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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.



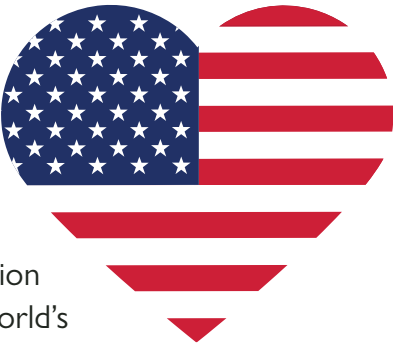
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

ST. PETERSBURG INDEPENDENT LIVING

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!

- Happy Hour W Randy
- Music with Will and Michelle
- Soccer Collies- Dog Show
- Cardio Drumming With Karisa
- Golden Chair Zumba With Cheryl
- Family Night
- Rocking with Rick
- Jammin' with Jamie
- Trip to the movies- Superman
- Yoga With Natalie

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																											
																												Judy Dr. 7/1 June E. 7/10 Joan G. 7/15 Sam S. 7/16 Ginny H. 7/20 Barbara C. 7/22														Isabelle A . 7/25 Jan D. 7/27 Margie G. 7/31													
LOCATION KEY							01							02							03							04							FOURTH OF JULY							05													
ALD	AL Dining	LIB	Library	MCL	Memory Care	TV	TV	10:30a	Golden Chair Zumba	L	9:00a	OnSite Dermatology		10:00a	Yoga w/ Natalie	L	10:00a	Aqua Aerobics With Emily	L	9:30a	Exercise Video	L																																	
ALF	AL Front Desk	L	Lounge		Living Room			1:00p	Ice Cream Truck Visit	ALF	9:30a	Publix Trip	FD	12:00p	Coffee And Conversation		11:00a	News Currents w/ Betsy	L	10:00a	Shopping Trip: JC Pennys	FD																																	
ALL	AL Living Room	MS	Malt Shoppe	MPR	Multipurpose			1:30p	Hand & Foot	MPR	10:00a	Blood Pressure Screening - Classic		W/Karisa	L	12:30p	Art With Linda	ART	12:00p	Pool/Billiards with Friends	L																																		
ART	Art Studio	MCA	Memory Care		Room			1:30p	Karaoke party with Jase	THR	Home Health	L	1:00p	Jase's Karaoke Party	THR	2:00p	4th Of July Root beer float	MS	1:30p	Quarter Bingo	MPR																																		
FD	Front Desk		Activity Room	O	Outside			3:00p	Movie Time	THR	10:45a	Jammin With Jamie	MS	1:30p	Hand & Foot	MPR	social	MS	2:30p	Hand & Foot	MPR																																		
ILD	IL Dining	MCD	Memory Care	PL	Pool			3:30p	Yoga-Natalie	L	12:00p	Cardio Drumming With		2:00p	Afternoon Movie:	THR	6:30p	Friday Night at the Movies		2:30p	Crafts with Linda	ART																																	
ILF	IL Front Desk		Dining Room	THR	Theater						Karisa	MPR	2:00p	Crafts with Southern	MPR	w/Popcorn	THR		3:30p	Movie Time	THR																																		
											1:00p	Bible Study-Jimmy	LIB	Comfort	MPR																																								
											2:00p	Art with Betsy	ART	3:30p	Engaged Senior	MS																																							
06							07							08							09							10							11							12													
9:00a	St. Jude's-Bus Run	FD		10:00a	Tyrone Area Shopping	FD	10:30a	Golden Chair Zumba	L	9:30a	Publix Trip	FD	10:00a	Yoga w/ Natalie	L	10:00a	Aqua Aerobics with Emily	L	9:30a	Exercise Video	L																																		
10:00a	Church Service on TV	THR		10:00a	Exercise with Natalie	L	1:30p	Hand & Foot	MPR	10:45a	Jammin With Jamie	MS	12:00p	Coffee And Conversation	L	10:30a	Avon POP up Shop	L	10:00a	Shopping Trip: Target/Kohl's	FD																																		
10:00a	1st Methodist-Bus Run	FD		11:30a	Cookin With Karisa- Flat		2:00p	St. Jude's Mass	THR	11:00a	Bank & Pharmacy	FD	12:00p	W/Karisa	L	11:00a	News Currents w/ Betsy	L	12:00p	Pool/Billiards with Friends	L																																		
10:30a	Eucharist Distribution	THR		Bread Pizza's		L	2:00p	Sunrise Spa Day	L	12:00p	Cardio Drumming With		1:30p	Hand & Foot	MPR	12:00p	Cobb Movie Theater :		12:00p	Quarter Bingo	MPR																																		
12:00p	Sunday Funday With LINDA-			12:00p	Lunch Bunch: Leverocks	FD	3:30p	Yoga-Natalie	L	Karisa	MPR	1:00p	Bible Study-Jimmy	LIB	2:00p	Afternoon Movie:	THR	Superman	FD	1:30p	Quarter Bingo	MPR																																	
Trivia		L		1:00p	Prize Bingo	MPR	3:30p	Movie Time	THR	1:00p	Art With Betsy	ART	2:00p	Engaged Senior	MS	3:30p	Stars and Stripes Family	ART	12:30p	Art With Linda	MPR																																		
1:00p	Azalea Baptist Sing-Along	MS		2:30p	Happy Hour w/ Randy	L				2:00p	Strength Conditioning w/ Legacy	L	2:30p	Stars and Stripes Family		5:00p	Family Night Entertainment:		3:30p	Lifestyle Committee meeting	ART																																		
1:30p	Quarter Bingo	L		6:00p	Classic Movie	THR				2:30p	Rummikub	PDR	3:00p	Family Night Entertainment:		Night			4:00p	Before Dinner Happy Hour-	THR																																		
3:30p	Movie Time	THR		6:30p	Card Games With Friends	L				3:00p																																													
13							14							15							16							17							18							19													
9:00a	St. Jude's-Bus Run	FD		10:00a	Aldi/Winn Dixie	FD	10:00a	Soccer Collies - Dog Show	O	9:30a	Publix Trip	FD	10:00a	Yoga w/ Natalie	L	10:00a	Aqua Aerobics with Emily	PL	9:30a	Exercise Video	L																																		
10:00a	Church Service on TV	THR		10:00a	Exercise with Natalie	L	11:00a	Golden Chair Zumba	L	10:45a	Jammin With Jamie	MS	12:00p	Coffee And Conversation	L	11:00a	News Currents w/ Betsy	L	10:00a	Shopping Trip: Tyrone Mall	L																																		
10:00a	1st Methodist-Bus Run	FD		11:00a	Engaged Senior	L	1:30p	Hand & Foot	MPR	12:00p	Cardio Drumming With		12:00p	With Karisa	L	12:00p	Cardio Drumming with		10:00a	Pool/Billiards with Friends	L																																		
10:30a	Eucharist Distribution	THR		12:00p	Lunch Bunch: Kissin Cuzin's		1:30p	Karaoke party with Jase	THR	Karisa	MPR	1:00p	Bible Study-Jimmy	LIB	1:30p	Jase's Karaoke Party	THR	12:00p	Dori's Trunk Show	MS																																			
12:00p	Sunday Funday With LINDA-			12:30p	Prize Trivia Hosted by:		3:30p	Yoga-Natalie	L	1:00p	Art With Betsy	ART	1:30p	Hand & Foot	MPR	1:30p	Art With Linda	ART	12:00p	Pool/Billiards with Friends	L																																		
Trivia		L		12:30p	Volunteer Health	L	3:30p	Movie Time	THR	2:00p	Strength Conditioning w/ Legacy	L	2:00p	Afternoon Movie:	THR	1:00p	Open Bible Study	LIB	12:00p	Quarter Bingo	MPR																																		
1:30p	Quarter Bingo	L		Volunteer Health		L				2:30p	Rummikub	PDR	3:00p	Rockin With Rick	MS	4:00p	Before Dinner Happy Hour-		1:30p	Hand & Foot	MPR																																		
2:30p	Movie Time	THR		1:00p	Prize Bingo	MPR				3:00p	Cookin' Demo W/ Chef Mike		4:00p	Engaged Senior	MS	Resident Pay	L	2:30p	Hand & Foot	MPR																																			
3:30p	Music With The "Just Us			2:30p	Happy Hour w/ Randy	L				3:00p			6:30p	Bingo Night	L	6:30p	Music with Will and Michelle		2:30p	Crafts with Linda	ART																																		
20							21							22							23							24							25							26													
9:00a	St. Jude's-Bus Run	FD		10:00a	Tyrone Area Shopping	FD	10:30a	Golden Chair Zumba	L	9:30a	Publix Trip	FD	10:00a	Yoga w/ Natalie	L	9:00a	St. John's Hearing Institute	MPR	9:30a	Exercise Video	L																																		
10:00a	Church Service on TV	THR		10:00a	Exercise with Natalie	L	12:00p	Cookin With Karisa - Fresh Salad	L	10:45a	Jammin With Jamie	MS	12:00p	Coffee And Conversation	L	10:00a	Aqua Aerobics with Emily	PL	10:00a	Shopping Trip: Target/Kohl's	L																																		
10:00a	1st Methodist-Bus Run	FD		11:00a	Hymns w/ Cloe & Friends		1:30p	Hand & Foot	MPR	12:00p	Bank & Pharmacy	FD	12:00p	W/Karisa	L	11:00a	News Currents w/ Betsy	L	10:00a	Pool/Billiards with Friends	L																																		
10:30a	Eucharist Distribution	THR		12:00p	Engaged Senior	L	1:30p	Karaoke party with Jase	THR	12:00p	Cardio Drumming With		1:00p	Jase's Karaoke Party	THR	12:00p	Cardio Drumming with		11:00a	Quarter Bingo	MPR																																		
1:30p	Quarter Bingo	L		1:00p	Engaged Senior	L	2:00p	Bingo With Jamie	L	Karisa	MPR	1:00p	Bible Study-Jimmy	LIB	1:30p	National Tamale Day Hosted	MPR	12:30p	Art With Linda	ART																																			
2:30p	Malt Shoppe Meetup- Shakes	MS		1:00p	Prize Bingo	MPR	3:30p	Yoga-Natalie	L	1:00p	Art with Betsy	ART	2:00p	By: Huntingdon	L	1:30p	Art With Linda	ART	1:30p	Hand & Foot	MPR																																		
And Sundaes				1:30p	Organ Concert- 1st United		3:30p	Movie Time	THR	2:00p	Strength Conditioning w/ Legacy	L	2:30p	Hand & Foot	MPR	2:00p	Before Dinner Happy Hour-		2:30p	Hand & Foot	MPR																																		
3:30p	Movie Time	THR		1:30p	Methodist	FD				3:00p	Rummikub	PDR	3:00p	Afternoon Movie:	THR	4:00p	Resident Pay	L	2:30p	Crafts with Linda	ART																																		
				2:30p	July Birthday Bash W/Randy					3:00p			6:30p	Resident Council	MPR	6:30p	Music with Will and Michelle	MS	3:30p	Movie Time	THR																																		
27							28							29							30							31							<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>																				
9:00a	St. Jude's-Bus Run	FD		10:00a	Aldi/Winn Dixie	FD	10:30a	Golden Chair Zumba	L	9:30a	Publix Trip	FD	10:00a	Yoga w/ Natalie	L																																								
10:00a	Church Service on TV	THR		10:00a	Exercise with Natalie	L	1:30p	Hand & Foot	MPR	10:45a	Jammin with Jamie	MS	12:00p	Coffee And Conversation	L																																								
10:00a	1st Methodist-Bus Run	FD		11:30a	Engaged Senior	L	1:30p	Karaoke party with Jase	THR	12:00p	Cardio Drumming With		12:00p	W/Karisa	L																																								
10:30a	Eucharist Distribution	THR		12:00p	Lunch Bunch: Beef O' Brady's		3:30p	Yoga-Natalie	L	Karisa	MPR	1:00p	Jase's Karaoke Party	THR																																									
12:00p	Sunday Funday With LINDA-			FD			3:30p	Movie Time	THR	1:00p	Art with Betsy	LIB	1:30p	Hand & Foot	MPR																																								
Trivia		L		1:00p	Prize Bingo	MPR				2:00p	Strength Conditioning w/ Legacy	L	2:00p	Afternoon Movie:	THR																																								
1:30p	Quarter Bingo	L		2:30p	Happy Hour w/ Randy	L				3:00p	Rummikub	PDR	3:30p	Engaged Senior	MS																																								
3:30p	Movie Time	THR		2:30p	National Chocolate Day Happy Hour	L				3:30p	Movie Meeting- Choose your		6:30p	Nickel Nickel Night	L																																								