

CONTACTS

- Executive Director**
Tim Cook
- Wellness Director**
Racheal Benbo
- Community Relations Director**
Cole Taylor
- Life Enrichment Director**
Faye Saxton
- Food Service Director**
April Huskey
- Maintenance Director**
Tim Saxton

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900



**American House
Hamilton Place**
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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.

HAMILTON PLACE

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!

- Family Night
- Happy Hour with Jason B
- Happy Hour with Timiethea D.
- Happy Hour With Hoyt Rogers
- Cooking Demo
- Concert with Barkey
- UNO Competition

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											
									(Joanne M. 7/8)											
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
<div><div>IFL</div><div>1st Floor</div><div>2FA</div><div>2nd Floor Activity Room</div><div>2FI</div><div>2nd Floor Fitness Room</div><div>AR</div><div>Activity Room</div><div>BC</div><div>Bocce Ball Court</div><div>CY</div><div>Courtyard</div><div>DR</div><div>Dining Room</div><div>LIB</div><div>Library</div><div>PLR</div><div>Parlor</div><div>OUT</div><div>Outing</div></div>			<div><div>9:30a</div><div>Words Of Encouragement</div><div>PLR</div><div>10:00a</div><div>Easy Exercises</div><div>PLR</div><div>10:30a</div><div>Chat In A Hat</div><div>PLR</div><div>1:00p</div><div>Residents Town Hall Meeting</div><div>PLR</div><div>3:00p</div><div>UNO Game</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Bible Study</div><div>PLR</div><div>10:00a</div><div>Chair Exercises</div><div>PLR</div><div>10:30a</div><div>Summer Crossword Puzzles</div><div>PLR</div><div>2:00p</div><div>Happy Hour w/Hoyt R. Left Right Center</div><div>PLR</div><div>3:00p</div><div>Happy Hour w/Hoyt R. Left Right Center</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Devotion</div><div>PLR</div><div>10:00a</div><div>Balloon Exercises</div><div>PLR</div><div>10:30a</div><div>4th Of July Crafts</div><div>PLR</div><div>2:00p</div><div>Popcorn & Coke snack</div><div>PLR</div><div>3:00p</div><div>Cornhole Competition</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Motivation</div><div>PLR</div><div>10:00a</div><div>Music And Exercises</div><div>PLR</div><div>10:30a</div><div>Soft Dart Game</div><div>PLR</div><div>11:30a</div><div>4th Of July Celebration</div><div>CY</div><div>3:00p</div><div>Friday Bingo!</div><div>PLR</div></div>			<div><div>10:00a</div><div>Morning Chat With Friends</div><div>PLR</div><div>10:30a</div><div>Checkers And More</div><div>PLR</div><div>1:00p</div><div>Mystery Hour With MOD</div><div>PLR</div><div>2:00p</div><div>Adult Coloring</div><div>PLR</div><div>5:30p</div><div>After Diner Chat</div><div>PLR</div></div>					
06			07			08			09			10			11			12		
<div><div>10:00a</div><div>Bible Talk With Friends</div><div>PLR</div><div>11:00a</div><div>Ride The NuStep</div><div>AR</div><div>1:00p</div><div>Visit Courtyard</div><div>CY</div><div>3:00p</div><div>Card Game Fun!</div><div>PLR</div><div>5:30p</div><div>Watch A Good Movie</div><div>PLR</div></div>			<div><div>10:00a</div><div>Easy Exercises</div><div>PLR</div><div>10:30a</div><div>Bible Study with Janet</div><div>2FA</div><div>10:30a</div><div>Chat With Friends</div><div>PLR</div><div>2:00p</div><div>Ice Cream Social</div><div>PLR</div><div>3:00p</div><div>Monday Bingo!</div><div>PLR</div></div>			<div><div>9:30a</div><div>Bible Study</div><div>PLR</div><div>10:00a</div><div>Arm And Leg Stretches</div><div>PLR</div><div>10:30a</div><div>Snack And Chat</div><div>PLR</div><div>2:00p</div><div>Wellness U Discussion</div><div>PLR</div><div>3:00p</div><div>Family Feud</div><div>PLR</div></div>			<div><div>9:30a</div><div>Praise And Worship</div><div>PLR</div><div>10:00a</div><div>Move Easy Exercises</div><div>PLR</div><div>10:30a</div><div>Checkers And More</div><div>PLR</div><div>2:00p</div><div>Happy Hour w/Wesley C. Find A Word In A Word</div><div>PLR</div><div>3:00p</div><div>Happy Hour w/Wesley C. Find A Word In A Word</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Bible Class</div><div>PLR</div><div>10:00a</div><div>Ball Exercises</div><div>PLR</div><div>10:30a</div><div>Go Fish Card Game</div><div>PLR</div><div>2:00p</div><div>Tic Tac Toe Toss</div><div>PLR</div><div>5:00p</div><div>(Philly; 1876) Stars & Stripes Family Night</div><div>DR</div></div>			<div><div>9:30a</div><div>Kind Words To Start Your Day</div><div>PLR</div><div>10:00a</div><div>Move Daily Fitness</div><div>PLR</div><div>11:30a</div><div>Lunch At Longhorns</div><div>OUT</div><div>2:00p</div><div>Snack And Chat</div><div>PLR</div><div>3:00p</div><div>Friday Bingo!</div><div>PLR</div></div>			<div><div>10:00a</div><div>Chat With Friends</div><div>PLR</div><div>10:30a</div><div>SUDOKU</div><div>PLR</div><div>1:00p</div><div>Fun With MOD</div><div>PLR</div><div>3:00p</div><div>Dominoes</div><div>PLR</div><div>4:30p</div><div>Whine Down Dinner Music</div><div>DR</div></div>		
13			14			15			16			17			18			19		
<div><div>4:30a</div><div>Dinner Music</div><div>DR</div><div>10:00a</div><div>Channel 3 Church Services</div><div>AR</div><div>1:00p</div><div>Fun With (MOD)</div><div>PLR</div><div>2:00p</div><div>Checkers In Parlor</div><div>PLR</div><div>3:00p</div><div>Puzzles And More</div><div>PLR</div></div>			<div><div>10:00a</div><div>YouTube Exercises</div><div>PLR</div><div>10:30a</div><div>Bible Study with Janet</div><div>2FA</div><div>11:00a</div><div>Makeovers With Lu Ann</div><div>PLR</div><div>2:00p</div><div>Inspiration Cards</div><div>PLR</div><div>3:00p</div><div>Monday Bingo!</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Bible Study</div><div>PLR</div><div>10:00a</div><div>Get Moving Exercises</div><div>PLR</div><div>10:30a</div><div>Morning Chat</div><div>PLR</div><div>2:00p</div><div>Puzzles Parlor</div><div>PLR</div><div>3:00p</div><div>Left Right Center</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Inspiration</div><div>PLR</div><div>10:00a</div><div>Easy Workout</div><div>PLR</div><div>10:30a</div><div>Get Crafty</div><div>PLR</div><div>2:00p</div><div>Happy Hour w/ Jason B.</div><div>PLR</div><div>3:00p</div><div>Small Cornhole Competition</div><div>PLR</div></div>			<div><div>9:30a</div><div>Devotion</div><div>PLR</div><div>10:00a</div><div>Chair Exercises</div><div>PLR</div><div>2:00p</div><div>LED Chat</div><div>PLR</div><div>2:00p</div><div>Snack & Chat</div><div>PLR</div><div>3:00p</div><div>UNO</div><div>PLR</div></div>			<div><div>9:00a</div><div>Bible Study</div><div>PLR</div><div>10:00a</div><div>Move Easy Exercises</div><div>PLR</div><div>11:00a</div><div>Visit Courtyard</div><div>CY</div><div>2:00p</div><div>New Resident Event</div><div>PLR</div><div>3:00p</div><div>Friday Bingo!</div><div>PLR</div></div>			<div><div>10:00a</div><div>Snack & Chat</div><div>PLR</div><div>10:30a</div><div>Puzzles In Parlor</div><div>PLR</div><div>1:00p</div><div>Bingo With MOD</div><div>PLR</div><div>2:00p</div><div>Crafts In Parlor</div><div>PLR</div><div>3:00p</div><div>Crossword Puzzle Fun!</div><div>PLR</div></div>		
20			21			22			23			24			25			26		
<div><div>10:00a</div><div>T.V. Church Services</div><div>AR</div><div>10:30a</div><div>Small Talk With Friends</div><div>AR</div><div>2:00p</div><div>Ice Cream Sandwich Snack</div><div>PLR</div><div>2:00p</div><div>Ice Cream Day</div><div>PLR</div><div>5:30p</div><div>Visit Library</div><div>LIB</div></div>			<div><div>10:00a</div><div>YouTube Exercises</div><div>PLR</div><div>10:30a</div><div>Bible Study with Janet</div><div>2FA</div><div>1:00p</div><div>Trip To Dollar Marshalls</div><div>OUT</div><div>2:15p</div><div>Fruit Snack & Chat</div><div>PLR</div><div>3:00p</div><div>Monday Bingo!</div><div>PLR</div></div>			<div><div>9:30a</div><div>Daily Bible Study</div><div>PLR</div><div>10:00a</div><div>Get Moving Exercises</div><div>PLR</div><div>1:00p</div><div>Menu Chat Meeting</div><div>PLR</div><div>2:00p</div><div>Soft Cookie Snack</div><div>PLR</div><div>3:00p</div><div>Balloon Volleyball</div><div>PLR</div></div>			<div><div>9:30a</div><div>Bible Talk</div><div>PLR</div><div>10:00a</div><div>Chair Exercises</div><div>PLR</div><div>2:00p</div><div>Happy Hour w/Timiethea D.</div><div>PLR</div><div>2:00p</div><div>National Pie Day!</div><div>PLR</div><div>3:00p</div><div>Find A Word In A Word</div><div>PLR</div></div>			<div><div>9:30a</div><div>Bible Trivia</div><div>PLR</div><div>10:00a</div><div>Big Ball Exercises</div><div>PLR</div><div>1:30p</div><div>"DEIB" French-American</div><div>PLR</div><div>2:00p</div><div>"DEIB" French- American</div><div>PLR</div><div>3:00p</div><div>Cooking Demo Left Right Center</div><div>PLR</div></div>			<div><div>9:30a</div><div>Bible Study</div><div>PLR</div><div>10:00a</div><div>Range Emotions Exercises</div><div>PLR</div><div>10:30a</div><div>Word Search Fun!</div><div>PLR</div><div>3:00p</div><div>July Birthday Celebration!</div><div>PLR</div><div>3:00p</div><div>Friday Bingo!</div><div>PLR</div></div>			<div><div>10:00a</div><div>Mingle With Friends</div><div>PLR</div><div>11:00a</div><div>Adult Coloring</div><div>PLR</div><div>1:00p</div><div>Surprise Activity With MOD</div><div>PLR</div><div>2:30p</div><div>Visit Library</div><div>LIB</div><div>4:30p</div><div>Dinner Music</div><div>DR</div></div>		
27			28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>					
<div><div>10:00a</div><div>Bible Study With Friends</div><div>PLR</div><div>10:30a</div><div>Morning Chat</div><div>PLR</div><div>1:00p</div><div>Maze Game Fun!</div><div>PLR</div><div>2:00p</div><div>Pudding Snack</div><div>PLR</div><div>3:30p</div><div>Word Search Fun!</div><div>PLR</div></div>			<div><div>10:00a</div><div>Easy Workout</div><div>PLR</div><div>10:30a</div><div>Bible Study with Janet</div><div>2FA</div><div>11:00a</div><div>Chat With Friends</div><div>PLR</div><div>2:00p</div><div>Milk Chocolate Day!</div><div>PLR</div><div>3:00p</div><div>Monday Bingo!</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Inspiration</div><div>PLR</div><div>11:30a</div><div>Harp Music With Brenda T.</div><div>DR</div><div>2:00p</div><div>Bingo w/ Dustin</div><div>PLR</div><div>2:00p</div><div>Popcorn & Coke Snack</div><div>PLR</div><div>3:00p</div><div>Dominoes</div><div>PLR</div></div>			<div><div>9:30a</div><div>Joyful Words To Start Your Day</div><div>PLR</div><div>10:00a</div><div>Move Easy Exercises</div><div>PLR</div><div>10:30a</div><div>Treasure Chest Game</div><div>PLR</div><div>2:00p</div><div>Pet Therapy</div><div>PLR</div><div>3:00p</div><div>UNO</div><div>PLR</div></div>			<div><div>9:30a</div><div>Morning Devotion</div><div>PLR</div><div>10:00a</div><div>Chair Exercises</div><div>PLR</div><div>10:30a</div><div>Burning Bush Choir</div><div>PLR</div><div>2:00p</div><div>Peanut Butter & Jelly Snack</div><div>PLR</div><div>3:00p</div><div>Bullseye Game</div><div>PLR</div></div>								