



***** **The Plan of the Week** *****
05 October – 11 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:

505

Average Age:

81 as of 30SEP26

Resident Hail / Farewell / In Memory Of:

HAIL: Jeffrey (Scott) Stafford (USA), Hometown: Rockwall, TX
Roger Jones (USN), Hometown: Georgetown, SC

IN MEMORY OF: Herbert Hovis (USAF), Hometown: Rush Springs, OK
Edward Hyland (USN), Hometown: New Haven, CT
Norman Nowak (USAF), Hometown: Detroit, 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:** West Virginia, known as the “Mountain State” became the 35th state on June 20th, 1863.
- **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.

Recent Bingo & Tournament Results (9/21 – 9/27):

- **Bingo 09/23:** Winner: Wayland Webb **Jackpot:** \$194 (35 Att.)
- **Bingo 09/25:** Winner: Dexter Nesbit **Jackpot:** \$242 (47 Att.)
- **Mystery Game 09/21:** 1st: Ken Switzer, 2nd: Carol Harmes, 3rd: Wayland Webb
- **Bowling 09/22:** 1st: Steve Crews, 2nd: Richard Potratz, 3rd: Jim Lovett
- **Hand, Knee, Foot 09/24:** 1st: Howard LeMaire, 2nd: Michael Cissell, 3rd: Marty Bruchis

Current Announcements:

- **Cruisin’ the Coast Traffic:** Expect heavy traffic along Highway 90 during Cruisin’ the Coast this week (04-11 OCT). When possible, use Anniston Avenue or DeBuys Road to access Pass Road and avoid Highway 90 traffic.
- **Resident Movie Survey:** Help us improve our movie collection and future movie selections! Recreation is reviewing our current DVD collection and would like your input on the types of movies you enjoy. Pick up a Resident Movie Survey in the Library or Recreation, complete your preferences, and return it to Recreation. Your feedback will help guide future movie selections and updates to our DVD collection. Survey available 09/29 - 10/09
- **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.

Please see Resident Services with questions/concerns regarding announcements.

Monday, 05 October

- 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: Sniper No Nation** (R, 1:36) Action / Adventure (2026)

Tuesday, 06 October

- 0930 Yoga with Lisa B. (Exercise Room) NEW!
- 1315 **EVENT: Cruisin’ for Vets (Front Drive)**
- 1800 **Movie: The Last House** (PG-13, 1:52) Sci-Fi / Horror (2026)

Wednesday, 07 October

- 0900 Catholic Mass (Chapel)
- 0900 Chair Exercise Class (Exercise Room)
- 1030 Bookmobile (outside until 1130)
- 1330 Woodshop Safety Course (Woodshop)
- 1330 Dining Committee Meeting (Volunteer Lounge)
- 1400 **Popcorn Matinee: The Breadwinner** (PG, 1:39) Comedy (2026)
- 1800 **Movie: The Ministry of Ungentlemanly Warfare** (R, 2:00) War / Action (2024)
- 1800 Evening Bingo (Community Center)

Thursday, 08 October

- 0900 Water Aerobics (Pool)
- 0900 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 Sixth Sense** (PG-13, 1:47) Horror / Mystery (1999)

Friday, 09 October

- 0830 **TRIP: Walmart in D’Iberville** Sign up at Recreation Services
- 0900 Catholic Mass (Chapel)
- 0900 Chair Exercise Class (Exercise Room)
- 1130 **TRIP: Gulfport Premium Factory Outlets** Sign up at Recreation Services
- 1400 Afternoon Bingo (Community Center)
- 1800 **Movie: Animals** (R, 1:46) Thriller / Crime (2026)

Saturday, 10 October

- 0900 Water Aerobics (Pool)
- 1800 **Movie: Anaconda** (PG-13, 1:29) Horror / Action (1997)

Sunday, 11 October

- 0900 Catholic Sunday Mass (Chapel)
- 0930 Protestant Sunday School (Theater)
- 1015 Protestant Service (Theater)
- 1800 **Movie: The Boy Who Harnessed the Wind** (TV-PG, 1:53) Family / Drama (2019)



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.

Veterans Day Open House

Help us honor the generations of service represented at AFRH-Gulfport! Residents are invited to create a Veterans Day Bio Board highlighting their military service, including photos, duty stations, assignments, awards, or favorite memories. Bio Boards will be displayed during our Veterans Day Open House on November 11. Stop by Recreation for more information or to pick up a Bio Board form to complete and return by 16 Oct.