

CONTACTS

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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.



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American House
SENIOR LIVING COMMUNITIES
Assisted Living Facility #12672

LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

BONITA SPRINGS

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!

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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.

LIVING WELL
IS BEING WELL.
American House Senior Living Communities

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div></div>									BIRTHDAYS											
LOCATION KEY					01		02		03		04		FOURTH OF JULY		05					
1FL	1 st Floor	BR	Billiards Room	MCA	Memory Care	10:00a	Bible Study w/ Pastor Chris	3LG	10:00a	Walgreens & CVS	O	10:00a	Water Aerobics		10:00a	Bocce Ball		10:15a	Beanbag Baseball	CAF
1FA	1 st Floor Activity Room	CAF	Café		Activity Room	10:00a	Pool Basketball or Volleyball	1FA	10:00a	Bocce Ball Lessons		10:00a	Blood Pressure Clinic	2FL	10:00a	Pool Stretch	O	12:00p	Wine & Cheese on Patio	PAT
2FL	2 nd Floor	CHP	Chapel	MCL	Memory Care	10:45a	Weight Exercise w/ Solaris	2FI	10:15a	Beanbag Baseball	CAF	11:00a	Scrabble Game 1st floor	LR	1:00p	Mahjong with Jackie 1st Floor	LR	12:30p	\\"Why Knot Knit Club\\"	LR
2FR	2 nd Floor Family Room	DR	Dining Room		Living Room	11:00a	Wii Bowling	2DB	11:00a	Exercise with Carmen	2FI	11:15a	Chair Zumba	2FI	1:00p	Dominos	LR	1:00p	Shuffleboard	1FA
3FA	3 rd Floor Activity Room	FCY	Front Courtyard	OUT	Outing	12:00p	Scrabble Game, 1st Floor	LR	11:30a	Communion with Nancy	3FL	12:30p	Food 4 Thought w/ Chef	1FD	1:00p	Let's Play Cards	LR	2:00p	Wii Bowling	1FA
3FB	3 rd Floor Bar	FIT	Fitness Center	O	Outside	1:00p	Canasta	3LG	1:30p	Publix Outing	FD	1:00p	Phase 10 Cards 1st Floor	LR	2:30p	Happy Hour with Zarita	B	2:00p	Bingo w/Ruchelle	LR
3FT	3 rd Floor Theater	LR	Living Room	PL	Pool	1:00p	Golf putting practice	PG	1:30p	Quarter Bingo	B	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT
AR	Activity Room	LO	Lobby	R2R	Room to Room	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Quarter Bingo w/Wine	LR	4:00p	Daily News Hour		3:00p	Sequence Game	LR
AL	Assisted Living	MC	Memory Care	THR	Theater	4:00p	Daily News Hour		4:00p	Daily News Hour		4:00p	Daily News Hour					4:00p	Daily News Hour	
06			07			08			09			10			11			12		
11:00a	Wii Workout - Independent	1FA	10:00a	J Ding Darling Tour	O	10:00a	Bible Study w/ Pastor Chris	3LG	10:00a	Bocce Ball Lessons		10:00a	Water Aerobics		10:00a	Bocce Ball		10:15a	Beanbag Baseball	CAF
11:00a	Mimosa's	PAT	10:00a	St. Leo's Mass w/Communion	LR	10:00a	Pool Basketball or Volleyball	1FA	10:00a	Blood Pressure Screening	2FL	11:00a	Scrabble Game 1st floor	LR	10:00a	Pool Stretch	O	12:00p	Wine & Cheese on Patio	PAT
1:30p	Quarter Bingo	1FL	10:45a	Beanbag Baseball 1st Floor	CAF	10:45a	Weight Exercise w/ Solaris	2FI	10:00a	Wolfmoon Croissants	O	11:15a	Chair Zumba	2FI	11:00a	Lunch + Barns & Noble	O	12:30p	\\"Why Knot Knit Club\\"	LR
2:00p	BRAINIACS, Brain Games	LR	11:00a	Bloody Mary Monday	1FD	11:00a	Wii Bowling	2DB	10:15a	Beanbag Baseball	CAF	1:00p	Phase 10 Cards 1st Floor	LR	1:00p	Make Your Own Sundaes	DR	1:00p	Shuffleboard	1FA
3:00p	Movie in Theater- 3 OR 5 pm	ALT	11:30a	Puzzle Palooza	3FL	12:00p	Scrabble Game, 1st Floor	LR	11:00a	Exercise with Carmen	2FI	2:00p	Family Night		1:00p	Dominos	LR	2:00p	Wii Bowling	1FA
3:00p	Sequence Game 1st Floor	LR	1:00p	Happy Notes Choir Rehearsal	1FL	1:00p	Canasta	3LG	1:00p	Fresh Market/Home Goods	B	3:00p	Movie in Theater- 3 OR 5 pm	ALT	1:00p	Let's Play Cards	LR	2:00p	Bingo w/Ruchelle	LR
4:00p	Daily News Hour		1:00p	Canasta & Bridge		1:00p	Golf putting practice	PG	1:30p	Quarter Bingo		3:00p	Quarter Bingo w/Wine	LR	2:00p	Happy Hour		2:00p	Happy Hour	
6:00p	Independent Card Games	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	2:00p	Happy Hour		2:00p	Happy Hour		4:00p	Daily News Hour		3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT
			3:00p	Quarter Bingo	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT	6:00p	Independent Card Games	LR	4:00p	Daily News Hour		3:00p	Sequence Game	LR
13			14			15			16			17			18			19		
11:00a	Wii Workout - Independent	1FA	9:00a	Communion - St Leo's 1st Floor	LR	10:00a	Bible Study w/ Pastor Chris	3LG	10:00a	Bocce Ball Lessons		10:00a	Water Aerobics		10:00a	Avow Treasures AH Sale	O	10:15a	Beanbag Baseball	CAF
11:00a	Mimosa's	PAT	10:15a	Beanbag Baseball 1st Floor	CAF	10:00a	Pool Basketball or Volleyball	1FA	10:00a	Walgreens & CVS	O	11:00a	Scrabble Game 1st floor	LR	10:00a	Bocce Ball	O	12:00p	Wine & Cheese on Patio	PAT
1:30p	Quarter Bingo	1FL	12:00p	Ice Cream Sodas!	3LG	10:45a	Weight Exercise w/ Solaris	2FI	10:15a	Beanbag Baseball	CAF	11:15a	Chair Zumba	2FI	10:00a	Pool Stretch	O	12:30p	\\"Why Knot Knit Club\\"	LR
2:00p	BRAINIACS, Brain Games	LR	1:00p	Culver's Lunch	O	11:00a	Wii Bowling	2DB	11:00a	Exercise with Carmen	2FI	1:00p	Phase 10 Cards 1st Floor	LR	12:00p	Grace & Shelly's - Sweets	O	1:00p	Shuffleboard	1FA
2:00p	Happy Hour		1:00p	Choir / Canasta / Bridge	1FL	12:00p	Scrabble Game, 1st Floor	LR	1:30p	Publix Outing	FD	2:00p	Happy Hour		1:00p	Mahjong with Jackie 1st Floor	LR	2:00p	Wii Bowling	1FA
3:00p	Movie in Theater- 3 OR 5 pm	ALT	2:00p	Happy Hour		1:00p	Canasta	3LG	1:30p	Quarter Bingo	B	3:00p	Movie in Theater- 3 OR 5 pm	ALT	1:00p	Dominos	LR	2:00p	Bingo w/Ruchelle	LR
3:00p	Sequence Game 1st Floor	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	1:00p	Golf putting practice	PG	2:00p	Happy Hour		3:00p	Quarter Bingo w/Wine	LR	1:00p	Let's Play Cards	LR	2:00p	Happy Hour	
4:00p	Daily News Hour		3:00p	Quarter Bingo	LR	2:00p	Happy Hour		3:00p	Movie in Theater- 3 OR 5 pm	ALT	4:00p	Daily News Hour		2:00p	Happy Hour		3:00p	Movie in Theater- 3 OR 5 pm	ALT
6:00p	Independent Card Games	LR	3:00p	Lee Health Cooking Demo		3:00p	Movie in Theater- 3 OR 5 pm	ALT	5:00p	Live Music w/Lori and Tony	LR	6:00p	Independent Card Games	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Sequence Game	LR
20			21			22			23			24			25			26		
11:00a	In House Retail Therapy		9:00a	Communion St Leo's - 1st Floor	LR	10:00a	Bible Study w/ Pastor Chris	3LG	10:00a	Aldi Shopping	O	10:00a	Water Aerobics		10:00a	Bocce Ball		10:15a	Beanbag Baseball	CAF
11:00a	Wii Workout - Independent	1FA	10:15a	Beanbag Baseball 1st Floor	CAF	10:00a	Pool Basketball or Volleyball	1FA	10:00a	Bocce Ball Lessons		11:00a	Scrabble Game 1st floor	LR	10:00a	Pool Stretch	O	12:00p	Wine & Cheese on Patio	PAT
11:00a	Mimosa's	PAT	11:00a	Bistro Bellinis!	1FD	10:45a	Weight Exercise w/ Solaris	2FI	10:00a	Blood Pressure Screening	2FL	11:15a	Chair Zumba	2FI	1:00p	Kohl's	O	12:30p	\\"Why Knot Knit Club\\"	LR
1:30p	Quarter Bingo	1FL	1:00p	Choir / Canasta / Bridge	1FL	11:00a	Wii Bowling	2DB	10:15a	Beanbag Baseball	CAF	12:30p	Birthday Luncheon	DR	1:00p	Mahjong with Jackie 1st Floor	LR	1:00p	Shuffleboard	1FA
2:00p	BRAINIACS, Brain Games	LR	2:00p	Happy Hour		12:00p	Scrabble Game, 1st Floor	LR	11:00a	Exercise with Carmen	2FI	2:00p	Poker w/ Jimmy	ILD	1:00p	Dominos	LR	2:00p	Wii Bowling	1FA
2:00p	Happy Hour		3:00p	Movie in Theater- 3 OR 5 pm	ALT	1:00p	Canasta	3LG	12:30p	Lee Health Memory Screen		2:00p	Happy Hour		1:00p	Let's Play Cards	LR	2:00p	Bingo w/Ruchelle	LR
3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Dinner @ Rodizio Grill	O	1:00p	Golf putting practice	PG	1:30p	Quarter Bingo	B	3:00p	Movie in Theater- 3 OR 5 pm	ALT	2:00p	New Resident Happy Hour		2:00p	Happy Hour	
3:00p	Sequence Game 1st Floor	LR	3:00p	Quarter Bingo	LR	2:00p	Happy Hour		2:00p	Happy Hour		3:00p	Quarter Bingo w/Wine	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT
6:00p	Independent Card Games	LR	4:00p	Ind Games or Daily News	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT	6:00p	Independent Card Games	LR	4:00p	Daily News Hour		3:00p	Sequence Game	LR
27			28			29			30			31			<div></div>					
11:00a	Wii Workout - Independent	1FA	9:00a	Communion St Leo's - 1st Floor	LR	10:00a	Bible Study w/ Pastor Chris	3LG	9:00a	Communion w/ St. Leo's	LR	10:00a	Water Aerobics							
11:00a	Mimosa's	PAT	10:15a	Beanbag Baseball 1st Floor	CAF	10:00a	Pool Basketball or Volleyball	1FA	10:00a	Bocce Ball Lessons		11:00a	Scrabble Game 1st floor	LR						
1:30p	Quarter Bingo	1FL	11:30a	Puzzle Palooza	3FL	10:45a	Weight Exercise w/ Solaris	2FI	10:00a	Banks	O	11:15a	Chair Zumba	2FI						
2:00p	BRAINIACS, Brain Games	LR	1:00p	Ice Cream + Sleep Seminar		11:00a	Wii Bowling	2DB	10:15a	Beanbag Baseball	CAF	1:00p	Phase 10 Cards 1st Floor	LR						
2:00p	Happy Hour		1:00p	Happy Notes Choir Rehearsal	1FL	12:00p	Scrabble Game, 1st Floor	LR	11:00a	Exercise with Carmen	2FI	2:00p	Happy Hour							
3:00p	Movie in Theater- 3 OR 5 pm	ALT	1:00p	Canasta & Bridge		1:00p	Canasta	3LG	1:30p	Publix Outing	FD	3:00p	Movie in Theater- 3 OR 5 pm	ALT						
3:00p	Sequence Game 1st Floor	LR	2:00p	Wine & Wellness with Amy	LR	1:00p	Golf putting practice	PG	1:30p	Quarter Bingo	B	3:00p	Quarter Bingo w/Wine	LR						
4:00p	Daily News Hour		3:00p	Movie in Theater- 3 OR 5 pm	ALT	2:00p	Happy Hour		2:00p	Happy Hour		4:00p	Daily News Hour							
6:00p	Independent Card Games	LR	3:00p	Quarter Bingo	LR	3:00p	Movie in Theater- 3 OR 5 pm	ALT	3:00p	Movie in Theater- 3 OR 5 pm	ALT	6:00p	Independent Card Games	LR						

All activities subject to change.