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Bluewater Bay Senior Living
4595 Highway 20 East
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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.



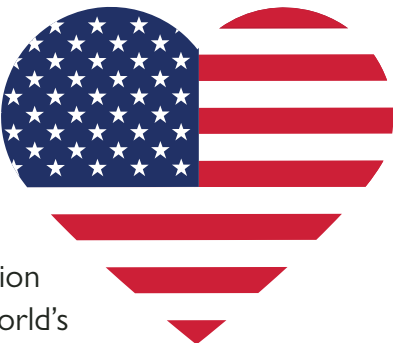
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

BLUEWATER BAY SENIOR LIVING IL

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!

- Resident Birthday Lunch 1st
- 4th of July Party Social 3rd
- Brunch Bunch 15th
- Resident Association Mtg 22nd
- Atmore 25th
- Dining Out 29th
- Christmas in July Bazaar 31st

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																																																		
												Rich Daly 7/2 Marie M. 7/3 Irene S. 7/6 Roxanne R. 7/6 Werner H. 7/8 Bob S. 7/15 Billy T. 7/16																																																		
LOCATION KEY						01		02		03		04		FOURTH OF JULY		05																																														
<div><div>1FL</div><div>2PC</div><div>4CC</div><div>5FT</div><div>5TT</div><div>BR</div></div> <div><div>1st Floor</div><div>2nd Floor Promenade Café</div><div>4th Floor Cards/Crafts</div><div>5th Floor Theater</div><div>5th Floor Tree Top</div><div>Billiards Room</div></div> <div><div>CR</div><div>CHP</div><div>DR</div><div>GR</div><div>HW</div><div>LE</div></div> <div><div>Card Room</div><div>Chapel</div><div>Dining Room</div><div>Game Room</div><div>Health & Wellness</div><div>Life Enrichment</div></div> <div><div>LO</div><div>OUT</div><div>PAT</div><div>PL</div><div>RPR</div><div>Room</div></div> <div><div>Lobby</div><div>Outing</div><div>Patio</div><div>Pool</div><div>Royal Peacock Room</div></div>						9:00a 9:30a 10:15a 11:30a 1:00p 4:00p 7:00p		*SPIRIT TUESDAY Morning Stretch Billiards/Pool Resident B-Day Lunch Mexican Train Social Hour Movie Time		5TT BR DR CR 5TT 5FT		9:30a 10:15a 10:15a 1:30p 4:00p 7:00p		Morning Exercise Bible Study Holy Rosary Bingo Social Hour Movie Time		5TT 1ST CHP 5TT 5TT 5FT		9:30a 10:15a 10:30a 1:00p 1:30p 4:00p 7:00p		Chair Zumba WALMART OUTING Technology Help Hand & Foot Bridge Group 1 Social Hour Movie Time		5TT OUT LE 4CC BR 5TT 5FT		8:30a 9:30a 10:30a 1:00p 1:00p 4:00p 7:00p		BLOOD PRESSURE SCREEN Morning Exercise Bridge Group 2 Hand & Foot Social Hour Movie Time		5TT GR 4CC 5TT 5FT		8:00a 9:30a 10:30a 1:30p 4:00p 7:00p		Puzzle Time Morning Stretch *Music & History Cornhole Bingo Social Hour Movie Time		2PC 5TT 5FT 1FL 5TT 5TT 5FT																												
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8:00a 9:00a 9:15a 10:00a 4:00p 7:00p			Puzzle Time Worship Service Holy Communion New & Views Social Get Together Movie Time			2PC 5FT CHP 2PC 5TT 5FT			8:00a 9:30a 1:30p 4:00p 6:45p 7:00p			Puzzle Time Morning Exercise Bingo Social Hour High Stakes Poker Movie Time			2PC 5TT 5TT 5TT BR 5FT			9:00a 9:30a 10:00a 10:15a 10:15a 1:00p 1:00p 4:00p 7:00p			*SPIRIT TUESDAY Morning Stretch Shuffle Board *BRUNCH BUNCH Billiards/Pool Mexican Train Social Hour Movie Time			5TT CR OUT BR CR 5TT 5FT			9:30a 10:15a 10:15a 1:30p 4:00p 7:00p			Morning Exercise Bible Study Holy Rosary Bingo Social Hour Movie Time			5TT 1ST CHP 5TT 5TT 5FT			9:30a 10:15a 10:30a 1:00p 1:30p 4:00p 7:00p			Chair Zumba WALMART OUTING Technology Help Hand & Foot Bridge Group 1 Social Hour Movie Time			5TT OUT LE 4CC BR 5TT 5FT			9:30a 1:00p 1:00p 4:00p 7:00p			Morning Exercise Bridge Group 2 Hand & Foot Social Hour Movie Time			5TT GR 4CC 5TT 5FT			8:00a 9:30a 10:30a 1:30p 4:00p 7:00p			Puzzle Time Morning Stretch Cornhole Bingo Social Hour Movie Time			2PC 5TT 1FL 5TT 5TT 5FT		
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27			28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>																																															
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All activities subject to change.