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**National Suicide Hotline 988**  
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National Suicide Hotline  
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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.

MERIDIAN

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 100<sup>th</sup> 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.

FOLLOW US ON FACEBOOK

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.



JULY 2025 EVENTS!

- Lunch at Coral Gables 7/2
- Family Night 7/9 Stars&Stripes
- Spagnuolo's lunch 7/11
- Senior Benefits seminar 7/15
- T & D for lunch 7/16
- Community Bingo 7/16
- Community Euchre 7/17
- Firekeepers casino 7/21
- Res Birthday Party 7/24
- New Resident Party 7/25



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div></div>									BIRTHDAYS											
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
			9:30a 11:00a 1:00p 3:00p 3:00p 3:00p 6:00p	Coffee & Convo Cardio Drumming Therapy-Instructed Fitness Euchre <b>Cherry Smoothies</b> Happy Hour Resident Pick Movie	<b>CAF</b> <b>FIT</b> <b>FIT</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	9:30a 11:00a 12:00p 1:00p 1:30p 2:00p 3:00p 3:00p CAF	Morning Walking Club Zumba <b>Lunch At Coral Gables</b> Board Games Bible Study <b>Activity Planning Meeting</b>  <b>Tim and Jimmy Entertain</b>	<b>FIT</b> <b>FIT</b> <b>OUT</b> <b>AR</b> <b>AR</b> <b>THR</b> <b>THR</b> <b>CAF</b>	11:00a 1:00p 2:00p 3:00p 6:00p	<b>Yoga with Jess (Canceled)</b> Mahjong Right, Left, Center Game Happy Hour & Euchre! Master Class - Resident Pick	<b>FIT</b> <b>2FR</b> <b>AR</b> <b>CAF</b> <b>THR</b>	10:00a 11:00a 1:00p 1:30p 3:00p 6:00p Band 6:00p THR	Coffee & Convo Chair Exercise-TV <b>Crafts with Susie</b> Sequence Board Games Happy Hour and Euchre <b>Music in the park- Meridian</b>  Movie Night- Saving Mr. Banks	<b>FR</b> <b>FIT</b> <b>AR</b> <b>2FR</b> <b>CAF</b> <b>OUT</b> <b>CAF</b> <b>THR</b>	8:30a 9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	TV Guided Chair Exercise Checkers Scrapbooking Mexican Train Dominoes (12) Midday Movie- Driving Miss Daisy  2nd, 3rd & 4th Floor Puzzle Hour Master Class - Resident Pick	<b>FIT</b> <b>AR</b> <b>AR</b> <b>2FR</b> <b>THR</b> <b>THR</b> <b>THR</b>			
06			07			08			09			10			11			12		
9:00a 9:30a 10:00a 2:00p 3:00p 3:00p 3:00p 6:00p CAF	Morning Stretching- TV Guided Church Transportation Streaming Church <b>BINGO with Shirley</b> Resident Pick Movie <b>Outing- Bath Meijer</b> Billiards Game Night - Chess or Checkers	<b>FIT</b> <b>OUT</b> <b>THR</b> <b>AR</b> <b>THR</b> <b>OUT</b> <b>CAF</b> <b>CAF</b>	9:30a 11:00a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Morning Walking Club Zumba Gold ( <b>Canceled</b> ) Zumba Gold Capital Area Mobile Library <b>Chef's Corner</b> Trivia Challenge Scrabble Late Night Card Games	<b>FIT</b> <b>FIT</b> <b>FIT</b> <b>CAF</b> <b>AR</b> <b>CAF</b> <b>CAF</b> <b>2FR</b>	9:30a 11:00a 11:00a 2:00p 3:00p 4:00p 4:00p 6:00p	Scheduled Personal trips Cardio Drumming Rapid Fire Questions Music Playlist - Queen Euchre Happy Hour Resident Pick Movie	<b>OUT</b> <b>FIT</b> <b>THR</b> <b>THR</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	9:30a 11:00a 1:00p 4:30p 5:00p CAF 7:00p THR	Morning Walking Club Zumba (Canceled) Board Games <b>Family Night -Stars and Stripes</b>  <b>Steve Berkemeier Entertains</b>  Classic Movie Night - Little Princess	<b>FIT</b> <b>FIT</b> <b>AR</b> <b>DR</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	10:00a 11:00a 1:00p 2:00p 3:00p 6:00p	Coffee and Convo <b>Yoga with Jess</b> Mahjong Right, Left, Center Game Happy Hour & Euchre! Master Class - Resident Pick	<b>CAF</b> <b>FIT</b> <b>2FR</b> <b>AR</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	10:00a 11:00a 12:30p 1:30p 2:00p 3:00p 6:00p THR	Coffee & Convo Chair Exercise with Heather <b>Lunch at Spagnuolo's</b> Sequence Board Games <b>Cooking Demo- French American</b> Happy Hour & Euchre Newly Released Movie- Nonnas	<b>FR</b> <b>FIT</b> <b>OUT</b> <b>2FR</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	8:30a 9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	TV Guided Chair Exercise Checkers Scrapbooking Mexican Train Dominoes (12) Resident Pick- Midday Movie 2nd, 3rd & 4th Floor Puzzle Hour Master Class - Resident Pick	<b>FIT</b> <b>AR</b> <b>AR</b> <b>2FR</b> <b>THR</b> <b>THR</b> <b>THR</b>
13			14			15			16			17			18			19		
9:00a 9:30a 10:00a 2:00p 3:00p 3:00p 3:00p 6:00p CAF	Morning Stretching- TV Guided Church Transportation Streaming Church <b>BINGO with Shirley</b> Resident Pick Movie <b>Outing- Costco</b> Billiards Game Night - Chess or Checkers	<b>FIT</b> <b>OUT</b> <b>THR</b> <b>AR</b> <b>THR</b> <b>OUT</b> <b>CAF</b> <b>CAF</b>	9:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p 6:00p	Morning Walking Club Zumba Gold Capital Area Mobile Library <b>Park Lake Creamery</b> Trivia Challenge Scrabble Resident Pick Movie Late Night Card Games	<b>FIT</b> <b>FIT</b> <b>FIT</b> <b>OUT</b> <b>AR</b> <b>CAF</b> <b>THR</b> <b>2FR</b>	9:30a 11:00a 1:00p 2:00p 3:00p 3:00p 3:00p 6:00p	Scheduled Personal trips Cardio Drumming Therapist-Instructed Class <b>American senior benefits presentation (Donuts Provided)</b> Happy Hour Euchre Resident Pick Movie	<b>OUT</b> <b>FIT</b> <b>AR</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	8:00a 9:30a 11:00a 11:30a 1:00p 1:30p 2:00p 6:00p	<b>National Hot Dog Day!</b> Morning Walking Club Zumba <b>T&amp;D Coney for Lunch</b> Board Games Bible Study <b>Community BINGO!</b> Movie- Julie & Julia	<b>FIT</b> <b>FIT</b> <b>FIT</b> <b>OUT</b> <b>AR</b> <b>AR</b> <b>CAF</b> <b>THR</b>	10:00a 11:00a 11:00a 1:00p 2:00p 3:00p 6:00p THR	Coffee & Convo <b>Book Club W/ Carol</b> <b>Yoga with Jess</b> Mahjong <b>Community Euchre Tournament</b> Happy Hour & Euchre! Master Class -Creative Writing	<b>CAF</b> <b>AR</b> <b>FIT</b> <b>2FR</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	9:30a 10:00a 11:00a 1:30p 3:00p 3:00p 6:00p 6:00p Village	<b>Yard Sales with Susie</b> Coffee & Convo Chair Exercise with Heather Sequence Board Games Happy Hour Pick A Board Game Movie- Little Miss Sunshine <b>Music in the Park-Global</b>	<b>OUT</b> <b>FR</b> <b>FIT</b> <b>2FR</b> <b>CAF</b> <b>AR</b> <b>THR</b> <b>OUT</b>	8:30a 9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	TV Guided Chair Exercise Checkers Scrapbooking Mexican Train Dominoes (12) Resident Pick- Midday Movie 2nd, 3rd & 4th Floor Puzzle Hour Master Class - Resident Pick	<b>FIT</b> <b>AR</b> <b>AR</b> <b>2FR</b> <b>THR</b> <b>THR</b> <b>THR</b>
20			21			22			23			24			25			26		
9:00a 9:30a 10:00a 2:00p 3:00p 3:00p 3:00p 6:00p CAF	Morning Stretching- TV Guided Church Transportation Streaming Church <b>BINGO with Shirley</b> Resident Pick Movie Billiards <b>Outing- Target</b> Game Night - Chess or Checkers	<b>FIT</b> <b>OUT</b> <b>THR</b> <b>AR</b> <b>THR</b> <b>CAF</b> <b>OUT</b> <b>CAF</b>	9:30a 11:00a 11:00a 1:00p 1:00p 3:00p 4:00p 6:00p 6:00p	Morning Walking Club <b>Firekeepers Casino Outing</b>  Zumba Gold Capital Area Mobile Library Trivia Challenge Scrabble Movie- Instant Family Late Night Card Games	<b>FIT</b> <b>OUT</b> <b>FIT</b> <b>FIT</b> <b>AR</b> <b>CAF</b> <b>THR</b> <b>2FR</b>	9:30a 11:00a 2:00p 3:00p 3:00p 6:00p	Scheduled Personal trips Cardio Drumming Music Playlist -Tom Petty Euchre Happy Hour Resident Pick Movie	<b>OUT</b> <b>FIT</b> <b>THR</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	9:30a 11:00a 1:00p 2:00p 2:30p 6:00p THR	Morning Walking Club Zumba Board Games <b>Outing :Monticello's</b> Craft Club Movie Night- Grumpy Old Men	<b>FIT</b> <b>FIT</b> <b>AR</b> <b>OUT</b> <b>AR</b> <b>CAF</b> <b>THR</b>	11:00a 1:00p 2:00p 2:00p 3:00p 6:00p	<b>Yoga with Jess</b> Mahjong <b>Resident Birthday Party</b> <b>Don Baldwin Entertains</b> Happy Hour & Euchre! Master Class - Resident Pick	<b>FIT</b> <b>2FR</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	10:00a 11:00a 12:30p 1:30p 2:00p 3:00p 6:00p 6:00p OUT	Coffee & Convo Chair Exercise with Heather <b>A&amp;W Lunch - Mason</b> Sequence Board Games <b>New Resident Party</b> Happy Hour & Euchre <b>Music in the park-Country</b>  Movie Night- Thelma	<b>FR</b> <b>FIT</b> <b>OUT</b> <b>2FR</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	8:30a 9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	TV Guided Chair Exercise Checkers Scrapbooking Mexican Train Dominoes (12) Resident Pick- Midday Movie 2nd, 3rd & 4th Floor Puzzle Hour Master Class - Resident Pick	<b>FIT</b> <b>AR</b> <b>AR</b> <b>2FR</b> <b>THR</b> <b>THR</b> <b>THR</b>
27			28			29			30			31			<div></div>					
9:00a 9:30a 10:00a 2:00p 3:00p 3:00p 3:00p 6:00p CAF	Morning Stretching- TV Guided Church Transportation Streaming Church <b>BINGO with Shirley</b> Resident Pick Movie Billiards <b>Outing- Kohl's</b> Game Night - Chess or Checkers	<b>FIT</b> <b>OUT</b> <b>THR</b> <b>AR</b> <b>THR</b> <b>CAF</b> <b>OUT</b> <b>CAF</b>	9:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p 6:00p	Morning Walking Club Zumba Gold Capital Area Mobile Library <b>Resident Town Hall</b> Trivia Challenge Scrabble New release- The Quilters Late Night Card Games	<b>FIT</b> <b>FIT</b> <b>CAF</b> <b>AR</b> <b>CAF</b> <b>THR</b> <b>2FR</b>	8:00a 9:30a 11:00a 2:00p 3:00p 3:00p 6:00p	<b>National Chicken Wing Day</b> Scheduled Personal trips Cardio Drumming <b>Wing Tasting</b> Euchre Happy Hour Resident Pick Movie	<b>OUT</b> <b>FIT</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>CAF</b> <b>THR</b>	9:30a 11:00a 11:30a 1:00p 2:00p 6:00p Dreams	Morning Walking Club Zumba <b>Big Boy for Lunch- Mason</b>  Board Games <b>Mint Chocolate Chip Ice Cream Social</b> Classic Movie Night-Field of Dreams	<b>FIT</b> <b>FIT</b> <b>OUT</b> <b>AR</b> <b>CAF</b> <b>THR</b>	11:00a 1:00p 2:00p 3:00p 6:00p Mindset	<b>Yoga with Jess</b> Mahjong <b>Ambassador Meeting</b> Happy Hour & Euchre! Master Class - The Power of	<b>FIT</b> <b>2FR</b> <b>THR</b> <b>CAF</b> <b>THR</b>						

All activities subject to change.