



***** **The Plan of the Week** *****
4 DECEMBER 2023 – 10 DECEMBER 2023



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: 444

AVERAGE AGE: 82.91 as of 01DEC23

RESIDENT WELCOME / FAREWELL / IN MEMORY OF:

WELCOME: Jay Swarbrick (USA), Hometown: Oxford, AL
Marian Swarbrick, Hometown: Oxford, AL

IN MEMORY OF: John Brazitis (USAF), Hometown: Grand Rapids, MI

FACILITY NOTES & RESIDENT INFO:

- **GATE HOUSE:** Always stop at the Gate when entering AFRH-G to show your ID.
- **WORK ORDERS:** Please call (228) 897-4444 to submit a work order.
- **STATE FLAG FLYING AT FLAGPOLE:** Territory of American Samoa, Motto is "Samoa, Let God Be First". It became a territory on 04/17/1900, adopted current flag 04/26/1960.
- **ROOM INSPECTIONS:** B-Tower room inspections will be conducted in DEC as follows: Floors 8 & 7 on 06DEC23, Floors 6 & 5 on 13DEC23, Floors 4, 3, & 2 on 20DEC23.

HEALTHCARE SERVICES NEWS:

- Whether seeing your Wellness Center Provider, an urgent care doctor, emergency room physician, or **cardiologist**, bringing your medications along will help them provide you with the best care possible and avoid any of the following medication reconciliation problems: Medication Duplications, Medication Dosage Errors and Medication Interactions. Thank for helping us safely take care of you!
- COVID is on the rise! Be vigilant! Handwashing and masks are still very effective. If you are ill, please get tested.

RECENT BINGO & TOURNAMENT RESULTS:

- **BINGO 11/22:** Winner – David Hurlbert **Jackpot:** \$133 (39 Att.)
- **BINGO 11/24:** Winner – Stacy Byington **Jackpot:** \$125 (45 Att.)
- **PINOCHLE 11/21:** 1st – Clyde Hairston, 2nd – Gil White, 3rd – Bob Brodeur
- **WAR 11/24:** 1st – Mary German, 2nd – Steve Crews, 3rd – Fred Ray



CURRENT ANNOUNCEMENTS:

- **DAILY HEALTH AND WELFARE CHECK:** Please be sure to press your Health Check button daily, between 0400 and 1000. See Resident Guide Pg. 37.
- **DECEMBER BIRTHDAY LUNCH:** The Birthday Lunch in December is moved to 19DEC23 to prevent the Birthday Lunch and Christmas meal occurring the same week.
- **DINING ROOM ATTIRE:** Shower shoes/house slippers are not permitted in the Dining Room or public spaces. See Resident Guide, Pg. 16 "Dress".
- **GIFTS TO STAFF/CONTRACTORS:** From the Resident Guide. "Residents are not permitted to offer tips, money or loans, or engage in any financial transactions with an AFRH-G employee or contractor. This means no cash, checks, money orders, bonds, stocks, or other financial instruments". This includes meal tickets and gift cards. A great way to show your appreciation is to give a box of cookies or candy to the department/work area to share among all staff. Contractors may not accept money or gifts from residents.
- **RESIDENT DRIVER:** When utilizing the services of the Resident Driver, ensure you are where you say you will be when being picked up. Please keep an eye out for the driver to prevent any delays or unnecessary searching.
- **SUNDAY CHAPEL SHUTTLE SERVICES:** The Sunday morning Chapel shuttle services begin at 0830. Shuttle services may be unavailable during inclement weather.
- **TOYS FOR TOTS:** The Toys for Tots box has been delivered. If you would like to make donations, the box is located near the Security Desk.
- **VOLUNTEERS NEEDED:** Library Assistant, Mail Delivery, and Videographer volunteers needed. Please contact the Volunteer Coordinator at 228-897-4417 or at office #1020.

Please see Resident Services with questions/concerns regarding announcements.



ARMED FORCES RETIREMENT HOME GULFPORT

4 DECEMBER 2023 – 10 DECEMBER 2023

MONDAY, 4 DECEMBER

- 0900 Catholic Mass (Chapel)
- 0930 Washer Toss Tournament – Bocce Center (*Sign up in Rec Svcs*)
- 0900 Exercise Class – Exercise Room
- 1400 **Ice Cream Social** – Community Center (RM 1109)
- 1800 MOVIE in Theater: *“Uncharted”* (PG13, 116 Min) Action (2022)



TUESDAY, 5 DECEMBER

- 0900 Exercise Video – SrTV Channel 4
- 1000 Painting Demonstration – Art Studio
- 1000 **Palace Casino Trip** – Sign up in Rec Svcs
- 1300 Art Time “On your own” – Art Studio
- 1330 Pool Tournament – Club Room A-244 (Sign up in Rec Svcs)
- 1800 MOVIE in Theater: *“From Here to Eternity”* (NR, 118 Min) Drama (1953)



WEDNESDAY, 6 DECEMBER

- 0900 Exercise Class – Exercise Room
- 0900 Catholic Mass (Chapel)
- 1000 Beginner's Tai Chi – Exercise Room
- 1330 Woodshop Safety – Woodshop
- 1400 POPCORN MATINEE in Theater: *“McFarland USA”* (PG, 129 Min) BIO (2015)
- 1800 MOVIE in Theater: *“Flying Tigers”* (NR, 102 Min) Action (1942)
- 1830 Bingo – Community Center



THURSDAY, 7 DECEMBER

Hanukkah Begins at Sundown

- 0900 Exercise Video – SrTV Channel 4
- 0900-1100 AFRH-G Model Train Room Open – Room C-242
- 0930 **Pearl Harbor Remembrance Ceremony** – Hall of Honors
- 1330 Dining Committee Meeting – Dining Hall
- 1800 MOVIE in Theater: *“Cockeyed Cowboys of Calhoun County”* (G, 99 Min) Com (1970)



FRIDAY, 8 DECEMBER

- 0830 **Wal-Mart Shopping Trip to Pass Christian** – Sign up in Rec Svcs
- 0900 Exercise Video – SrTV Channel 4
- 0900 Catholic Mass (Chapel)
- 1130 **Edgewater Mall Holiday Shopping Trip** – Sign up in Rec Svcs
- 1400 Afternoon Bingo – Community Center (RM 1109)
- 1800 MOVIE in Theater: *“Foxfire”* (R, 102 Min) Drama (1996)



SATURDAY, 9 DECEMBER

- 0900 Exercise Video – SrTV Channel 4
- 1330 **Army Navy Game Pizza & Wings Party** – Community Center (RM 1109)
- 1800 MOVIE in Theater: *“It's A Mad, Mad, Mad, Mad, World”* (G, 220 Min) Action (1963)



SUNDAY, 10 DECEMBER

- 0900 Sunday Mass (Chapel)
- 1030 Protestant Service – (Chapel)
- 1800 MOVIE in Theater: *“Fiddler on the Roof”* (G, 181 Min) Drama (1971)



DAILY SENIOR TV CHANNEL 4 SCHEDULE:



Town Hall Updates: 0700, 1100, & 1400
RAC Meetings & Updates: 1000, 1600, & 2200
Spoken Plan of the Week: 0945 & 1545
AFRH-G Special Events: 1200 & 2100

Protestant Service: 0800 & 1500
Daily Exercise Class: 0900
Dry Bar Comedy: 1300 & 2300
(All Movies are now shown in Theater)