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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.



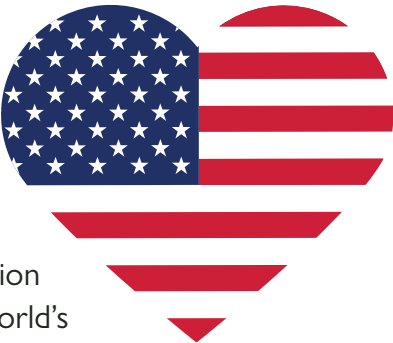
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

FORT MYERS

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!

- Art's Stretch Class
- The Mobile Reader
- Art & Design With Mary Anne
- 4th Of July Celebration
- Chef's Cooking Demonstration
- Lee County Band
- Family & Friends Dinner
- Card Games With Louise

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>July 2025</div> 									BIRTHDAYS											
									Celebrating July Birthday Yolanda C. 7/17 Margaret M. 7/24 Ruth H. 7/04 Marcia M. 7/05 Suzanne C. 7/28 Jennie S. 7/12 Elisabeth A. 7/31 Margaret P. 7/17											
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
<div>2FA 2nd Floor Activity Room</div> <div>2FG 2nd Floor Game Room</div> <div>2LI 2nd Floor Library</div> <div>3FT 3rd Floor Theater</div> <div>AR Activity Room</div> <div>B Bistro</div>			<div>CY Courtyard</div> <div>DR Dining Room</div> <div>FD Front Desk</div> <div>LO Lobby</div> <div>PL Pool</div> <div>APT Your Apartment</div>			<div>10:00a Blood Pressure Clinic 2FA</div> <div>10:30a Choir Sing-A-Long 2FA</div> <div>10:30a Church Service With Pastor Bob 3FT</div> <div>1:30p Art & Design Class With Mary 2FA</div> <div>3:30p Anne 2FA</div> <div>3:30p Betsy Ross And Her Contribution 2FA</div>			<div>10:00a Catholic Church 3FT</div> <div>11:00a Lunch Bunch Outing 2FA</div> <div>1:30p A Fun Game Of Bingo 2FG</div> <div>3:00p A Tour Of Washington 2FG</div> <div>6:30p Game Night With Frank 2FG</div>			<div>10:00a Art's Stretch & Flex 2FA</div> <div>11:00a Natural Wonders Of The World 2FA</div> <div>1:30p Bridge With Friends 2FG</div> <div>2:00p A Scrambled Word Game 2FG</div> <div>3:30p Match Challenge 2FA</div> <div>5:30p Texas Holdem Poker With Jimmy 2FG</div>			<div>12:00a Happy 4th Of July</div> <div>9:30a Publix Shopping LO</div> <div>10:00a 4th Of July Car Parade!!! PL</div> <div>11:30a Food, Family And A 4th Of July Luncheon DR</div> <div>11:30a 4th Of July Trivia 2FA</div> <div>2:00p Celebrating The 4th With LLCCB B</div> <div>4:00p Happy Independence Day Word</div>			<div>10:00a Art's Stretch Class 2FA</div> <div>11:00a Playing The Dice Game 2FA</div> <div>1:30p It's A Bingo Hour 2FA</div> <div>3:00p Bowling On The Wii 2FA</div> <div>4:00p 4th Of July Word Scramble FD</div>		
06			07			08			09			10			11			12		
<div>9:30a News Views & Brews 2FA</div> <div>10:00a Bowling On The Wii 2FA</div> <div>11:00a Wheel Of Fortune 2FA</div> <div>1:30p Sunday Afternoon Matinee 3FT</div> <div>4:00p How The Colonel Built An Empire 2FA</div>			<div>10:00a Art's Workout Class 2FA</div> <div>10:00a Off To The Bank LO</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p Bingo With Judy 2FA</div> <div>2:00p Outing To Walgreen's LO</div> <div>3:00p Card Games With Louise 2FA</div>			<div>10:00a Blood Pressure Clinic 2FA</div> <div>10:30a Choir Group Sing-A-Long 2FA</div> <div>11:00a It's A Drone Show 2FA</div> <div>1:30p Art & Design Class With Mary 2FA</div> <div>Anne 2FA</div> <div>3:30p The Match Game 2FA</div>			<div>10:00a Super Shopping: Super WalMart LO</div> <div>10:00a Catholic Church Service 3FT</div> <div>11:00a Life Enrichment Meeting 2FA</div> <div>1:30p A Fun Game Of Bingo 2FA</div> <div>3:00p Niagara Falls Here We Come 2FA</div> <div>6:30p Game Night With Frank 2FG</div>			<div>10:00a Art's Stretch & Flex 2FA</div> <div>10:00a Sunshine Gardner PL</div> <div>11:00a The Greatest Fireworks Shows 2FA</div> <div>1:30p The Mobile Reader 2FA</div> <div>1:30p Bridge With Friends 2FG</div> <div>4:30p Join Us For A Stars & Stripes Happy Hour 2FA</div> <div>5:00p Stars & Stripes Family & Friends</div>			<div>10:00a Publix Shopping LO</div> <div>10:30a Sherry Calls Bingo 2FA</div> <div>11:30a Famous Country Singers 2FA</div> <div>2:00p A Classic Country Hour B</div> <div>3:30p Tennessee Trivia 2FA</div>			<div>10:00a Art's Stretch Class 2FA</div> <div>11:00a Let's Match It Up Game 2FA</div> <div>1:30p It's A Bingo Hour 2FA</div> <div>3:00p Bowling On The Wii 2FA</div> <div>4:00p A Challenging Word Search FD</div>		
13			14			15			16			17			18			19		
<div>9:30a News Views & Brews 2FA</div> <div>10:00a Bowling On The Wii 2FA</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p Sunday Afternoon Matinee 3FT</div> <div>4:00p A Patriotic Word Search FD</div>			<div>10:00a Art's Workout Class 2FA</div> <div>10:00a Off To The Bank LO</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p Bingo Hour With Judy 2FA</div> <div>2:00p Beall's Outlet LO</div> <div>3:00p Scrambled Word Game 2FA</div>			<div>10:00a Blood Pressure Clinic 2FA</div> <div>11:00a Choir Get Together 2FA</div> <div>11:30a Mr. Bean At The Library 2FA</div> <div>1:30p Art & Design Class With Mary 2FA</div> <div>Anne 2FA</div> <div>3:30p The Craziest Shots In Golf 2FA</div>			<div>10:00a Shopping Spree: Dollar Tree LO</div> <div>10:30a Book Club Meeting 2FA</div> <div>1:30p A Fun Game Of Bingo With Interim Health Care 2FA</div> <div>3:00p Catholic Church Service 3FT</div> <div>6:30p Game Night With Frank 2FG</div>			<div>10:00a Art's Stretch & Flex 2FA</div> <div>11:00a The Best Acrobatics Moves In 2FA</div> <div>Baseball 2FG</div> <div>1:30p Bridge With Friends 2FG</div> <div>2:30p Cooking Demonstration 2FA</div> <div>3:15p Menu Chat Meeting 2FA</div> <div>5:30p Texas Holdem Poker 2FG</div>			<div>10:00a Publix Shopping LO</div> <div>10:30a Sherry Calls Bingo 2FA</div> <div>11:30a Testing Your Memory About 40s-70s 2FA</div> <div>2:00p Keith Keeps Us Dancing B</div> <div>3:30p Unusual Spins And Spirals In Figure 2FA</div> <div>Skating</div>			<div>10:00a Art's Stretch Class 2FA</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p It's A Bingo Hour 2FA</div> <div>3:00p Bowling On The Wii 2FA</div> <div>4:00p Tic Tac Toe 2FA</div>		
20			21			22			23			24			25			26		
<div>9:30a News Views & Brews 2FA</div> <div>10:00a Bowling On The Wii 2FA</div> <div>11:00a The Match Game 2FA</div> <div>1:30p Sunday Afternoon Matinee 3FT</div> <div>4:00p Fun Facts On Florida 2FA</div>			<div>10:00a Art's Workout Class 2FA</div> <div>10:00a Off To The Bank LO</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p It's A Bingo Hour With Judy 2FA</div> <div>2:00p Outing To Walgreens LO</div> <div>3:00p Card Games With Louise 2FA</div>			<div>10:00a Blood Pressure Clinic 2FA</div> <div>11:00a The Great Depression Cooking 2FA</div> <div>11:30a The Strangest Foods To Eat (Or Not) 2FA</div> <div>1:30p Art & Design Class With Mary 2FA</div> <div>Anne 2FA</div> <div>3:30p Welcoming New Residents Meeting 2FA</div>			<div>10:00a Catholic Church Service 3FT</div> <div>11:00a Lunch Bunch Outing LO</div> <div>1:30p A Fun Game Of Bingo 2FA</div> <div>3:15p Town Hall Meeting 2FA</div> <div>6:30p Game Night With Frank 2FG</div>			<div>10:00a Art's Stretch & Flex 2FA</div> <div>11:00a Spectacular Fireworks 2FA</div> <div>1:30p Bridge With Friends 2FG</div> <div>2:00p Thursday Afternoon Matinee 3FT</div> <div>2:30p Join Us For Our Monthly Veterans Meeting 2FA</div>			<div>10:00a Walk With Me LO</div> <div>10:00a Publix Shopping LO</div> <div>10:30a Sherry Calls Bingo 2FA</div> <div>11:30a Good News Of The Day 2FA</div> <div>2:00p Can You Say TGIF With CJ DR</div> <div>3:30p Scrambled Word Game 2FA</div>			<div>10:00a Art's Stretch Class 2FA</div> <div>11:00a Wheel Of Fortune 2FA</div> <div>1:30p It's A Bingo Hour 2FA</div> <div>3:00p Bowling On The Wii 2FA</div> <div>4:00p It's A Bang Of A Word Search FD</div>		
27			28			29			30			31			 <div>happy independence day</div> <div>4TH OF JULY</div>					
<div>9:30a News Views & Brews 2FA</div> <div>10:00a Bowling On The Wii 2FA</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p Sunday Afternoon Matinee 3FT</div> <div>4:00p The Top 10 Oldest Trees In The World 2FA</div>			<div>10:00a Art's Workout Class 2FA</div> <div>10:00a Off To The Bank LO</div> <div>11:00a LRC Dice Game 2FA</div> <div>1:30p Bingo Hour With Judy 2FA</div> <div>2:00p Off To Ross LO</div> <div>3:30p Celebrating National Chocolate Milk Day 2FA</div>			<div>10:00a Blood Pressure Clinic 2FA</div> <div>10:30a Choir Sing-A-Long 2FA</div> <div>11:00a The Top 10 Most Expensive Cars In The World 2FA</div> <div>1:30p Art & Design Class With Mary 2FA</div> <div>Anne 2FA</div> <div>3:30p Wheel Of Fortune 2FA</div>			<div>10:00a Catholic Church 3FT</div> <div>11:00a The World's Most Luxurious Restaurants 2FA</div> <div>1:30p A Fun Game Of Bingo 2FA</div> <div>3:00p Just Add It Up 2FA</div> <div>6:30p Game Night With Frank 2FG</div>			<div>10:00a Art's Stretch & Flex 2FA</div> <div>10:30a The Fascinating World Beneath 2FA</div> <div>The Waves 2FA</div> <div>11:00a Retail Therapy On The Go 2FA</div> <div>1:30p Bridge With Friends 2FG</div> <div>2:30p The Fun Facts On The Hot Fudge Sundae 2FA</div> <div>3:00p It's National Hot Fudge Sundae Day 2FA</div>								

All activities subject to change.