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The Plan of the Week

21 September – 27 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 31AUG26

Resident Hail / Farewell / In Memory Of:

HAIL: Gerald D'Antoni (USN), Hometown: New Orleans, LA

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:** Oregon, known as the “Beaver State” became the 33rd state on February 14th, 1859.
- **Room Inspections:** C-Tower Room inspections will be conducted in **October** as follows: Floors 8 & 7: 07OCT26; Floors 6 & 5: 14OCT26; Floors 4, 3, & 2: 21OCT26. Room inspections commence at 0900. A-Tower room inspections will be conducted in November.
- **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 09/09:** Winner: Floyd Rogers **Jackpot:** \$203 (38 Att.)
- **Bingo 09/11:** Winner: Ed Farrell **Jackpot:** \$196 (34 Att.)
- **Bridge 09/08:** 1st: Clyde Hairston, 2nd: Wayland Webb, 3rd: Ken Switzer
- **Indoor Putting 09/010:** 1st: Ken Switzer, 2nd: Frank Baker, 3rd: Joe Blanch

Current Announcements:

- **RAC Election Results:** King Houston has been reelected as Chairman of the Resident Advisory Committee.
- **Safety:** Lithium-ion batteries power electric bikes (e-bikes), but if they are damaged or used incorrectly, they can catch fire or explode. To ensure your safety, it is critical to follow proper charging and storage guidelines. Please monitor your battery for warning signs, including unusual odors, discoloration, overheating, swelling, leaking, or smoking, or if the battery fails to hold a charge. If you notice any of these issues, stop using the e-bike immediately. Check this week's Safety Tip of the Week for more essential guidance on preventing fires and maintaining your safety.
- **Guests & Visitors Reminder:** We love seeing Residents share our beautiful campus and activity spaces with family and friends! For everyone's safety and enjoyment, please remain with your guests while they are using AFRH facilities. Children and guests must be accompanied by a Resident while visiting the pool, bocce center, bowling center, fitness center, and club room. Thank you for helping us keep these spaces safe and enjoyable for all.
- **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.
- **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.
- **Dining Committee:** The Dining Committee will meet at 1330 on Wednesday, 23SEP26, in the Volunteer Lounge, Room 1021.

Monday, 21 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*
1030 **Voter Registration Drive** (Dining Hall Entrance – C Tower) 1030-1230
1800 **Movie: A Private Life** (R, 1:46) Mystery/Crime (2025) [French]

Tuesday, 22 September

0900 Water Aerobics (Pool) (*continuing select Tues/Thurs/Sat until pool closes*)
0930 Yoga with Lisa B. (Exercise Room) NEW!
1000 Art with Milt (Community Center)
1330 **TOURNAMENT: Bowling (Bocce Center)** Sign up at Recreation Services
1800 **Movie: Turning Point: 9/11 & the War on Terror Ep.4** (TV-14, 1:00) Docu-Series ('21)

Wednesday, 23 September

Town Hall Rescheduled to 23SEP

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1000 AFRH Town Hall (Community Center)
1030 Bookmobile (outside until 1130)
1100 **TRIP: Bacchus on the Bayou** Sign up at Recreation Services
1330 Woodshop Safety Course (Woodshop)
1330 Dining Committee Meeting (RAC) (Volunteer Lounge)
1400 **Popcorn Matinee: The Gentlemen** (R, 1:46) Comedy/Action (2019)
1800 **Movie: Arthur the King** (PG-13, 1:48) Adventure/Sport (2024)
1800 Evening Bingo (Community Center)

Thursday, 24 September

0900 Water Aerobics (Pool)
1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
1300 Line Dancing (Exercise Room)
1330 **TOURNAMENT: Hand, Knee, & Foot (Club Room)** Sign up at Recreation Services
1800 **Movie: Old Henry** (NR, 1:38) Western/Action (2021)

Friday, 25 September

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
0900 Pharmacy Class (Theater) *Offered 0900 & 1400*
1400 Afternoon Bingo (Community Center)
1800 **Movie: Freefall: A Reckoning for Boeing** (R, 1:35) Documentary (2026)

Saturday, 26 September

1800 **Movie: The Long Game** (PG, 1:52) Drama/True Story (2023)

Sunday, 27 September

0900 Catholic Sunday Mass (Chapel)
0930 Protestant Sunday School (Theater)
1015 Protestant Service (Theater)
1800 **Movie: Concert: Tommy Emmanuel: Center Stage** (1:47) Live Concert (2008)



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.

Please see Resident Services with questions/concerns regarding announcements.