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The Plan of the Week

07 September – 13 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: 503 AVERAGE AGE: 81 as of 31AUG26

Resident Hail / Farewell / In Memory Of:

IN MEMORY OF: Warren Barbour (USAF), Hometown: Spokane, WA

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:** California, known as the “Golden State”, became the 31st state on September 9th, 1850.
- **ROOM INSPECTIONS:** B-Tower Room inspections will be conducted in SEPTEMBER as follows: Floors 6 & 5: 09SEP26; Floors 4, 3, & 2: 16SEP26. Room inspections commence at 0900. C-Tower room inspections will be conducted in October.
- **WELLNESS VISITS AND MEDICATIONS:** Bring all medications to Sick Call and to 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. If you are unable to retrieve your medications in a timely manner, the Provider may direct that your appointment be rescheduled.
- **WELLNESS CENTER SICK CALL:** Sick Call service hours are 0800 to 0900 Monday through Friday (except federal holidays). We highly recommend that you check in early. If you report after 0900, a nurse may evaluate you and recommend you return the next day. This service is for acute medical conditions only. If you are evaluated for a non-acute condition, you will be instructed to schedule a primary care appointment.

Recent Bingo & Tournament Results (08/24 – 08/30):

- **BINGO 08/26:** Winner: Steven Fors **Jackpot:** \$232 (38 Att.)
- **BINGO 08/28:** Winner: J. Swarbrick, G. Giegerich **Jackpot:** \$218 (48 Att.)
- **BINGO 08/21:** Winner: Tom Wilson **Jackpot:** \$161 (44 Att.)
- **MYSTERY GAME 08/24:** 1st: Wayland Webb, 2nd: Richard Potratz, 3rd: Wolf Kiessling
- **I/D SHUFFLEBOARD 08/25:** 1st: Carol Harmes, 2nd: Frank Baker, 3rd: Wayland Webb
- **CORN TOSS 08/27:** 1st: Richard Potratz, 2nd: Wolf Kiessling, 3rd: Frank Baker

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.
- **TOWN HALL DATE CHANGE:** September’s Town Hall has been **rescheduled** to 1000 on Wednesday, 23SEP26. Please join us in the Community Center.
- **RAC ELECTIONS:** King Houston and Diana Dopp are the Resident Advisory Committee Chairperson candidates. The RAC Chairperson election will be on Thursday, 10SEP26, in the Community Center from 0900-1100 and 1300-1400. Please see the Ombudsman or Chief of Resident Services for an Absentee Ballot.
- **VOLUNTEER OPPORTUNITY:** Volunteer Trip Caller: Volunteer will provide information and assistance to residents on Recreation-sponsored trips. A stipend may be available. For more information, or to apply, see Eric Ball, Acting Volunteer Coordinator, in Room 1329. Please leave a note if out of office.
- **SHARE YOUR STORY:** The Mississippi Library Commission is seeking veterans who are interested in sharing their military experiences for the Library of Congress Veterans History Project. Preserve your story and help future generations understand the experiences of those who served our nation. Please contact Becki Zschiedrich, Public Affairs, at 228-897-4429 for more information.

Please see Resident Services with questions/concerns regarding announcements.

Monday, 07 September

Labor Day – Federal Holiday

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1000 Protestant Prayer Group (Lord's Cabin) *Monday – Wednesday*
1800 **Movie:** *The Debt Collector* (TV-MA, 2:14) Action/Adventure (2026)

Tuesday, 08 September

0900 Water Aerobics (Pool)
0930 **Yoga with Lisa B. (Exercise Room) NEW!**
1000 Art with Milt (Community Center)
1330 **TOURNAMENT: Bridge (Club Room)** *Sign up at Recreation Services*
1800 **Movie:** *Turning Point: 9/11 & the War on Terror Ep.2* (TV-14, 1:00) Docu-Series ('21)

Wednesday, 09 September

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1030 Bookmobile (outside until 1130)
1330 Woodshop Safety Course (Woodshop)
1400 **Popcorn Matinee:** *The Hitman's Bodyguard* (R, 1:58) Comedy/Action (2017)
1800 **Movie:** *Mile 22* (R, 1:34) Thriller/Action (2018)
1800 Evening Bingo (Community Center)

Thursday, 10 September

0900 Water Aerobics (Pool)
0900 **Resident Advisory Committee (RAC) Voting** (Community Center)
1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
1300 Line Dancing (Exercise Room)
1330 **TOURNAMENT: Indoor Putting (Bocce Center)** *Sign up at Recreation Services*
1800 **Movie:** *The Harder They Fall* (R, 2:19) Western/Action (2021)

Friday, 11 September

Patriot Day

0830 **TRIP: Walmart – Pass Christian, MS** *Sign up at Recreation Services*
0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1130 **TRIP: Walk-On's Sports Bistreaux – D'Iberville, MS** *Sign up at Recreation Services*
1400 Afternoon Bingo (Community Center)
1800 **Movie:** *Zero Dark Thirty* (R, 2:31) Drama/Based on Real Life (2012)

Saturday, 12 September

0915 Royal Pet Visits (Lobby)
1800 **Movie:** *The Trial of the Chicago 7* (R, 2:10) Drama/Based on Real Life (2020)

Sunday, 13 September

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



Town Hall: 0700, 1100, 1400
RAC Meeting: 1000, 1600, 2200
Protestant Service: 0800, 1500
Special Events: 0900, 1900

SeniorTV Channel Guide:

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

All movies are shown in the Theater unless otherwise noted.

Trip Etiquette Reminders:

- Residents should be ready to board 15 minutes before the scheduled departure time, both when leaving AFRH-G and when returning from the trip destination. Residents using a wheelchair or PMD, or transferring from a wheelchair to a bus seat, should arrive 30 minutes prior to allow time for boarding.
- On trips with multiple stops, please tell the Trip Caller where you plan to get off and return to that same location for pickup. Always confirm the return time with the Trip Caller or driver before leaving the bus.
- Residents who miss the scheduled departure or choose to stay behind are responsible for their own transportation back to AFRH-G.