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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.



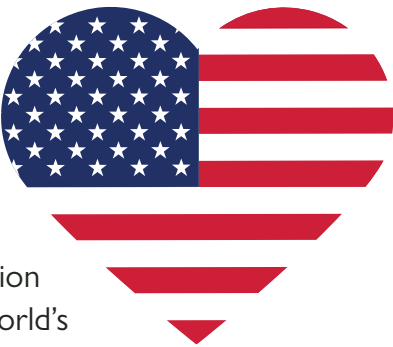
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

HAMPTON VILLAGE

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!

- Calendar Discussion 7/1
- Independence Day 7/4
- Mens Lunch Outing 7/8
- Family Night Event 7/10
- Wheelchair Walker Wash 7/15
- Ladies Lunch Outing 7/22
- Travelogues with Kyle 7/24
- Talent Show 7/31

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>July 2025</div>								BIRTHDAYS					
								Jerry L. 7/19 Pat B. 7/21 Floreen S. 7/28					
LOCATION KEY						01	02	03	04	FOURTH OF JULY		05	
IPA 1 st Floor Patio 2PA 2 nd Floor Patio 2FT 2 nd Floor Theatre AR Activity Room A&C Arts & Crafts Room B Bistro BPA Bistro Patio		CCH Couch Area CY Courtyard DR Dining Room DRP Dining Room Patio DIS Discovery Room FD Front Desk GR Game Room		LR Living Room PAR Piano Area PDR Private Dining Room PG Putting Green SR Sun Room		10:00a Daily Chronicle (B) 11:00a Life Enrichment Calendar Discussion (AR) 2:00p Play Rummikub (AR) 3:00p Play Cover the Number (AR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Wine Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Play Racko (B) 1:00p Crafty Crafters- Garden Globes & Garden Rocks (AR) 2:30p Wheel of Fortune (B) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)	10:00a Daily Chronicle (B) 10:30a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Happy Hour & Entertainment by: Tony Mitchell 4:30p Chair Yoga (DVD) (AR)	11:00a Daily Chronicle (B) 11:30a Chair Yoga (DVD) (AR) 1:00p BINGO! w/Friends (AR) 2:00p Play Left, Right, Center (AR) 3:30p Activity Puzzle Packet (AR)			
06		07		08		09		10		11		12	
9:30a Daily Chronicle 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Sunday Matinee- Reagan (2TH) 4:00p Cranium Crunches		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Ice Cream Social (B) 3:30p Play Bean Bag Toss (BPA) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Outing- Men's Lunch @ Twin Peaks 1:30p Therapy Dog Visit (B) 2:00p Play Rummikub (AR) 3:00p Play Cover the Number (AR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Wine Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Play Racko (B) 1:00p Movie & Popcorn- Independence Day (2FT) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR) 5:00p Family Night Stars & Strips Celebration 6:00p Entertainment by: Carl A.		10:00a Daily Chronicle (B) 10:30a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:30p Happy Hour & Entertainment by: Henrik 4:30p Chair Yoga (DVD) (AR)		11:00a Daily Chronicle (B) 11:30a Chair Yoga (DVD) (AR) 1:00p BINGO! w/Friends (AR) 2:00p Play Left, Right, Center (AR) 3:30p Activity Puzzle Packet (AR)	
13		14		15		16		17		18		19	
9:30a Daily Chronicle 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Sunday Matinee- Mr. Smith goes to Washington (2TH) 4:00p Cranium Crunches		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Ice Cream Social (B) 3:30p Play Bean Bag Toss (BPA) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Wheelchair/Walker Wash!! (BPA) 2:00p Play Rummikub (AR) 3:00p Play Cover the Number (AR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Wine Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Play Racko (B) 1:00p Crafty Crafters- Flip Flop Door Wreaths (AR) 2:30p Wheel of Fortune (B) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)		10:00a Daily Chronicle (B) 10:30a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Happy Hour & Entertainment by: Scott V. 4:30p Chair Yoga (DVD) (AR)		11:00a Daily Chronicle (B) 11:30a Chair Yoga (DVD) (AR) 1:00p BINGO! w/Friends (AR) 2:00p Play Left, Right, Center (AR) 3:30p Activity Puzzle Packet (AR)	
20		21		22		23		24		25		26	
9:30a Daily Chronicle 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Sunday Matinee- The Six Triple Eight (2TH) 4:00p Cranium Crunches		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Ice Cream Social (B) 3:30p Play Bean Bag Toss (BPA) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Outing- Ladies Picnic in the Park 2:00p Play Rummikub (AR) 3:00p Play Cover the Number (AR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Wine Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Play Racko (B) 1:00p Travelogues w/ Kyle Schippa (2FT) 2:30p Wheel of Fortune (B) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)		10:00a Daily Chronicle (B) 10:30a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:30p Chair Yoga (DVD) (AR) 4:00p Happy Hour & Entertainment by: Kevin W.		11:00a Daily Chronicle (B) 11:30a Chair Yoga (DVD) (AR) 1:00p BINGO! w/Friends (AR) 2:00p Play Left, Right, Center (AR) 3:30p Activity Puzzle Packet (AR)	
27		28		29		30		31		<div></div> <div>happy independence day</div> <div>4TH OF JULY</div>			
9:30a Daily Chronicle 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Sunday Matinee- The Patriot (2TH) 4:00p Cranium Crunches		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Cardio Drumming (AR) 3:30p Play Bean Bag Toss (BPA) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Outing- Lunch @ Fugi Buffet 2:00p Play Rummikub (AR) 3:00p Play Cover the Number (AR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 2:30p Resident Council Meeting (AR) 3:00p Wine Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)		10:00a Daily Chronicle (B) 11:00a Play Racko (B) 1:00p Resident & Staff Talent Show (B) 2:30p Activity Buck Store (AR) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR) 6:00p Kings in the Corner Night Game (AR)					