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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.



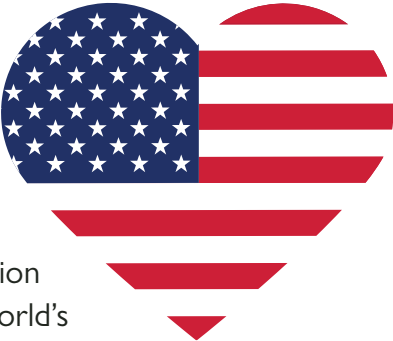
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

LEBANON ASSISTED 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!

- Independence Day Charades
- July 4th Shenanigans
- Star's & Stripes Celebration
- Do You Trust Me Challenge
- Independance Day Trivia
- Visit With Love's Way Church
- Kentucky Downs Casino Trip
- Gorgeous Grandma Day
- Shopping on Town Square Trip
- French-American Cooking Demo

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>								BIRTHDAYS							
								RESIDENTS: Tristen G 7/25 Sherry W 7/12 Bonnie M 7/25							
								STAFF: Jordan C 7/11							
LOCATION KEY				01		02		03		04		FOURTH OF JULY		05	
<div>CA Common AreaGL Gallery CY CourtyardLO Lobby DR Dining Room</div>				10:00a Seated Stretching DR 10:30a Bible Study with Janet GL 2:00p Bingo Mania GL 3:00p Independence Day Charades DR 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a Walmart Trip LO 2:00p Bingo Mania GL 4:00p Walk With Me LO 5:00p Wine Down Wednesday DR		10:00a Seated Stretching DR 10:30a Coffee Talk with Amber DR 2:00p Bingo Mania GL 3:30p Let's Talk Activities For August! GL 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a 4th Of July Shenanigans LO 2:00p Bingo Mania GL 3:00p Shopping at The American House General Store GL 4:00p Walk With Me LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice			
06		07		08		09		10		11		12			
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics DR 10:30a Organize With Amber GL 2:00p Bingo Mania GL 3:00p Peanut Auction with Adoration GL 4:00p Walk With Me LO		10:00a Seated Stretching DR 10:30a Bible Study with Janet GL 2:00p Bingo Mania GL 3:00p Dance Class with Chelsea DR 4:00p Walk With Me LO		10:00a Chair Aerobics DR 11:00a Lunch Outing to Aubrey's LO 2:00p Bingo Mania GL 4:00p Walk With Me LO 5:00p Wine Down Wednesday DR		10:00a Seated Stretching DR 10:30a Coffee Talk with Amber GL 2:00p Bingo Mania GL 4:00p Walk With Me LO 5:00p Stars & Stripes Celebration! Family Night DR		10:00a Chair Aerobics DR 10:30a Do You Trust Me Challenge? LO 2:00p Bingo Mania Happy Hour GL 3:00p Shopping at The American House General Store GL 4:00p Walk With Me LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice			
13		14		15		16		17		18		19			
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics DR 2:00p Bingo Mania GL 3:00p Resident Council Meeting GL 3:30p Organize With Amber GL 4:00p Walk With Me LO		10:00a Seated Stretching DR 10:30a Bible Study with Janet GL 2:00p Bingo Mania GL 3:00p Music with Billy Tarkington LO 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a Walmart Trip LO 2:00p Bingo Mania GL 4:00p Walk With Me LO 5:00p Wine Down Wednesday DR		10:00a Seated Stretching DR 10:30a Independence Day Trivia DR 2:00p Bingo Mania GL 3:00p New Resident Welcome-Ice Cream Social GL 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a Coffee Talk with Amber LO 2:00p Bingo Mania Happy Hour GL 3:00p Shopping at The American House General Store GL 4:00p Walk With Me LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice			
20		21		22		23		24		25		26			
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics DR 2:00p Bingo Mania GL 3:00p Love's Way Church Meet DR 3:00p French-American Heritage Cooking Demo DR 4:00p Walk With Me LO		9:00a Trip To Kentucky Downs Casino! LO 10:00a Seated Stretching DR 10:30a Bible Study with Janet GL 2:00p Bingo Mania GL 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a Gorgeous Grandma Day! GL 2:00p Bingo Mania GL 4:00p Walk With Me LO 5:00p Wine Down Wednesday DR		10:00a Seated Stretching DR 10:30a Wellness U with Aimee GL 11:00a Coffee Talk with Amber DR 2:00p Bingo Mania GL 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a Shopping at The American House General Store GL 2:00p Bingo Mania Happy Hour GL 3:00p Asa Grace Music Therapy LO 4:00p Walk With Me LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice			
27		28		29		30		31		<div></div>					
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics DR 10:30a Organize With Amber GL 2:00p Bingo Mania GL 3:00p Singing With Jessica Rose LO 4:00p Walk With Me LO		10:00a Seated Stretching DR 10:30a Bible Study with Janet GL 1:00p Menu Chat With Culinary DR 2:00p Bingo Mania GL 4:00p Walk With Me LO		10:00a Chair Aerobics DR 10:30a Walmart Trip LO 2:00p Bingo Mania GL 4:00p Walk With Me LO 5:00p Wine Down Wednesday DR		10:00a Seated Stretching DR 10:30a Shopping on The Town Square LO 2:00p Bingo Mania GL 3:00p July Birthdays Celebration! GL 4:00p Walk With Me LO							

All activities subject to change.