMENT: I/D Shuffleboard (Bocce Center)** *Sign up at Recreation Services*
1800 **Movie:** *Havoc* (TV-MA, 1:47) Action/Adventure (2025)

WEDNESDAY, 26 AUGUST

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1030 Bookmobile (outside until 1130)
1330 Woodshop Safety Course (Woodshop)
1400 **Popcorn Matinee:** *Ordinary Angels* (PG, 1:58) Drama/True Story (2024)
1800 **Movie:** *American Graffiti* (PG, 1:52) Comedy/Musical (1973)
1800 Evening Bingo (Community Center)

THURSDAY, 27 AUGUST

0900 Water Aerobics (Pool)
1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
1000 Art with Milt (Community Center)
1230 **TRIP: Maritime and Seafood Industry Museum** *Sign up at Recreation Services*
1300 Line Dancing (Exercise Room)
1330 **TOURNAMENT: Corn Toss (Bocce Center)** *Sign up at Recreation Services*
0845 **TRIP: Ship Island Excursions Dolphin Watching Cruise**
1800 **Movie:** *Denial* (PG-13, 1:49) Drama/History/True Story (2016)

FRIDAY, 28 AUGUST

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1400 Afternoon Bingo (Community Center)
1800 **Movie:** *Broke* (R, 1:43) Western/Drama (2025)

SATURDAY, 29 AUGUST

1500 VA Low Vision Program Meeting (Community Center)
1800 **Movie:** *In the Land of Saints & Sinners* (R, 1:46) Thriller/Action (2023)

SUNDAY, 30 AUGUST

0900 Catholic Sunday Mass (Chapel)
0930 Protestant Sunday School (Theater)
1015 Protestant Service (Theater)
1800 **Movie:** *The Chosen: S7* (TV-PG) Drama (2017)

Bicycle Registration & Storage

- **Beginning August 28, unclaimed bicycles will be removed from the Bicycle Parking Area and garage. This includes unclaimed bicycles with or without a registration sticker. Bikes in usable condition will be donated to the Salvation Army.**
- **If your bicycle is parked along the perimeter of the parking garage, please relocate it to the designated bicycle parking area on the east side of the main entrance. Bicycles should not be parked, stored, or covered in other areas of the garage, including motorcycle parking spaces, elevator banks, or chained to support columns.**
- **Not sure if your bicycle is registered? See Recreation Services or call 228-897-4434.**