

CONTACTS

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Jay Cline

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MEET SKIP ... JUST DON'T CALL HIM A WAR HERO

Donald of American House Wildwood doesn't consider himself a war hero. But the native of Buffalo, New York, better known in his community as Skip, has a Bronze Service Star medal that says otherwise. During the Korean War, he was stationed on the 38th Parallel. One night in the trenches, he sensed something wasn't right. He started firing his weapon, catching the attention of his fellow soldiers. Flares went airborne and it was later learned Skip prevented an enemy attack, keeping the men in his company out of harm's way.



Skip may downplay his contributions but still has plenty of things to say about his life and times. He has been working on an autobiography that now stands at 600 pages. After the war, Skip went to work in his father's tailor shop while he attended night school and earned a diploma in business administration and accounting.

He went on to work for a family-owned trucking company for the next 23 years. Skip later became CEO and President at Woodland Leasing. He retired in 1996 and has been at American House since November 2023 and considers moving in the best decision he's ever made. The entire staff is like family to him, especially Life Enrichment Director Shelly Lofton. Skip says he couldn't ask for a better life than the one he's living now.

Quote of the Month

“YOU ARE ONLY YOUNG ONCE, BUT YOU CAN STAY IMMATURE INDEFINITELY.”
~ OGDEN NASH

A BRAIN AND HEART SUPERFOOD

Blueberries are one of the healthiest fruits for you, especially as you age. Just one serving of blueberries can help meet your daily fiber requirement, which is vital for controlling blood sugar level, maintaining proper bowel health and lowering blood pressure and cholesterol levels. Blueberries also contain vitamin C and vitamin K, both of which are needed to boost your immune system and help your blood clot properly.

Blueberries also have many benefits that help older adults feel better throughout the aging process. This includes reducing inflammation, improving cognitive function, vision and skin health, while helping manage diabetes.

Blueberries naturally taste the best during the summer months, but you can also incorporate frozen blueberries into your diet. Some of the best ways to enjoy blueberries year-round is by mixing them into smoothies, on top of salads or yogurt or baked into a fresh cobbler.



LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

WEST KNOXVILLE

JULY 2025

AMERICA'S FIRST WORLD'S FAIR

The Philadelphia World's Fair of 1876, better known as the Centennial Exposition, was an event on an epic scale. The fair was constructed in West Fairmount Park to showcase the United States' industrial achievements on the 100th anniversary of the Declaration of Independence. It was also the first World's Fair held in America. President Ulysses S. Grant presided over the opening ceremonies on May 10, 1876.



The Exposition attracted almost 10 million visitors in the six months of its operation. The cost of admission was 50 cents and those who attended were dazzled by displays of scientific and industrial innovation, world cultures and the myriad buildings and landscaping across 285 acres of West Philadelphia.

Two of the biggest highlights of the Centennial Exposition were the first public demonstration of Alexander Graham Bell's telephone and the hand and torch of the Statue of Liberty—the first time any part of it was seen in America. The Exposition also introduced the typewriter, sewing machine, root beer, popcorn, the band aid and the banana to audiences in the U.S.

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JULY 2025 EVENTS!

- 4th of July Party
- Ice Cream Social
- Family Night- Stars & Stripes
- Painted Tree Boutique Shopping
- Khol's Shopping Trip
- Smoky Mountain Variety Show
- Art with Sheryl

A DAY FOR FIREWORKS

The Fourth of July, also known as Independence Day or July 4th, has been a holiday in the United States since 1941. But the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence. Since 1776, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			
<div><div></div><div>July 2025</div></div>												BIRTHDAYS									
												Linda C. 7/3 Karen S. 7/23									
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05			
<div>ARActivity Room</div> <div>CHPChapel</div> <div>DRDining Room</div> <div>FLRFlorida Room</div> <div>FDFront Desk</div> <div>GRGame Room</div> <div>LRLiving Room</div>	<div>LIBLibrary</div> <div>LOLobby</div> <div>MCMemory Care</div> <div>MCLMemory Care Living Room</div> <div>OUTOuting</div> <div>OOutside</div> <div>PATPatio</div>	<div>THRTheater</div>	10:00a Devotions		AR	10:30a Ring Toss		GR	11:30a Wellness U with Carrie		LR	1:00p Manicures		AR	3:00p Painting with Friends		AR	10:00a Coffee and Conversation		LR	
																			10:30a Walking Club		FD
																			11:30a Trivia		LO
																			1:00p Movie Matinee		LR
																			3:00p Bingo		AR
06			07			08			09			10			11			12			
10:00a Devotions		LR	10:30a Patio Talk		LR	10:00a Devotions		AR	10:30a Crafting Corner		AR	10:00a Crafting Corner		AR	10:30a Bible Study		LR	10:00a Coffee and Conversation		LR	
10:30a Balloon Bop		LR	11:00a Walking Club		FD	10:30a Ring Toss		GR	11:30a Trivia Crossword		LR	11:00a Catholic Communion		CHP	11:00a Balloon Bop		AR	10:30a Walking Club		FD	
11:30a Trivia		LO	11:30a Trivia Crossword		LR	11:30a Exercise with Carrie		LR	1:00p Bible study		LO	11:30a Exercise with Carrie		LR	1:00p Coloring Connection		LO	11:30a Trivia		LO	
1:00p Coloring Connection		AR	1:30p Crafting Corner		AR	1:00p Manicures		AR	2:00p Resident Welcome		LR	1:30p Think Fast Game		AR	2:00p Happy Hour with Frank & Friends		LO	1:00p Movie Matinee		LR	
2:00p Sunday Church Service		CHP	3:00p Bean Boozled		AR	3:00p Cow craft- Cow appreciation Day		AR	3:00p Bingo		AR	5:00p Stars and Stripes-FAMILY NIGHT!		LO	3:00p Water Balloon Toss Game		O	3:00p Bingo		AR	
13			14			15			16			17			18			19			
10:00a Devotions		CHP	10:30a Patio Talk		LR	10:00a Devotions		AR	10:00a Pet Therapy		LR	10:00a Bible Study		AR	10:30a Bible Study		LR	10:00a Coffee and Conversation		LR	
10:30a Balloon Bop		LR	11:00a Walking Club		FD	10:30a Balloon Tic-Tac-Toe		GR	11:30a Trivia Crossword		LR	10:30a Ring Toss		GR	11:00a Water Balloon Toss		O	10:30a Walking Club		FD	
11:30a Trivia		LO	11:30a Trivia Crossword		LR	11:30a Tai Chi with Carrie		LR	1:00p Bingo		AR	11:00a Catholic Communion		CHP	1:00p Kings in the Corner		LO	11:30a Trivia		LO	
1:00p Coloring Connection		AR	1:30p Ice Cream Social		DR	1:00p Manicures		AR	2:00p Corn Hole		LO	11:30a Exercise with Carrie		LR	2:00p Happy Hour with Cliff		LO	1:00p Movie Matinee		LR	
2:00p Sunday Church Service		CHP	3:00p Bingo		AR	3:00p Painting with Friends		AR	4:00p Resident Birthday party		LO	1:00p Resident Council/Menu Chat		CHP	Jestice		LO	3:00p Bingo		AR	
									4:00p Smoky Mountain Variety Show		LO	2:30p Cooking Demo		AR	3:00p Art With Sarah		AR				
20			21			22			23			24			25			26			
10:00a Devotions		CHP	10:30a Patio Talk		LR	10:00a Devotions		AR	10:00a Painted Tree Boutique			10:00a Bible Study		AR	10:30a Life Story Interview		LR	10:00a Coffee and Conversation		LR	
10:30a Balloon Bop		LR	11:00a Walking Club		FD	10:30a Ring Toss		GR	Shopping Trip		OUT	10:30a Ring Toss		GR	11:30a Chair Volleyball		AR	10:30a Walking Club		FD	
10:30a Devotions		LR	11:30a Trivia Crossword		LR	11:30a Exercise with Carrie		LR	11:00a Balloon Bop		AR	11:00a Catholic Communion		CHP	1:00p Kings in the Corner		LO	11:30a Trivia		LO	
11:30a Trivia		LO	1:30p Crafting Corner		AR	1:00p Manicures		AR	11:30a Trivia Crossword		LR	11:30a Exercise with Carrie		LR	2:00p Oldies Singo		AR	1:00p Movie Matinee		LR	
1:00p Coloring Connection		AR	3:00p Bingo		AR	2:00p Painting with Friends		AR	1:00p Painting with Watercolor		AR	2:00p Movie Matinee		LR	3:00p Slime Lab		AR	3:00p Bingo		AR	
2:00p Sunday Church Service		CHP							3:00p Bingo		AR										
27			28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>						
10:00a Devotions		CHP	10:30a Patio Talk		LR	10:00a Devotions		AR	9:00a Khol's Shopping Trip		OUT	10:00a Bible Study		AR							
10:30a Balloon Bop		LR	11:00a Walking Club		FD	10:30a Ring Toss		GR	11:30a Trivia Crossword		LR	10:30a Ring Toss		GR							
10:30a Devotions		LR	11:30a Trivia Crossword		LR	11:30a Exercise with Carrie		LR	1:00p Balloon Bop		AR	11:00a Catholic Communion		CHP							
11:30a Trivia		LO	1:30p Crafting Corner		AR	1:00p Manicures		AR	2:00p Live Music and Refreshments			11:30a Exercise with Carrie		LR							
1:00p Coloring Connection		AR	3:00p Bingo		AR	2:00p Painting with Friends		AR	3:00p Bingo		AR	2:00p Movie Matinee		LR							
2:00p Sunday Church Service		CHP																			

All activities subject to change.