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The Plan of the Week

14 September – 20 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

Staff Hail / Farewell:

Hail: Alysha Dillon, Administrative Assistant, Healthcare Services

Tasheila Jenkins, Certified Nursing Assistant, 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:** Minnesota, known as the “Gopher State” and the “North Star State”, became the 32nd state on May 11th, 1858.
- **Room Inspections:** B-Tower Room inspections will be conducted in **September** as follows: 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.
- **We’re in Storm Season – 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). We don’t offer same day appointments for prescription renewals so plan accordingly and schedule appointments well before you run out.

Recent Bingo & Tournament Results (08/31 – 09/06):

- **BINGO 09/02:** Winner: Wayland Webb **Jackpot:** \$200 (36 Att.)
- **BINGO 09/04:** Winner: Jerry McCollum **Jackpot:** \$229 (42 Att.)
- **BINGO 09/06:** Winner: J. Pecoraro, G. Giegerich **Jackpot:** \$124 (34 Att.)
- **Mystery Game 08/31:** 1st: Wayland Webb, 2nd: Steve Crews, 3rd: Wolf Kiessling
- **Hearts 09/01:** 1st: Wolf Kiessling, 2nd: Wayland Webb, 3rd: Steve Crews
- **Washer Toss 09/03:** 1st: Wayland Webb, 2nd: Steve Crews, 3rd: Joe Blanch

Current Announcements:

- **Balconies:** Do not throw any objects from your balcony or place items that may blow off in high winds. Recent issues include soft drink cans and other objects being thrown or blown off balconies. Thank you for your cooperation.
- **VA Vision Impairment Services:** Robin Sniffen, with the Biloxi VA Vision Impairment Services Team, will be onsite Friday, 18SEP26 to assist residents with low vision needs. She will be in Room 1235 (located across the hall from the Lord’s Cabin) from 0800 until 1200 to assist low vision residents.
- **Voter Registration Drive:** Staff from the Mississippi Secretary of State’s Office will be onsite Monday, 21SEP26, from 1030–1230 to assist residents with voter registration. The team will be located outside the Dining Hall entrance near the C-Tower elevators.
- **Town Hall Date Change:** September’s Town Hall has been **rescheduled** to 1000 on Wednesday, 23SEP26. Please join us in the Community Center.
- **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 in Room 1329.
- **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, 14 September

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
0930 **TOURNAMENT: Mystery Game (Bocce Center)** *Sign up at Recreation Services*
1000 Protestant Prayer Group (Lord's Cabin) *Monday – Wednesday*
1400 **SOCIAL: Ice Cream & Beignets (Community Center)**
1800 **Movie: The Truthers** (R, 1:46) Drama/Thriller (2026)

Tuesday, 15 September

0900 Water Aerobics (Pool) *(continuing select Tues/Thurs/Sat until pool closes)*
0930 Yoga with Lisa B. (Exercise Room) NEW!
1130 **Monthly Birthday Luncheon (Dining Hall)**
1330 **TOURNAMENT: Cribbage (Club Room)** *Sign up at Recreation Services*
1800 **Movie: Turning Point: 9/11 & the War on Terror Ep.3** (TV-14, 1:00) Docu-Series ('21)

Wednesday, 16 September

Town Hall Rescheduled to 23SEP

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1030 Bookmobile (outside until 1130)
1330 Woodshop Safety Course (Woodshop)
1400 **Popcorn Matinee: The Man From Toronto** (PG-13, 1:52) Comedy/Action (2022)
1800 **Movie: Chief of Station** (NR, 1:38) Thriller/Action (2024)
1800 Evening Bingo (Community Center)

Thursday, 17 September

CARF Visit

0845 **TRIP: KAFB Exchange** *Sign up at Recreation Services*
0900 Water Aerobics (Pool)
1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
1030 MWR Meeting (RAC) (Volunteer Lounge)
1145 **TRIP: Buc-ee's Mississippi** *Sign up at Recreation Services*
1300 Line Dancing (Exercise Room)
1300 Charlie Pet Visit (Lobby)
1330 **TOURNAMENT: WAR (Community Center)** *Sign up at Recreation Services*
1400 **CLASS: Genealogy (Computer Learning Center)**
1800 **Movie: The Ridiculous 6** (PG-13, 2:00) Satire/Western (2015)

Friday, 18 September

USAF 79th Birthday & POW/MIA Recognition Day

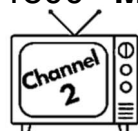
0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1400 **CEREMONY: United States Air Force 79th Birthday Ceremony & National POW/MIA Recognition Day** (Community Center)
1800 **Movie: Caught Stealing** (R, 1:46) Crime/Thriller (2025)

Saturday, 19 September

1800 **Movie: The King** (R, 2:20) Drama/Period (2019)

Sunday, 20 September

0900 Catholic Sunday Mass (Chapel)
0930 Protestant Sunday School (Theater)
1015 Protestant Service (Theater)
1400 Sunday Bingo (Community Center)
1800 **Movie: The Chosen: S7** (TV-PG) Drama (2017)



Town Hall: 0700, 1000, 1700

RAC Meeting: 0900, 1300, 1800

Protestant Service: 0600, 1400

Special Events: 0800, 1500, 1900

SeniorTV Channel Guide:

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

Updated!

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.