



***** **The Plan of the Week** *****
28 September – 04 October



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:

506

Average Age: 81 as of 31 AUG 26

Resident Hail / Farewell / In Memory Of:

HAIL: Herbert McArthur (ARNG), Hometown: Holland, NY

Samuel Stitt III (USN), Hometown: Shelby, MI

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:** Kansas, known as the “Sunflower State” became the 34th state on January 29th, 1861.
- **Room Inspections:** C-Tower Room inspections will be conducted in **October** as follows: Floors 8 & 7: 07 OCT 26; Floors 6 & 5: 14 OCT 26; Floors 4, 3, & 2: 21 OCT 26. Room inspections commence at 0900. A-Tower room inspections will be conducted in November.
- **Medical Appointment Transportation Requests:** Residents are required to provide a minimum 2 business day notice for transport requests. We highly recommend that you inform the Scheduler immediately upon receipt of an appointment; don’t wait. Transportation is space available with priority given to residents who are unable to drive. Contact the Scheduler via the Wellness Center Reception Desk or call 228-897-4471.
- **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. Bring all prescription medications, eye drops, inhalers, ointments, vitamins, supplements and other products you purchased to Sick Call.

Recent Bingo & Tournament Results (9/14 – 9/20):

- **Bingo 09/16:** Winner: W. Webb, D. Quintero, M. Swarbrick **Jackpot:** \$227 (38 Att.)
- **Bingo 09/20:** Winner: Stacey Byington **Jackpot:** \$191 (47 Att.)
- **Mystery Game 09/14:** 1st: Richard Potratz, 2nd: Jim Lovett, 3rd: Michael Cissell
- **Cribbage 09/15:** 1st: Mike Brafford 2nd: Wolf Kiessling, 3rd: Edwina Bray
- **War 09/17:** 1st: Joe Blanch, 2nd: Steve Crews, 3rd: Miller Rehm

Current Announcements:

- **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, & club room. Thank you for helping us keep these spaces safe & enjoyable for all.
- **Did You Know?** Many guide dogs are trained to maintain a consistent position on the left side of all sidewalks to keep the handler safe and away from edges.
- **Powered Mobility Devices (PMDs):** AFRH Residents who operate a PMD are required to provide and/or show proof of a written prescription (order) by a Physician or Nurse Practitioner; and demonstrate the competence to operate a PMD through an assessment given by Physical Therapy. PMDs must also be registered with Security and operated at “turtle speed,” meaning no faster than a normal walking pace.
- **Wear Purple Thursday:** Join us this October in wearing purple each Thursday to show your support for Alzheimer’s awareness.

Monday, 28 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
1800 **Movie: Triple Frontier** (R, 2:0) Military/Action (2019)

Tuesday, 29 September

0900 Water Aerobics (Pool) (continuing select Tues/Thurs/Sat until pool closes)
0900 **TRIP: Lambert's Cafe** Sign up at Recreation Services
0930 Yoga with Lisa B. (Exercise Room) NEW!
0930 Resident Advisory Committee (RAC) Meeting (Community Center)
1300 Tech Tuesday Sign up in the Library
1330 **TOURNAMENT: I/D Disc Golf (Bocce Center)** Sign up at Recreation Services
1800 **Movie: Turning Point: 9/11 & the War on Terror Ep.5** (TV-14, 1:00) Docu-Series ('21)

Wednesday, 30 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: Stolen Baby** (TV-14, 1:26) Drama/Based on true events (2023)
1800 **Movie: A Dogs Purpose** (PG, 1:40) Family/Comedy (2017)
1800 Evening Bingo (Community Center)

Thursday, 1 October

0900 Water Aerobics (Pool)
0900 **TRIP: Shady Acres Villiage** Sign up at Recreation Services
1000 Protestant Prayer Group and Bible Study (Lord's Cabin)
1300 Line Dancing (Exercise Room)
1330 **TOURNAMENT: Yahtzee (Community Center)** Sign up at Recreation Services
1540 **TRIP: Dolphin Watch Cruise** Sign up and pay at Recreation Services
1800 **Movie: Penguin Bloom** (TV-14, 1:35) Drama/Family (2021)

Friday, 2 October

0900 Catholic Mass (Chapel)
0900 Chair Exercise Class (Exercise Room)
1400 Afternoon Bingo (Community Center)
1400 Facilities and Operations Committee Meeting (Volunteer Lounge)
1800 **Movie: Those Who Wish Me Dead** (R, 1:39) Thriller (2021)

Saturday, 3 October

1800 **Movie: Top Gun Maverick** (PG-13, 2:11) Drama/Action (2022)

Sunday, 4 October

0900 Catholic Sunday Mass (Chapel)
0930 Protestant Sunday School (Theater)
1015 Protestant Service (Theater)
1400 Sunday Bingo
1800 **Movie: Concert: Tommy Emmanuel: Center Stage** (1:47) Live Concert (2008)



Updated!

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>

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.