



***** **The Plan of the Week** *****
22 SEPTEMBER – 28 SEPTEMBER 2025



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: 494 AVERAGE AGE: 82 as of 31AUG25

RESIDENT HAIL / FAREWELL / IN MEMORY OF:

HAIL: Myron Newton (USA), Hometown: Hindsville, GA
Daniel Butler (USN), Hometown: Okeechobee, FL

IN MEMORY OF: Eugene Allison (USN), Hometown: Livingston, AL
Thomas (Tom) Carras (USA), Hometown: Cleveland, OH

STAFF HAIL / FAREWELL:

HAIL: Cameron Cooley, Licensed Practical Nurse, Healthcare Services
Amber Granger, Licensed Practical Nurse, Healthcare Services
Myia Lane, Social Worker, 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:** Nebraska, known as the “Cornhusker State” was the 37th state to establish statehood on 3/1/1867.
- **ROOM INSPECTIONS:** C-Tower room inspections will be conducted at in OCTOBER as follows: Floors 8 & 7 on 01OCT; Floors 6 & 5 on 08OCT, Floors 4, 3, & 2 on 15OCT. A-Tower will be conducted in November. Room inspections commence at 0900.

RECENT BINGO & TOURNAMENT RESULTS (09/08 – 09/14):

- **BINGO 09/10:** Winner: George Loftus **Jackpot:** \$118 (36 Att.)
- **BINGO 09/07:** Winner: Joan Harrell **Jackpot:** \$118 (36 Att.)
- **SPADES 09/09:** 1st: Wayland Webb, 2nd: Steve Crews, 3rd: Fred Ray
- **CORN TOSS 09/11:** 1st: Wayland Webb, 2nd: Paul Smith, 3rd: Glynn Atchley

CURRENT ANNOUNCEMENTS:

- **WELLNESS CENTER & 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.
- **TECH SAFETY TIP OF THE WEEK:** Use strong, unique passwords for each account. Avoid reusing the same password across multiple sites.
- **BOARDWALK TV:** The television on the boardwalk has been damaged and is no longer working. A replacement has been ordered and will be installed soon. PMD users: please be mindful of your surroundings when turning to avoid hitting items nearby.
- **LOOKING OUT FOR EACH OTHER:** You may see Larry Harper and his service dog, Leela, around the halls. Leela is trained to walk on the left side of the hallway, and Larry is working with her to shift over to the right. To help keep everyone safe and comfortable, we ask that residents using PMDs or wheelchairs kindly call out or say hello when approaching, so Larry and Leela know you're nearby. Please remember that Leela is working and should not be approached or distracted without Larry's permission.
- **SECURITY ENHANCEMENT:** Electricians will be working on the resident floors to install repeaters as part of a new, upgraded door access system for resident rooms. Thank you for your patience as we complete these improvements to enhance security & convenience.
- **TOWER CARTS:** The carts for Towers A, B, & C are shared by all residents and should be returned to the garage elevator landing promptly after use. Please do not keep carts for extended periods of time so they remain available for everyone.
- **RESIDENT FEE CALCULATIONS:** Resident fees are calculated using gross income, which includes both taxable and non-taxable income. Please note that gambling losses are not considered in fee calculations. If you have specific questions or concerns about how fees are determined, please stop by the Business Center for assistance.

Please see Resident Services with questions/concerns regarding announcements.

MONDAY, 22 SEPTEMBER

- 0700 **Global Wildlife Center Trip**
- 0800 New Military ID Card Printing (Computer Learning Center) *Sign up at RAC Office*
- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Protestant Prayer Group (Lord's Cabin) *(Monday – Thursday)*
- 1400 **Ice Cream Social** (Community Center)
- 1800 **Movie:** *Perfect Opposites* (PG-13, 1:30) Romance/Comedy (2004)

TUESDAY, 23 SEPTEMBER

- 0830 Painting Demonstration (Art Studio)
- 0900 **Painting Activity (Community Center 0900 – 1500)**
- 1000 Protestant Prayer Group (Lord's Cabin)
- 1330 **Darts Tournament** (Club Room) *Sign up in Recreation Services*
- 1800 **Movie:** *X2: X-Men United* (PG-13, 2:13) Action/Sci-Fi (2003)

WEDNESDAY, 24 SEPTEMBER

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1000 Protestant Prayer Group (Lord's Cabin)
- 1330 Woodshop Safety Course (Woodshop)
- 1400 **Popcorn Matinee:** *Ant-Man & the Wasp* (PG-13, 1:58) Sci-Fi/Action (2018)
- 1800 **Movie:** *Swiss Family Robinson* (G, 2:06) Family (1960)
- 1830 Evening Bingo (Community Center)

THURSDAY, 25 SEPTEMBER

- 0848 **KAFB Exchange** *Sign up in Recreation Services*
- 0900 AFRH-G Model Train Room Open (Room C-242) *(0900 – 1100)*
- 0930 **Dice Count Tournament** (Community Center) *Sign up in Recreation Services*
- 1000 Protestant Prayer Group & Bible Study (Lord's Cabin)
- 1145 **Fremaux Town Center Slidell** *Sign up in Recreation Services*
- 1300 Line Dancing (Exercise)
- 1315 **New Resident Orientation** (Theater)
- 1800 **Movie:** *Land of Bad* (R, 1:54) Action (2024)

FRIDAY, 26 SEPTEMBER

- 0900 Catholic Mass (Chapel)
- 0900 Exercise Class (Exercise)
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie:** *The D.I.* (NR, 1:46) Action (1957)

SATURDAY, 27 SEPTEMBER

- 1800 **Movie:** *Jack Reacher* (PG-13, 1:58) Action (2016)

SUNDAY, 28 SEPTEMBER

- 0900 Catholic Sunday Mass (Chapel)
- 1015 Protestant Service (Theater)
- 1800 **Movie:** *Thicker than Water* (G, 2:00) Drama (2005)

If you cannot attend a trip you signed up for, please cross out your name on the list.

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

2025 Senior Games are here! Sign up at Recreation Services by September 26 for an extra 2 points added to your final score!

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| 10.15.25 – Dice Count | 10.16.25 – Golf Putting (Outdoor) |
| 10.17.25 – Football Toss | 10.17.25 – Softball Toss |
| 10.20.25 – Indoor Shuffleboard | 10.21.25 – Pong Pool |
| 10.22.25 – Pong | 10.23.25 – Washer Toss |
| 10.23.25 – Poker Walk | 10.27.25 – Bocce Bal |
| 10.28.25 – War Card Game | 10.29.25 – Corn Toss |