



***** The Plan of the Week *****



31 AUGUST – 06 SEPTEMBER

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: 504 AVERAGE AGE: 81 as of 31JUL26

RESIDENT HAIL / FAREWELL / IN MEMORY OF:

HAIL: Ruth McKinsey (USAF), Hometown: Beverly Hills, FL

FAREWELL: S. Phil Ford (USN), Hometown: Philadelphia, PA

Glynn Atchley (USAF), Hometown: Catron, MO

IN MEMORY OF: Ronald Hopkins (USA), Hometown: Binghamton, NY

STAFF HAIL / FAREWELL:

HAIL: Kadedra Anderson, Certified Nursing Assistant, Healthcare Services

Kyriisa Danos, Dietitian, 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:** Wisconsin, known as the “Badger State”, became the 30th state on May 29, 1848.
- **ROOM INSPECTIONS:** B-Tower Room inspections will be conducted in SEPTEMBER as follows: Floors 8 & 7: 02SEP26; Floors 6 & 5: 09SEP26; Floors 4, 3, & 2: 16SEP26. Room inspections commence at 0900. C-Tower room inspections will be conducted in October.
- **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. Same day appointments for prescription renewals are not available so please plan accordingly.
- **WELLNESS VISITS AND MEDICATIONS:** Bring all prescription medications, eye drops, inhalers, ointments, vitamins, supplements and other products you purchased to Sick Call and to every appointment. If you are unable to retrieve your medications in a timely manner, the Provider may direct that your appointment be rescheduled.
- **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 08/19:** Winner: Stacey Byington **Jackpot:** \$193 (43 Att.)
- **BINGO 08/21:** Winner: C. Mahoney, G. Loftus **Jackpot:** \$206 (46 Att.)
- **MYSTERY GAME 08/17:** 1st: Carol Harmes, 2nd: Steve Crews, 3rd: Ken Switzer
- **HOOK & RING 08/18:** 1st: Ken Switzer, 2nd: Steve Crews, 3rd: Wolf Kiessling
- **POOL 08/120:** 1st: Glynn Atchley, 2nd: Joe Blanch, 3rd: Fred Schultz

CURRENT ANNOUNCEMENTS:

- **QUIET HOURS:** 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 to ensure that all Residents can enjoy a quiet and restful night.
- **CHIEF SELECTS:** Chiefs and Chief Selectees from NAS JRB New Orleans will be on campus 01SEP26 from 1200-1500. Please visit them in the Dining Room from 1200-1300 and in the Community Center from 1300-1400.
- **RAC ELECTIONS:** AFRH-G will hold Resident Advisory Committee (RAC) elections for Chairperson and Floor Representatives on 10SEP2026. The nomination period for RAC Chairperson and Floor Representatives ends on 31AUG26. The RAC Chairperson Forum will be on 03SEP26 at 1400 in the Community Center if more than one candidate is nominated. Forum question forms are available from the Ombudsman, Chief of Resident Services, and Security. Diana Dopp has been nominated for RAC Chairperson.

MONDAY, 31 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*
1800 **Movie:** *The Hunger Games: The Ballad of Songbirds and Snakes* (PG-13, 2:37) Sci-Fi/Dystopian (2023)

TUESDAY, 01 SEPTEMBER

0900 Water Aerobics (Pool)
0930 **Yoga with Lisa B. (Exercise Room) NEW!**
1000 Art with Milt (Community Center)
1330 **TOURNAMENT: Hearts (Club Room)** *Sign up at Recreation Services*
1800 **Movie:** *Turning Point: 9/11 & the War on Terror* (TV-14, 1:00) Docu-Series (2026)

WEDNESDAY, 02 SEPTEMBER

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1030 Bookmobile (outside until 1130)
1330 Woodshop Safety Course (Woodshop)
1400 **Popcorn Matinee:** *Lift* (PG-13, 1:46) Comedy/Action (2024)
1800 **Movie:** *Spy Game* (R, 2:06) Action/Adventure (2001)
1800 Evening Bingo (Community Center)

THURSDAY, 03 SEPTEMBER

0900 Water Aerobics (Pool)
1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
1300 Line Dancing (Exercise Room)
1330 **TOURNAMENT: Washer Toss (Bocce Center)** *Sign up at Recreation Services*
1400 **Resident Advisory Committee (RAC) Forum (Pending)** (Community Center)
1800 **Movie:** *The Beguiled* (R, 1:33) Drama/Thriller (2017)

FRIDAY, 04 SEPTEMBER

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1100 **TRIP: Fremaux Town Center – Slidell, LA** *Sign up at Recreation Services*
1400 Afternoon Bingo (Community Center)
1800 **Movie:** *I Swear* (R, 2:00) Drama/Based on Real Life (2025)

SATURDAY, 05 SEPTEMBER

1800 **Movie:** *Facing El Chapo* (R, 1:32) Action/Adventure (2026) [English Dubbed]

SUNDAY, 06 SEPTEMBER

0900 Catholic Sunday Mass (Chapel)
0930 Protestant Sunday School (Theater)
1015 Protestant Service (Theater)
1400 Sunday Bingo (Community Center)
1800 **Movie:** *The Chosen: S5* (TV-PG) Drama (2017)

Bicycle Registration & Storage

- **Beginning 28AUG26, 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.
Please see Resident Services with questions/concerns regarding announcements.