



\*\*\*\*\* **The Plan of the Week** \*\*\*\*\*  
**16 SEPTEMBER 2024 – 22 SEPTEMBER 2024**



**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: 473      AVERAGE AGE: 82.41 as of 01SEP24**

**RESIDENT WELCOME / FAREWELL / IN MEMORY OF:**

**WELCOME:** Ernest (Ray) Lenaz (USMC), Hometown: Gulfport, MS  
 Patrick LaNasa (USMC), Hometown: New Orleans, LA  
 Thomas Sims Sr. (USA), Hometown: Hattiesburg, MS  
 Darryl Schilling (USN), Hometown: Hammond, LA

**FAREWELL:** Joseph Duboise (USAF), Hometown: Erath, LA

**IN MEMORY OF:** Bobbie Naboni (USA), Hometown: Acworth, GA  
 Richard Budney (USN), Hometown: Pittsburgh, PA  
 Charles (Charlie) Moore (USNR), Hometown: Franklin NC  
 Charles Barnes (USA), Hometown: Jay, FL

**EMPLOYEE HAIL / FAREWELL:**

**FAREWELL:** Kela Berry, Medical Records Technician, Healthcare Services

**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:** South Dakota, known as the “The Mount Rushmore State”, was the 40<sup>th</sup> state to establish statehood on 11/02/1889.
- **ROOM INSPECTIONS:** B-Tower room inspections will be conducted in SEP as follows: Floors 4, 3, & 2 on 18SEP24. C-Tower will be in OCT.

**HEALTHCARE SERVICES NEWS:**

- **WELLNESS CENTER AND MEDICATIONS:** Bring all medications to Sick Call and every appointment. Primary Care Providers are required to review each medication at each visit. Bring all prescription medications, eye drops, inhalers, ointments, vitamins, supplements and other products you purchased. Failure to bring all medications to your appointment may result that your appointment be rescheduled.

**RECENT BINGO & TOURNAMENT RESULTS (09/02 – 09/08):**

- **BINGO 9/4:** Winner: Stacey Byington      **Jackpot:** \$152 (34 Att.)
- **BINGO 9/6:** Winner: Cara Haggerty      **Jackpot:** \$116 (39 Att.)
- **HEARTS 9/3:** 1<sup>st</sup> – Robert Brodeur, 2<sup>nd</sup> – Frank Baker, 3<sup>rd</sup> – Mary German
- **SPADES 9/5:** 1<sup>st</sup> – Fred Schultz, 2<sup>nd</sup> – Wayland Webb, 3<sup>rd</sup> – Ken Switzer

**CURRENT ANNOUNCEMENTS:**

- **VETERANS HISTORY PROJECT:** If you are interested in being interviewed for the Veterans History Project, interest sheets and information will be posted at Recreation Services. Please see Librarian with questions.
- **DIABETIC EDUCATION CLASS:** Keesler Air Force Base is hosting a series of Diabetic Education Classes every Thursday throughout September in the Theater at 1000.
- **GUEST ROOMS:** Guest rooms must be reserved by the Resident, NOT the visitor. This ensures that the Resident is aware they are coming and approves of them staying. Check-in is at 1500 and check-out is by 1000.
- **SUICIDE AWARENESS MONTH:** September is Suicide Awareness Month. If you or someone you know is struggling, please know that you are not alone. Reach out for support by calling the Suicide & Crisis Lifeline at 988.
- **TECH TUESDAY:** Tech Tuesday will be held every Tuesday from 1400-1500 in the Library. Please sign-up in Recreation Services.
- **VOLUNTEERS:** New Resident Sponsor volunteers needed. If interested, please see Eric Ball in office 1020 or call 228-897-4417.
- **RECREATION TRIPS:** The Port of Gulfport/Ocean Aero Tour on 24 Sept. has been postponed to 10 Oct. Residents who signed up with be contacted with additional info.  
*Please see Resident Services with questions/concerns regarding announcements.*



# ARMED FORCES RETIREMENT HOME GULFPORT

## 16 SEPTEMBER 2024 – 22 SEPTEMBER 2024

### MONDAY, 16 SEPTEMBER

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise Room)
- 0930 Horseshoe Tournament (Horseshoe Pit) (*Sign up in Recreation Services*)
- 1000 Water Aerobics (Pool)
- 1000 Line Dancing (Exercise Room)
- 1400 **Ice Cream Social** (Community Center)
- 1800 **Movie Night:** "Guess Who" (PG-13, 105 Min) Farce/Comedy/Romance (2005)

### TUESDAY, 17 SEPTEMBER

- 0900 Painting Demonstration (Art Studio)
- 1000 MWR Committee Meeting (Volunteer Lounge)
- 1115 Birthday Pictures (Flag – Dining Hall)
- 1130 **Monthly Birthday Lunch** (Dining Hall)
- 1400 Tech Tuesday (Library) (*Sign up in Recreation Services*)
- 1400 **Annual Games Forum** (Theater)
- 1400 Spare Time Bowling (Bowling Center)
- 1800 **Movie Night:** "The Wedding Date" (PG-13, 90 Min) Romance/Comedy (2005)

### WEDNESDAY, 18 SEPTEMBER

#### **U.S. Air Force 77<sup>th</sup> Birthday**

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise Room)
- 1000 **Town Hall** (Community Center)
- 1000 Water Aerobics (Pool)
- 1030 **Bookmobile** (Front Drive) (1030 – 1130)
- 1330 Woodshop Safety (Wood Shop)
- 1400 **U.S. Air Force Birthday Ceremony** (Community Center)
- 1400 **Popcorn Matinee:** "Olympus Has Fallen" (R, 119 Min) Action/Thriller (2013)
- 1800 **Movie Night:** "Dirty Dancing" (PG-13, 100 Min) Drama/Romance/Music (1987)
- 1830 Bingo (Community Center) **B I N G O**

### THURSDAY, 19 SEPTEMBER

- 0700 **Global Wildlife Center Trip** (*Sign up in Recreation Services*)
- 0900 AFRH-G Model Train Room Open (Room C-242) (0900 – 1100)
- 1000 **KAFB Diabetic Education Class** (Theater)
- 1330 Darts Tournament (Club Room) (*Sign up in Recreation Services*)
- 1400 Genealogy (Computer Learning Center)
- 1800 **Movie Night:** "Waiting for Forever" (PG-13, 105 Min) Rom/Comedy/Drama (2010)

### FRIDAY, 20 SEPTEMBER

#### **POW/MIA Recognition Day**

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise Room)
- 1000 Water Aerobics (Pool)
- 1400 **POW/MIA Recognition Day Ceremony** (Community Center)
- 1800 **Movie Night:** "Blood Work" (R, 110 Min) Action/Thriller/Mystery/Drama (2002)

### SATURDAY, 21 SEPTEMBER

- 1800 **Movie Night:** "It's Complicated" (R, 120 Min) Comedy/Drama/Romance (2009)

### SUNDAY, 22 SEPTEMBER

#### **First Day of Fall!**

- 0900 Sunday Mass (Chapel)
- 1030 Protestant Service (Chapel)
- 1800 **Movie Night:** "Suburban Madness" (R, 120 Min) Drama (2004)

#### **DAILY SENIOR TV CHANNEL 4 SCHEDULE:**



Town Hall Updates	0700, 1100, 1400	Protestant Services	0800, 1500
RAC Meetings & Updates	1000, 1600, 2200	Daily Exercise Class	0900
Spoken Plan of the Week	0945, 1545	Dry Bar Comedy	1300, 2300
AFRH-G Special Videos	1200, 2100		

All movies are shown in the Theater unless otherwise noted.