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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.

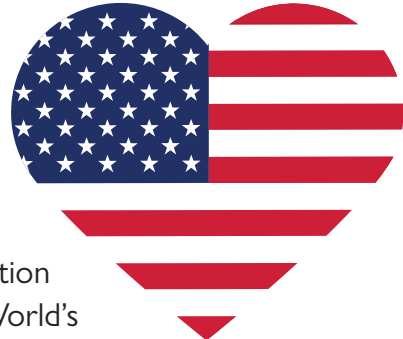
LIVING WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

BRISTOL ASSISTED 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 100<sup>th</sup> 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!

- Family Night: Stars & Stripes!
- National Milk Chocolate Day!
- Senior Show Choir
- Music with Curt Mathinson
- Gorgeous Grandma Day
- Independence Day
- Movie Night

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					
								Bonnie A. 7/14 Adris B. 7/21 Nancy P. 7/24 Fannie K. 7/30					
LOCATION KEY				01		02		03		04		05	
<div><div>BAR</div>Back Activity Room</div> <div><div>FPO</div>Front Porch</div> <div><div>BCY</div>Back Courtyard</div> <div><div>DR</div>Dining Room</div> <div><div>FAR</div>Front Activity Room</div> <div><div>FCY</div>Front Courtyard</div> <div><div>MCD</div>Memory Care Dining</div> <div><div>MCL</div>Memory Care Living Room</div> <div><div>OUT</div>Outing</div> <div><div>LE</div>Life Enrichment</div> <div><div>LR</div>Living Room</div> <div><div>LO</div>Lobby</div> <div><div>MCC</div>Memory Care Courtyard</div> <td colspan="2">9:00a Daily Chronicle Reading <b>DR</b> 11:00a Exercise Bingo <b>LR</b> 1:30p Music from Justin Mychals <b>LR</b> 3:00p Activity Calendar Meeting <b>LR</b> 3:30p Sequence, Scrabble and More! <b>FAR</b></td> <td colspan="2">9:00a Daily Chronicle Reading <b>DR</b> 10:00a Exercise with Charlie <b>LR</b> 10:30a Bingo with Josh &amp; Friends <b>BAR</b> 3:00p Beach Volleyball <b>LR</b> 4:00p Family Feud <b>LR</b></td> <td colspan="2">9:00a Daily Chronicle Reading <b>DR</b> 10:30a Wellness Check Up Kim &amp; Gina <b>LE</b> 11:00a Chair Zumba <b>LR</b> 2:30p Fancy Nails <b>FAR</b> 4:00p Minute It to Win It <b>LR</b></td> <td colspan="2">9:00a Daily Chronicle Reading <b>DR</b> 10:30a Elder Fit 11:00a Bingo <b>FAR</b> 2:00p 4th of July Celebration Happy Hour <b>FAR</b> 4:00p Jeopardy <b>FAR</b></td> <td colspan="2">9:00a Daily Chronicle Reading <b>DR</b> 11:00a Morning Motion <b>BAR</b> 1:30p Crossword Puzzle <b>LE</b> 3:00p Chess <b>FAR</b> 4:00p Front Porch Chat <b>FPO</b></td>				9:00a Daily Chronicle Reading <b>DR</b> 11:00a Exercise Bingo <b>LR</b> 1:30p Music from Justin Mychals <b>LR</b> 3:00p Activity Calendar Meeting <b>LR</b> 3:30p Sequence, Scrabble and More! <b>FAR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:00a Exercise with Charlie <b>LR</b> 10:30a Bingo with Josh & Friends <b>BAR</b> 3:00p Beach Volleyball <b>LR</b> 4:00p Family Feud <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:30a Wellness Check Up Kim & Gina <b>LE</b> 11:00a Chair Zumba <b>LR</b> 2:30p Fancy Nails <b>FAR</b> 4:00p Minute It to Win It <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:30a Elder Fit 11:00a Bingo <b>FAR</b> 2:00p 4th of July Celebration Happy Hour <b>FAR</b> 4:00p Jeopardy <b>FAR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Morning Motion <b>BAR</b> 1:30p Crossword Puzzle <b>LE</b> 3:00p Chess <b>FAR</b> 4:00p Front Porch Chat <b>FPO</b>	
06		07		08		09		10		11		12	
7:30a Sunday Morning Bible Study with Sister Brenda <b>LR</b> 8:30a Daily Chronicle Reading <b>DR</b> 10:00a Morning Motion <b>BAR</b> 2:00p Memory Lane <b>LE</b> 3:00p Afternoon Church <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:30a Elder Fit <b>LR</b> 11:00a Cooking Demo <b>DR</b> 2:00p Music from Curt Mathinson <b>LR</b> 4:00p Minute to Win It: Penny For You Thoughts <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Exercise Bingo <b>LR</b> 2:00p Senior Show Choir <b>LR</b> 3:00p Craft Corner - Fireworks <b>FAR</b> 4:00p Brenda Viars Gospel Sing-Along <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:00a Exercise with Charlie <b>LR</b> 10:30a Bingo with Josh & Friends <b>BAR</b> 12:00p Outing - See Ericka to RSVP <b>OUT</b> 4:00p Word Peck <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:30a Menu Chat <b>FAR</b> 11:00a Chair Zumba <b>LR</b> 2:30p Music with The Allens & Kristie <b>LR</b> 5:00p Family Night: Stars & Stripes Celebration <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:30a Elder Fit <b>LR</b> 11:00a Bingo <b>FAR</b> 2:00p Fancy Nails <b>LR</b> 4:00p Jeopardy		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Morning Motion <b>BAR</b> 1:30p Mixed-Up Summer Movies <b>LE</b> 2:00p Movie <b>LR</b> 4:00p Checkers & Cards <b>FAR</b>	
13		14		15		16		17		18		19	
7:30a Sunday Morning Bible Study with Sister Brenda <b>LR</b> 8:30a Daily Chronicle Reading <b>DR</b> 10:00a Morning Motion <b>BAR</b> 2:00p Memory Lane <b>LE</b> 3:00p Afternoon Church <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Elder Fit <b>LR</b> 1:30p Music from The Steel Creek Band <b>LR</b> 3:00p TED Talk <b>LR</b> 4:00p Wheel of Fortune <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:15a Gospel Tunes with Pastor Greg Kain <b>LR</b> 2:00p Craft Corner - Geometric Paper Lanterns <b>FAR</b> 4:00p Chair Yoga <b>LR</b> 4:00p The White House <b>FAR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:00a Exercise with Charlie <b>LR</b> 10:30a Bingo with Josh & Friends <b>BAR</b> 3:00p Cherry Lemonade Happy Hour <b>FAR</b> 4:00p Family Feud <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Chair Zumba <b>LR</b> 12:00p Straw Hat Luncheon <b>FAR</b> 2:30p Fancy Nails <b>FAR</b> 4:00p Minute to Win It: Stack Attack <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Bingo <b>FAR</b> 11:00a Elder Fit <b>LR</b> 1:30p Music from The Se7vens <b>LR</b> 4:00p Jeopardy		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Morning Motion <b>BAR</b> 1:30p Ready \"For\" It Puzzle <b>LE</b> 2:00p Chess <b>FAR</b> 5:00p Movie Night! <b>LR</b>	
20		21		22		23		24		25		26	
7:30a Sunday Morning Bible Study with Sister Brenda <b>LR</b> 8:30a Daily Chronicle Reading <b>DR</b> 10:00a Morning Motion <b>BAR</b> 2:00p Ice Cream Social with Adoration Church Youth Group <b>LE</b> 3:00p Afternoon Church <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Elder Fit <b>LR</b> 1:30p Ring Toss <b>LR</b> 2:15p Music with Jessica Lequeieu <b>LR</b> 4:00p Wheel of Fortune <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Exercise Bingo <b>LR</b> 12:00p Southern Belle's Luncheon <b>FAR</b> 3:00p Scrabble, Cards and More! <b>FAR</b> 4:00p Brenda Viar's Gospel Sing-Along <b>LO</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:00a Exercise with Charlie <b>LR</b> 10:30a Bingo with Josh & Friends <b>BAR</b> 2:00p Gorgeous Grandma Day <b>FAR</b> 3:00p Happy Hour <b>FAR</b> 4:00p Word Peck <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Chair Zumba <b>LR</b> 2:30p Craft Corner - Popsicle Tissue Paper <b>FAR</b> 3:00p Cornhole <b>LR</b> 4:00p Minute to Win It: Knock Down <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:30a Elder Fit <b>LR</b> 11:00a Bingo <b>FAR</b> 3:00p Fancy Nails <b>FAR</b> 4:00p Jeopardy <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Morning Motion <b>BAR</b> 1:30p Christmas in July Mining Puzzle <b>LE</b> 3:00p Bean Bag Toss <b>LR</b> 4:00p Front Porch Chat <b>FPO</b>	
27		28		29		30		31		<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>			
7:30a Sunday Morning Bible Study with Sister Brenda <b>LR</b> 8:30a Daily Chronicle Reading <b>DR</b> 10:00a Morning Motion <b>BAR</b> 2:00p Memory Lane <b>LE</b> 3:00p Afternoon Church <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Elder Fit <b>LR</b> 1:00p Chocolate Milk Happy Hour <b>FAR</b> 3:00p New Resident Welcome Activity <b>FAR</b> 4:00p Wheel of Fortune <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Exercise Bingo <b>LR</b> 1:30p Music from Robert Philips <b>LR</b> 3:00p Craft Corner - Q-Tip Dot Painting <b>FAR</b> 3:30p Balloon Volleyball <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 10:00a Exercise with Charlie <b>LR</b> 10:30a Bingo with Josh & Friends <b>BAR</b> 2:00p National Cheesecake Day! <b>FAR</b> 4:00p Family Feud <b>LR</b>		9:00a Daily Chronicle Reading <b>DR</b> 11:00a Chair Zumba <b>LR</b> 2:00p July Birthday Celebration <b>FAR</b> 3:00p Fancy Nails <b>FAR</b> 4:00p Minute to Win It: Movin' On Up <b>LR</b>					

All activities subject to change.