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National Suicide Hotline  
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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.



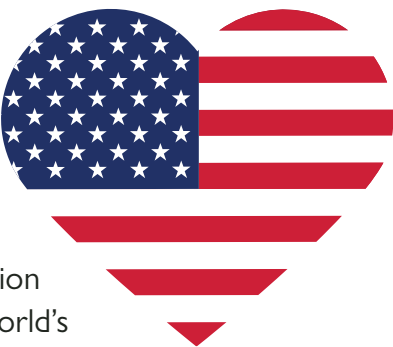
LIVING & WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

COCONUT POINT

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!

- 4th July T-shirts Craft Class
- 4th July Lunch Themed Event
- Extra Happy Hour Day New Enter
- Coffee-Donuts-Convo
- Voter Registration Day all day
- Cooking Demo with Chef Sam
- Craft Class Make Lemon Napkins
- Senior What the Tech Class
- Book Club
- Professor of Musicology

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> |                      |                       |             |  |  |                                       |     |  | BIRTHDAYS                                   |     |  |                                       |     |  |                                    |     |  |  |     |  |    |  |  |  |  |
|  |                      |                       |             |  |  |                                       |     |  |   |     |  |                                       |     |  |                                    |     |  |  |     |  |    |  |  |  |  |
| LOCATION KEY   |                      |                       |             |  |  | 01                                    |     |  | 02  |     |  | 03                                    |     |  | 04                                 |     |  | FOURTH OF JULY   |     |  | 05 |  |  |  |  |
| 2FA 2 <sup>nd</sup> Floor Activity Room  | CHP Chapel           | ILD IL Dining         | THR Theater |  |  | 9:30a Zumba Chair Fitness             | AR  |  | 9:30a Stretch with Kay                      | 2FA |  | 9:30a Zumba Chair Fitness             | 2FA |  | 9:30a Bocce Ball Players           | BC  |  | 9:30a Walk Together Club   | LO  |  |    |  |  |  |  |
| 3FT 3 <sup>rd</sup> Floor Theater  | CY Courtyard         | LIB Library           | YG Yoga     |  |  | 10:00a Morning Movie                  | THR |  | 10:30a Wii Bowling                          | GR  |  | 10:00a Morning Movie                  | 3FT |  | 10:00a Morning Movie               | THR |  | 10:00a Morning Movie   | 3FT |  |    |  |  |  |  |
| ALD AL Dining  | DR Dining Room       | LO Lobby              |             |  |  | 10:00a Coconut Bingo                  | 2FA |  | 10:30a Craft Class - Make 4th July T-shirts | AR  |  | 10:00a Coconut Bingo                  | AR  |  | 10:00a Cardio Drumming             | 2FA |  | 10:00a Water Aerobics  | PL  |  |    |  |  |  |  |
| AR Activity Room   | FAM Family Room      | MC Memory Care        |             |  |  | 10:00a Catholic Communion             | CHP |  |   |     |  | 10:30a Bible Study                    | CHP |  | 10:30a Engaged Senior Living Games | THR |  | 10:30a Mexican Train - Resident Run  | AR  |  |    |  |  |  |  |
| B Bistro   | GR Game Room         | O Outside             |             |  |  | 10:30a Water Aerobics with Jo         | PL  |  | 10:30a Craft Class - Make 4th July T-shirts | PL  |  | 1:00p Blood Pressure Check            | 2FA |  | 11:00a 4th July Lunch Event        | ALD |  | 1:00p Publix/Target Shopping Trip  | LO  |  |    |  |  |  |  |
| BC Bocce Ball Court  | GC Garden Court      | PL Pool               |             |  |  | 2:00p Bridge                          | GR  |  |   |     |  | 1:30p Hand & Foot                     | 2FA |  | 1:00p Bible Study                  | CHP |  | 1:30p Puzzle Time  | PR  |  |    |  |  |  |  |
| BR Billiards Room  | FIT Fitness Center   | PR Puzzle Room        |             |  |  | 2:00p Chair Fit Judy                  | YG  |  | 12:30p L.C.R Dice Game                      | 2FA |  | 2:00p Movie Matinee                   | 3TH |  | 2:00p Happy Hour                   | ALD |  | 2:00p Movie Matinee  | 3FT |  |    |  |  |  |  |
| BS Business Suite  | HAL Hallway          | S Salon               |             |  |  | 2:00p Movie Matinee                   | THR |  | 2:00p Happy Hour                            | ALD |  | 6:00p Movie Night                     | THR |  | 6:00p Movie Night                  | THR |  | 3:00p Going to St. Leo the Great   | LO  |  |    |  |  |  |  |
| CC Croquet Court   | HW Health & Wellness | SC Shuffleboard Court |             |  |  | 6:00p Movie Night                     | 3FT |  | 6:00p Movie Night                           | THR |  |                                       |     |  | 6:30p Men's Pool Table             | BR  |  | 6:00p Movie Night  | THR |  |    |  |  |  |  |
| 06   |                      |                       |             |  |  | 07                                    |     |  | 08  |     |  | 09                                    |     |  | 10                                 |     |  | 11   |     |  | 12 |  |  |  |  |
| 10:00a Morning Moive   | THR                  |                       |             |  |  | 9:30a Shuffle Board                   | CY  |  | 9:30a Stretch with Kay                      | 2FA |  | 9:30a Zumba Chair Fitness             | 2FA |  | 9:30a Bocce Ball Players           | BC  |  | 9:30a Walk Together Club   | LO  |  |    |  |  |  |  |
| 10:00a Board Game Day-Resident Ran   |                      |                       |             |  |  | 9:30a Tai Chi w/Solaris               | 2FA |  | 10:30a Wii Bowling                          | GR  |  | 10:00a Morning Movie                  | 3FT |  | 10:00a Morning Movie               | THR |  | 10:00a Morning Movie   | 3FT |  |    |  |  |  |  |
| 2FA  |                      |                       |             |  |  | 10:30a New Game Nickles-Bring Nickles | 3FT |  | 10:30a Cooking Demo with Chef               | AR  |  | 10:00a Coconut Bingo                  | AR  |  | 10:00a Cardio Drumming             | 2FA |  | 10:00a Water Aerobics  | PL  |  |    |  |  |  |  |
| 10:30a Color Art Class-Self Ran  |                      |                       |             |  |  | 1:00p Bible Study                     | CHP |  | 11:00a Menu Chat with Chef                  | AR  |  | 10:30a Bible Study                    | CHP |  | 10:30a Engaged Senior Living Games | THR |  | 10:30a Mexican Train - Resident Run  | AR  |  |    |  |  |  |  |
| 1:00p Sunshine Gardners  |                      |                       |             |  |  | 1:00p Coffee & Donuts & Convo         | AR  |  | 12:30p L.C.R Dice Game                      | 2FA |  | 12:00p New Resident Meet & Greet with | ALD |  | 11:00a Lunch Bunch Trip            | LO  |  | 1:00p Publix/Target Shopping Trip  | LO  |  |    |  |  |  |  |
| 2:00p Movie Matinee  | THR                  |                       |             |  |  | 2:30p Water Aerobics                  | PL  |  | 2:00p Happy Hour                            | ALD |  | Management                            | 2FA |  | 1:00p Bible Study                  | CHP |  | 1:30p Puzzle Time  | PR  |  |    |  |  |  |  |
| 2:00p Bloody Mary Bingo  | AR                   |                       |             |  |  | 3:30p Trivia & Popcorn                | AR  |  | 6:00p Movie Night                           | THR |  | 1:00p Blood Pressure Check            | 2FA |  | 2:00p Happy Hour                   | ALD |  | 2:00p Movie Matinee  | 3FT |  |    |  |  |  |  |
| 6:00p Movie Night  | THR                  |                       |             |  |  | 6:00p Movie Night                     | THR |  |   |     |  | 1:30p Hand & Foot                     | 2FA |  | 6:00p Movie Night                  | THR |  | 3:00p Going to St. Leo the Great   | LO  |  |    |  |  |  |  |
|  |                      |                       |             |  |  |                                       |     |  |   |     |  | 2:00p Movie Matinee                   | 3TH |  | 6:30p Men's Pool Table             | BR  |  | 6:00p Movie Night  | THR |  |    |  |  |  |  |
| 13   |                      |                       |             |  |  | 14                                    |     |  | 15  |     |  | 16                                    |     |  | 17                                 |     |  | 18   |     |  | 19 |  |  |  |  |
| 10:00a Morning Moive   | THR                  |                       |             |  |  | 9:30a Shuffle Board                   | CY  |  | 9:30a Stretch with Kay                      | 2FA |  | 9:30a Zumba Chair Fitness             | 2FA |  | 9:30a Bocce Ball Players           | BC  |  | 9:30a Walk Together Club   | LO  |  |    |  |  |  |  |
| 10:00a Board Game Day-Resident Ran   |                      |                       |             |  |  | 9:30a Tai Chi w/Solaris               | 2FA |  | 10:30a Wii Bowling                          | GR  |  | 10:00a Morning Movie                  | 3FT |  | 10:00a Morning Movie               | THR |  | 10:00a Morning Movie   | 3FT |  |    |  |  |  |  |
| 2FA  |                      |                       |             |  |  | 10:30a New Game Nickles-Bring Nickles | HAL |  | 11:00a Slushies In Bistro                   | B   |  | 10:00a Coconut Bingo                  | AR  |  | 10:00a Cardio Drumming             | 2FA |  | 10:00a Water Aerobics  | PL  |  |    |  |  |  |  |
| 10:30a Color Art Class-Self Ran  |                      |                       |             |  |  | 1:00p Bible Study                     | CHP |  | 12:30p L.C.R Dice Game                      | 2FA |  | 10:30a Bible Study                    | CHP |  | 10:30a Engaged Senior Living Games | THR |  | 10:30a Mexican Train - Resident Run  | AR  |  |    |  |  |  |  |
| 1:00p Sunshine Gardners  |                      |                       |             |  |  | 2:30p Water Aerobics                  | PL  |  | 2:00p Happy Hour                            | ALD |  | 1:00p Blood Pressure Check            | 2FA |  | 11:00a Lunch Bunch Trip            | LO  |  | 1:00p Publix/Target Shopping Trip  | LO  |  |    |  |  |  |  |
| 2:00p Movie Matinee  | THR                  |                       |             |  |  | 3:30p Trivia & Popcorn                | AR  |  | 6:00p Movie Night                           | THR |  | 1:00p July Bday Babies Party          | AR  |  | 1:00p Bible Study                  | CHP |  | 1:30p Puzzle Time  | PR  |  |    |  |  |  |  |
| 2:00p Bloody Mary Bingo  | AR                   |                       |             |  |  | 6:00p Movie Night                     | THR |  |   |     |  | 1:30p Hand & Foot                     | 2FA |  | 2:00p Happy Hour                   | ALD |  | 2:00p Movie Matinee  | 3FT |  |    |  |  |  |  |
| 6:00p Movie Night  | THR                  |                       |             |  |  |                                       |     |  |   |     |  | 2:00p Movie Matinee                   | 3TH |  | 6:00p Movie Night                  | THR |  | 3:00p Going to St. Leo the Great   | LO  |  |    |  |  |  |  |
|  |                      |                       |             |  |  |                                       |     |  |   |     |  | 6:00p Movie Night                     | THR |  | 6:30p Men's Pool Table             | BR  |  | 6:00p Movie Night  | THR |  |    |  |  |  |  |
| 20   |                      |                       |             |  |  | 21                                    |     |  | 22  |     |  | 23                                    |     |  | 24                                 |     |  | 25   |     |  | 26 |  |  |  |  |
| 10:00a Morning Moive   | THR                  |                       |             |  |  | 9:30a Shuffle Board                   | CY  |  | 9:30a Stretch with Kay                      | 2FA |  | 9:30a Zumba Chair Fitness             | 2FA |  | 9:30a Bocce Ball Players           | BC  |  | 9:30a Walk Together Club   | LO  |  |    |  |  |  |  |
| 10:00a Board Game Day-Resident Ran   |                      |                       |             |  |  | 9:30a Tai Chi w/Solaris               | 2FA |  | 10:30a Wii Bowling                          | GR  |  | 10:00a Morning Movie                  | 3FT |  | 10:00a Morning Movie               | THR |  | 10:00a Morning Movie   | 3FT |  |    |  |  |  |  |
| 2FA  |                      |                       |             |  |  | 10:00a FREE MANICURES                 | S   |  | 12:30p L.C.R Dice Game                      | 2FA |  | 10:00a Coconut Bingo                  | AR  |  | 10:00a Cardio Drumming             | 2FA |  | 10:00a Water Aerobics  | PL  |  |    |  |  |  |  |
| 10:30a Color Art Class-Self Ran  |                      |                       |             |  |  | 10:30a New Game Nickles-Bring Nickles | HAL |  | 2:00p Happy Hour                            | ALD |  | 10:00a Catholic Communion             | CHP |  | 10:30a Engaged Senior Living Games | THR |  | 10:30a Mexican Train - Resident Run  | AR  |  |    |  |  |  |  |
| 1:00p Sunshine Gardners  |                      |                       |             |  |  | 1:00p Bible Study                     | CHP |  | 6:00p Movie Night                           | THR |  | 10:30a Water Aerobics with Jo         | 2FA |  | 11:00a Lunch Bunch Trip            | LO  |  | 1:00p Publix/Target Shopping Trip  | LO  |  |    |  |  |  |  |
| 2:00p Movie Matinee  | THR                  |                       |             |  |  | 2:30p Water Aerobics                  | PL  |  |   |     |  | 2:00p Bridge                          | 2FA |  | 1:00p Bible Study                  | CHP |  | 1:30p Puzzle Time  | PR  |  |    |  |  |  |  |
| 2:00p Bloody Mary Bingo  | AR                   |                       |             |  |  | 3:30p Trivia & Popcorn                | AR  |  |   |     |  | 2:00p Chair Fit Judy                  | 2FA |  | 2:00p Happy Hour                   | ALD |  | 2:00p Movie Matinee  | 3FT |  |    |  |  |  |  |
| 6:00p Movie Night  | THR                  |                       |             |  |  | 6:00p Movie Night                     | THR |  |   |     |  | 2:00p Movie Matinee                   | 3TH |  | 6:00p Movie Night                  | THR |  | 3:00p Going to St. Leo the Great   | LO  |  |    |  |  |  |  |
|  |                      |                       |             |  |  |                                       |     |  |   |     |  | 6:00p Movie Night                     | THR |  | 6:30p Men's Pool Table             | BR  |  | 6:00p Movie Night  | THR |  |    |  |  |  |  |
| 27   |                      |                       |             |  |  | 28                                    |     |  | 29  |     |  | 30                                    |     |  | 31                                 |     |  | <div></div> |     |  |    |  |  |  |  |
| 10:00a Morning Moive   | THR                  |                       |             |  |  | 9:30a Shuffle Board                   | CY  |  | 9:30a Stretch with Kay                      | 2FA |  | 9:30a Zumba Chair Fitness             | 2FA |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 10:00a Board Game Day-Resident Ran   |                      |                       |             |  |  | 9:30a Tai Chi w/Solaris               | 2FA |  | 10:30a Wii Bowling                          | GR  |  | 10:00a Morning Movie                  | 3FT |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 2FA  |                      |                       |             |  |  | 10:30a New Game Nickles-Bring Nickles | HAL |  | 12:30p L.C.R Dice Game                      | 2FA |  | 10:00a Coconut Bingo                  | AR  |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 10:30a Color Art Class-Self Ran  |                      |                       |             |  |  | 1:00p Bible Study                     | CHP |  | 2:00p Happy Hour                            | ALD |  | 10:30a Bible Study                    | CHP |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 1:00p Sunshine Gardners  |                      |                       |             |  |  | 1:00p Coffee-donuts-Convo             | AR  |  | 6:00p Movie Night                           | THR |  | 1:00p Blood Pressure Check            | 2FA |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 2:00p Movie Matinee  | THR                  |                       |             |  |  | 2:30p Water Aerobics                  | PL  |  |   |     |  | 1:30p Hand & Foot                     | 2FA |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 2:00p Bloody Mary Bingo  | AR                   |                       |             |  |  | 3:30p Trivia & Popcorn                | AR  |  |   |     |  | 2:00p Movie Matinee                   | 3TH |  |                                    |     |  |  |     |  |    |  |  |  |  |
| 6:00p Movie Night  | THR                  |                       |             |  |  | 6:00p Movie Night                     | THR |  |   |     |  | 6:30p Professor of Musicology         | THR |  |                                    |     |  |  |     |  |    |  |  |  |  |
|  |                      |                       |             |  |  |                                       |     |  |   |     |  |                                       |     |  |                                    |     |  |  |     |  |    |  |  |  |  |

All activities subject to change.