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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.





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.



WILDWOOD 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.





JULY 2025 EVENTS!

- Mark Raisch 7/2 2pm RC
- Chorus Show 7/3 2pm RC
- Wine Tasting 7/8 3pm S
- Petrina 7/9 1:30pm RC
- Cracker Barrel 7/16 3:30pm SU
- Indoor Shuffleboard 6:30 B
- Village Cowboy 7/23 2pm RC
- Lake Ridge Winery 7/24 9:30 am
- Farmer's Market 7/26 10am SU
- Po-Ke-No Thursdays at 2:45 CR

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

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
* * *	* * *	* Ju	ly 2025		BIRTHDAYS	
LOCATION KE	<i>'</i> 0	01	02	03	04 FOURTH OF JULY	05
BR Billards Room GR Game Root CHP Chapel LO Lobby CTR Craft Room LIB Library FIT Fitness Center OUT Outing F Foyer PL Pool FR Front Room RC Rock Cree	m SAL Saloon 10 SUR Sign Up 11 Required 2: THR Theater 2:	0:00a Art w/ Freda CTR 0:00a Calendar Rev. w/ Kathy 1:15a Fitness w/ Neil FIT 1:30p Pinochle GR 1:00p Movie of the Day THR 1:00p Big Stakes Bingo RC 1:00p Movie of the Day THR	9:30a Water Aerobics w/Legacy PL 11:00a Brainiacs CTR 2:00p Movie of the Day THR 2:00p Mark Raisch RC 3:00p BP Checks FIT	8:45a Catholic Comm. CHP 10:00a Fun w/Legacy FIT 11:00a Deb's Bible Study CHP 1:00p Fit Drumming FIT 2:00p Movie of the Day THR 2:00p Chorus Presentation RC 2:45p Po-Ke-No CTR 7:00p Movie of the Day THR	10:30a Holiday Tattoo Social SAL 12:00p 4th Of July BBQ RC 12:30p Kurtis Mays SAL 2:00p Movie of the Day THR 5:30p Dry Bar Comedy THR 6:30p Indoor Shuffleboard BR 7:00p Movie of the Day THR	9:30a Walmart SUR 10:00a Art w/ Freda CTR 1:30p Movie of the Day THR 2:00p Big Stakes Bingo RC 3:00p Chair Volleyball FIT 3:00p LRC Game SAL 7:00p Movie of the Day THR
06 07	0)8	09	10		12
10:00a St. Vincent Livestream THR 8:30a 11:00a Methodist Livestream CHP 10:00 12:00p New Life Livestream THR 10:00 1:00p Samba w/Bobby GR 2:00p 2:00p Big Stakes Bingo RC 2:00p 3:00p Adult Coloring CTR 6:30p 7:00p Movie of the Day THR 7:00p	a Samba GR 10 Chair Stretch FIT 11 Movie of the Day THR 11 Basket Weaving w/Freda CTR 21 Indoor Shuffleboard BR 21 Movie of the Day THR 31	0:00a Art w/ Freda CTR 0:30a Arm Chair Travels THR 1:15a Fitness w/ Neil FIT 1:30p Pinochle GR 1:00p Movie of the Day THR 1:00p Big Stakes Bingo RC 1:00p Wine Tasting Social SAL 1:00p Movie of the Day THR	9:30a	8:45a Catholic Comm. CHP 10:00a MaryEllen Shea CTR 10:00a Fun w/Legacy FIT 11:00a Deb's Bible Study CHP 1:00p Fit Drumming FIT 2:00p Movie of the Day THR 2:45p Po-Ke-No CTR 4:00p Stars & Stripes Dinner RC 7:00p Movie of the Day THR	10:00a Educational Seminar SAL 11:00a Lunch/Dairy Queen SUR 1:00p Kohl's SUR 2:00p Movie of the Day THR 2:00p Veteran's Visit SAL 3:15p Wii Bowling SAL 6:30p Indoor Shuffleboard BR 7:00p Movie of the Day THR	8:00a Saloon Closed SAL 10:00a Art w/ Freda CTR 1:30p Movie of the Day THR 2:00p Big Stakes Bingo RC 3:00p Chair Volleyball FIT 3:00p LRC Game SAL 6:00p After Hours Social SAL 6:00p Buddy Mitchell SAL 7:00p Movie of the Day THR
13 14	l!	5	16	17	18	19
10:00a St. Vincent Livestream THR 8:30a 11:00a Methodist Livestream CHP 10:00 12:00p New Life Livestream THR 10:00 1:00p Samba w/Bobby GR 10:00 2:00p Big Stakes Bingo RC 1:00p 3:00p Hymn sings w/Earle 2:00p 7:00p Movie of the Day THR 2:00p 7:00p 7:00p	Samba GR 10 12 12 13 14 14 15 15 15 15 15 15	0:00a Art w/ Freda CTR 0:00a Coffee Chats SAL 1:15a Fitness w/ Neil FIT :30p Pinochle GR ::00p Movie of the Day THR ::00p Big Stakes Bingo RC :15p Show & Tell SAL ::00p Movie of the Day THR	9:30a Water Aerobics w/Legacy PL 11:00a Brainiacs CTR 2:00p Movie of the Day THR 2:00p Lou Gagliardi RC 3:00p BP Checks FIT 3:00p LRC Game SAL 3:30p Cracker Barrel SUR	8:45a Catholic Comm. 10:00a MaryEllen Shea CTR 10:00a Fun w/Legacy FIT 11:00a Deb's Bible Study 1:00p Fit Drumming FIT 2:00p Movie of the Day 2:00p Scam Seminar RC 2:45p Po-Ke-No CTR 7:00p Movie of the Day		10:00a Art w/ Freda CTR 10:00a Mimosa's SAL 1:30p Movie of the Day 2:00p Big Stakes Bingo RC 3:00p Chair Volleyball FIT 3:00p LRC Game SAL 7:00p Movie of the Day THR
20 21	2	22	23	24	25	26
10:00a St. Vincent Livestream THR 8:30a 11:00a Methodist Livestream CHP 10:00 12:00p New Life Livestream THR 10:00 1:00p Samba w/Bobby GR 11:00 2:00p Big Stakes Bingo RC 2:00p 7:00p Movie of the Day THR 2:00p 7:00p 7:00p 7:00p	a Samba GR 1 b Chair Stretch FIT 1 b Ladies/Oakwood BBQ SUR 1 b Movie of the Day THR 1 b Basket Weaving w/Freda CTR 2 b Viceroy Chats SAL 2	0:00a Art w/ Freda CTR 1:00a Ambassador Mtg. THR 1:15a Fitness w/ Neil FIT 1:00p Jewelry Making CTR 1:00p Pinochle GR 1:00p Movie of the Day THR 1:00p Big Stakes Bingo RC 1:00p Movie of the Day THR	9:30a Water Aerobics w/Legacy PL 11:00a Brainiacs CTR 2:00p Movie of the Day THR 2:00p Village Cowboy RC 3:00p BP Checks FIT 3:00p LRC Game SAL	8:45a Catholic Comm. 9:30a Lake Ridge Winery 10:00a MaryEllen Shea CTR 10:00a Fun w/Legacy FIT 11:00a Deb's Bible Study 1:00p Fit Drumming FIT 2:00p Movie of the Day 2:45p Po-Ke-No CTR 7:00p Movie of the Day	2:00p Movie of the Day THR 2:00p Karaoke w/Ray SAL 5:30p Dry Bar Comedy THR	10:00a Art w/ Freda CTR 10:00a Farmer's Market SUR 1:30p Movie of the Day THR 2:00p Big Stakes Bingo RC 3:00p Chair Volleyball FIT 3:00p LRC Game SAL 7:00p Movie of the Day THR
27 28	2	29	30	31		
10:00a St. Vincent Livestream THR 8:30a 11:00a Methodist Livestream CHP 10:00 12:00p New Life Livestream THR 10:00 1:00p Samba w/Bobby GR 10:30 2:00p Big Stakes Bingo RC 2:00p 3:00p Adult Coloring CTR 2:00p 7:00p Movie of the Day THR 7:00p	a Samba GR 10 Chair Stretch FIT 11 a Food/Activity Meeting SAL 11 Movie of the Day THR 11: Basket Weaving w/Freda CTR 21: Chair Yoga w/Deb FIT 21: Movie of the Day THR 3:	:00p Big Stakes Bingo RC :30p Men's Dinner Out SUR	9:30a Water Aerobics w/Legacy PL 11:00a Brainiacs CTR 2:00p Movie of the Day THR 2:00p Reckless Blues RC 3:00p BP Checks FIT	8:45a Catholic Comm. CHP 10:00a Fun w/Legacy FIT 11:00a Deb's Bible Study 1:00p Fit Drumming FIT 2:00p Movie of the Day 2:45p Po-Ke-No CTR 7:00p Movie of the Day THR	happy indepo	endence days