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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.

CHARLEVOIX 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!

- 7-05 Allan King
- 7-07 Resident Meeting/Auction
- 7-10 Family Night
- 7-11 Picnic/Music Park
- 7-16 Picnic in the Park
- 7-17 Patio Party Peter Feters
- 7-22 Bingo - Reformed Church
- 7-23 Wii Bowling Tournament
- 7-24 Antique Flywheelers Trip
- 7-26 Bus in Venetian Parade

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																															
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												Happy Birthday Norma 7-01 Christopher 7-08 Nancy 7-17 Shirley 7-28																																											
LOCATION KEY				01				02				03				04				FOURTH OF JULY				05																															
<div>CAF Café</div> <div>CA Common Area</div> <div>DR Dining Room</div> <div>FIR Fireplace</div> <div>LIB Library</div> <div>LR Living Room</div> <div>S Salon</div>				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 11:00a String Sisters 2:00p Brainiacs 3:00p Black Jack Bouquet				DR CAF DR FIR CAF CAF				8:30a Morning Brew with You 9:00a Open Transportation 10:30a Exercise 11:00a Veterans Meeting 11:00a Wii Bowling 2:30p Bingo 6:00p Blackjack				DR CAF DR LIB CA CAF CAF				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 11:00a Blood Pressure Clinic 11:00a Blain Piano Player 2:00p LED Chat 3:00p Ice Cream Social 3:00p Resident Birthday Celebration 4:00p Engaged Senior TV				DR CAF DR LIB FIR DR FIR LR				6:00a HAPPY 4TH OF JULY 8:30a Morning Brew with You 9:00a Jo-Jo Visits 9:00a No Manicures 10:30a Exercise 11:00a Wii Bowling 2:00p No LED Chat 2:00p Euchre & Rummy in the Cafe 3:30p Social Hour				DR FIR S DR LR FIR CAF FIR				8:30a Morning Brew with You 9:30a Current Events 10:30a Exercise 11:00a Allen King Presentation 2:30p Bingo				DR FIR DR LR DR															
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8:30a Morning Brew with You 10:30a Exercise 11:00a Wii Bowling 12:00p Mennonites Sing 2:30p Bingo 4:00p Church services				DR DR LR DR DR LIB				8:30a Morning Brew with You 9:00a Open Transportation 9:00a Charlevoix Library Here 10:30a Exercise 11:00a Engaged Senior A 2:00p Resident Meeting 3:00p General McArthur - Hospice Dog Visit 3:00p Auction				DR CAF DR FIR LIB FIR CAF				8:30a Morning Brew with You 9:00a Open Transportation 10:30a Exercise 11:00a Veterans Meeting 11:00a Wii Bowling 2:30p Bingo 6:00p Blackjack				DR CAF DR LIB CA CAF CAF				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 11:00a Blood Pressure Clinic 2:00p New Resident Welcome 3:00p Ice Cream Social 4:00p Engaged Senior TV 5:00p Family Night: Stars & Stripes 6:00p No Bible Study in the Library				DR CAF DR LIB FIR DR LR DR FIR				8:30a Morning Brew with You 9:00a Jo-Jo Visits 9:00a Manicures 10:30a Exercise 11:00a Picnic & Music in Petoskey 11:00a Wii Bowling 3:30p Social Hour 3:30p Gene Warner Performs				DR FIR S DR LR FIR FIR				8:30a Morning Brew with You 9:30a Current Events 10:30a Exercise 2:30p Bingo				DR FIR DR DR											
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8:30a Morning Brew with You 10:30a Exercise 11:00a Wii Bowling 2:30p Bingo 4:00p Church services				DR DR LR DR LIB				8:30a Morning Brew with You 9:00a Open Transportation 10:30a Exercise 11:00a Engaged Senior A 2:00p Walmart Trip				DR CAF DR LIB				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 11:00a String Sisters 2:00p Euchre & Rummy in the Cafe 3:00p Black Jack Bouquet				DR CAF DR FIR CAF CAF				8:30a Morning Brew with You 9:00a Open Transportation 10:30a Exercise 11:00a Veterans Meeting 11:00a Wii Bowling 12:00p Picnic in the Park 2:30p Bingo 6:00p Blackjack				DR CAF DR LIB CA CAF CAF				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 11:00a Wellness U: Dental Health 2:00p Games in the Cafe 2:00p Uno in the Cafe 3:00p Ice Cream Social 4:00p Engaged Senior TV 6:00p Bible Study in the Library				DR CAF DR FIR CAF CAF DR LR LIB				8:30a Morning Brew with You 9:00a Jo-Jo Visits 9:00a Manicures 10:30a Exercise 11:00a Wii Bowling 2:00p Menu Chat 3:30p Social Hour 3:30p Adolph performs				DR FIR S DR LR FIR FIR				8:30a Morning Brew with You 9:30a Current Events 10:30a Exercise 11:00a Two Beats Perform 2:30p Bingo				DR FIR DR FIR DR			
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8:30a Morning Brew with You 10:30a Exercise 11:00a Wii Bowling 2:30p Bingo 4:00p Church services				DR DR LR DR LIB				8:30a Morning Brew with You 9:00a Open Transportation 9:00a Charlevoix Library Here 10:30a Exercise 11:00a Engaged Senior A 2:00p Casino Trip 3:30p General McArthur pet visits				DR CAF LIB LIB CA				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 12:00p Venetian Bingo at Community Reformed Church 3:00p No Black Jack Bouquet				DR CAF DR CAF				8:30a Morning Brew with You 9:00a Open Transportation 10:30a Exercise 11:00a Veterans Meeting 11:00a Wii Bowling 2:00p Venetian Wii Bowling Tournament 2:30p No Bingo 6:00p Blackjack				DR CAF LIB CA DR CAF				8:30a Morning Brew with You 9:00a Bagels in the Cafe 10:30a Exercise 11:00a Blood Pressure Clinic 2:00p Antique Fly Wheelers Senior Day 3:00p Ice Cream Social 4:00p Engaged Senior TV 6:00p Bible Study in the Library				DR CAF DR LIB CAF DR LR LIB				8:30a Morning Brew with You 9:00a Jo-Jo Visits 9:00a Manicures 10:30a Exercise 11:00a Wii Bowling 2:00p Cooking Demo 3:30p Social Hour				DR FIR S DR LR DR FIR				8:30a Morning Brew with You 9:00a American House Bus in Venetian Parade 9:30a Current Events 10:30a Exercise 2:30p Bingo				DR FIR DR DR			
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