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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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.



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LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

GRAND BLANC

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!

- 7/9: Board & Brush Grand Blanc
- 7/10: Family Night
- 7/11: Art w/ Alecyn
- 7/14: Cancun Restaurant
- 7/17: Story Share w/ Kennard
- 7/18: Daniel Fegan Performs
- 7/21: Rae Performs
- 7/22: LE Town Hall
- 7/24: Glimma Portraits
- 7/25: Kensington Boat Ride

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																																
												7/1: Barbara I. 7/16: Peggy L. 7/20: Darlene W. 7/24: Joan D. 7/25: Barbara C. 7/26: Connie C.																																
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05																							
<div>2FG2nd Floor Game Room</div> <div>ARActivity Room</div> <div>BPLBack Parking Lot</div> <div>BBistro</div> <div>CMRCommunity Room</div> <div>CYCourtyard</div> <div>DRDining Room</div> <div>FPAFront Patio</div> <div>LOLobby</div> <div>OUTOuting</div> <div>PATPatio</div> <div>SSSundries Store</div>						9:30a Transportation Tuesday 10:00a Senior Center Exercise 2:00p Chair Massage w/ Rae 3:00p Bingo w/ Tim 7:00p Euchre or Rummikub			OUT OUT CMR DR AR			9:30a Walmart Wednesday 1:00p Jeopardy! 2:00p Stretch & Relax w/ Kim 3:00p Craft Hour: Fun Sponge Fireworks! 7:00p Wii Games			OUT LO B AR B			10:00a Daily Chronicle & Brain Games 11:00a Tia Helita's Restaurant! 11:00a Blood Pressure Checks 2:00p Bingo w/ Tim 2:00p July Book Club Launch! 3:45p Pray the Rosary 6:45p Classic TV Shows			LO OUT LO DR CMR CMR CMR			10:00a Daily Chronicle Amongst Friends 11:00a Hangman 2:00p Stars & Stripes Free Coloring! 7:00p Wii Games			B LO AR B			10:00a Chair Zumba w/ Kim 11:00a Coffee w/ Kim 2:00p Bingo w/ Tim 3:30p Games of Choice 7:00p Movie Night: Residents' Pick			B B DR AR CMR											
06						07			08			09			10			11			12																							
10:00a Live Mass on TV 11:00a Daily Chronicle 2:00p Protestant Church w/ Communion 4:00p Table Talk Tid Bits 7:00p Billiard Club						CMR B CMR AR 2FG			9:30a Online Shopping or Technology 101 w/ Madeline 11:00a Culver's Restaurant 1:30p Daily Chronicle & Weekly Gratitude 2:00p Monday Sundaes: Chocolate Day Frenzy! 7:00p Trivia Night			B OUT LO LO			9:30a Transportation Tuesday 10:00a Senior Center Exercise 2:00p Bingo w/ Tim 3:30p Noodle Ball! 7:00p Euchre or Mexican Train Dominoes			OUT OUT DR LO AR			9:30a Mid-Week Meijer Board & Brush Grand Blanc! 2:00p Cooking Demo w/ Alicia 7:00p Wii Games			OUT OUT B B			10:00a Daily Chronicle & Brain Games 11:00a Blood Pressure Checks 2:00p Bingo w/ Tim 3:45p Pray the Rosary 5:00p Family Night: Stars & Stripes Celebration! 6:45p Classic TV Shows			LO LO DR CMR DR CMR			9:30a Online Shopping or Technology 101 w/ Madeline 11:00a Hangman w/ Madeline 2:00p Art w/ Alecyn! 7:00p Wii Games			B LO AR B			10:00a Chair Zumba w/ Kim 11:00a Coffee w/ Kim 2:00p Bingo w/ Tim 3:30p Games of Choice 7:00p Movie Night: Residents' Pick			B B DR AR CMR		
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27						28			29			30			31			<div><div>happy independence day</div><div>4TH OF JULY</div></div>																										
10:00a Live Mass on TV 11:00a Daily Chronicle 2:00p Protestant Church w/ Communion 4:00p Table Talk Tid Bits 7:00p Billiard Club						CMR B CMR AR 2FG			12:00a Applebee's Restaurant 9:30a Online Shopping or Technology 101 w/ Madeline 1:30p Daily Chronicle & Weekly Gratitude 2:00p Monday Sundaes! 7:00p Trivia Night			OUT OUT LO CMR DR AR			9:30a Transportation Tuesday 10:00a Senior Center Exercise 1:30p Snacks & Chats 3:00p Book Club Roundup! 3:00p Bingo w/ Tim 7:00p Euchre or Rummikub									OUT LO CMR DR AR			9:30a Walmart Wednesday 1:00p Jeopardy! 2:00p Stretch & Relax w/ Kim 2:30p Daniel Bryson Performs (Happy Hour!) 7:00p Wii Games			OUT LO B DR B			10:00a Daily Chronicle & Brain Games 11:00a Blood Pressure Checks 2:00p Pop-Up Shop! 2:00p Bingo w/ Tim 3:45p Pray the Rosary 6:45p Classic TV Shows			LO LO AR DR CMR CMR								