### CONTACTS

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## AdvisaCare Med Tec

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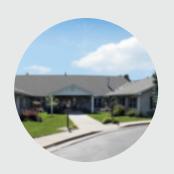
**National Suicide Hotline** 988

### **Alzheimer's Association**

1-800-272-3900

National Suicide Hotline 988

Alzheimers Association 1-800-272-3900



# American House Petoskey

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AmericanHouse.com



# 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.





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.



PETOSKEY 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.





## **JULY 2025 EVENTS!**

- 7/4 4th of July Picnic
- 7/10 Family Night
- 7/14 Foot Clinic
- 7/15 Cooking Demo
- 7/22 Wellness U
- 7/24 Picnic by the Bay
- 7/25 New Resident Welcome
- 7/28 Walking Group-Water Front

# 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
* *	*	* * *	* 3	uly 2025	7/4 Lurli V. 7/12 John S. 7/18 Gregory L.	BIRTHDAYS	
	LOCATION KEY		01	02	03	04 FOURTH OF JULY	05
AO Activities Office DR Dining Room FIR Fireplace HAL Hallway	LIB Library MT The Medical Tear OUT Outing PAT Patio	S Salon n SUR Sign Up Required TV TV Area	8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch 2:00p Art & Design w/AdvisaCare 3:00p Happy Hour 4:00p Friends on the Patio 4:45p Dinner	DR 8:00a Morning Coffee DR 10:30a Exercise & Strength 11:00a Rhythm & Groove DR 11:15a Veterans Group Lunch DR 1:30p Hooked On Yarn PAT 3:00p Pay to Play Bingo DR 4:45p Dinner	DR 8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove LIB 12:00p Lunch DR 2:00p Puzzles in the Library LIB 3:00p Brain Games DR 4:45p Dinner DR 6:30p Movie: The Sandlot 1hr.41	DR         11:15a         Exercise & Strength         DR           DR         11:30a         Rhythm & Groove         DR           DR         12:00p         4th of July Picnic         DR           LIB         2:00p         Engaged Senior-Fortune Roulette           FIR         TV           DR         3:00p         Cool Treats on the Patio         PAT	8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove DR 11:15a Wii Bowling TV 12:00p Lunch DR 2:00p Toss Across FIR 3:00p Pay to Play BINGO DR 4:45p Dinner DR
06	07		08	09	10	11	12
8:00a Morning Coffee 10:30a Exercise & Strengti 11:00a Rhythm & Groove 11:15a Sunshine Gardener 12:00p Lunch 2:00p Sunday Trivia 3:00p Pay to Play Bingo 4:00p Animal Planet 4:45p Dinner	<b>DR</b> 10:30a	Open Transportation Exercise & Strength Wii Bowling Casino-Outing Lunch Adult Coloring Walking Group: Inside	8:00a Morning Coffee 9:30a One on One w/Teresa 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch 12:00p Resident Birthday Event Transition Group w/David Resident Town Hall	DR         8:00a         Morning Coffee           AO         10:30a         Exercise & Strength           DR         11:00a         Rhythm & Groove           DR         11:15a         Veterans Group           Lunch         Hooked On Yarn           3:00p         Pay to Play Bingo           LIB         4:45p         Dinner	DR 8:00a Morning Coffee DR 11:15a Exercise & Strength DR 11:45a Rhythm & Groove LIB 12:00p Lunch DR 2:00p Word Puzzles LIB 3:00p Board Games DR 5:00p Family Night: Stars an DR Stripes Celebration	DR         10:00a         Bible Study with Tim & Jim         LIB           DR         11:15a         Exercise & Strength         DR           DR         12:00p         Lunch         DR           FIR         2:00p         Engaged Senior-Friend Feud         TV           LIB         3:00p         Happy Hour         DR	8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove DR 11:15a Wii Bowling TV 12:00p Lunch DR 2:00p Javelin Competition FIR 3:00p Pay to Play Bingo DR 4:45p Dinner DR
13	14		15	16	17	18	19
8:00a Morning Coffee 10:30a Exercise & Strengti 11:00a Rhythm & Groove 11:15a Sunshine Gardener 12:00p Lunch 2:00p Sunday Trivia 3:00p Pay to Play BINGO 4:00p Virtual Zoo 4:45p Dinner	DR 9:30a PAT 11:15a DR 12:00p FIR 2:00p	Open Transportation Foot Clinic Exercise & Strength Lunch Adult Coloring Card Games Walking Group: Inside	8:00a Morning Coffee 9:30a One on One w/Teresa S 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch One World Programming S:00p Cooking Demo-French One Morling Morning One World Programming American Heritage Month One World Programming One World Programming One Morling Demo-French One Morling Coffee	DR 8:00a Morning Coffee AO 10:30a Exercise & Strength 11:00a Rhythm & Groove DR 11:15a Veterans Group DR 12:00p Lunch BOR 1:30p Hooked On Yarn 3:00p Pay to Play Bingo DR 4:45p Dinner	DR 8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove LIB 12:00p Lunch DR 2:30p Brainiacs LIB 3:00p LUEY Experience DR 4:00p Word Search DR 4:45p Dinner	DR         10:00a         Bible Study with Tim & Jim         LIB           DR         11:15a         Exercise & Strength         DR           DR         12:00p         Lunch         DR           FIR         2:00p         Engaged Senior-Venture         TV           FIR         3:00p         Happy Hour         DR           FIR         4:00p         Friends on the Patio         PAT	8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove DR 11:15a Wii Bowling TV 12:00p Lunch DR 2:00p Cup Pong FIR 3:00p Pay to Play Bingo DR 4:45p Dinner DR
20	21		22	23	24	25	26
8:00a Morning Coffee 10:30a Exercise & Strengt 11:00a Rhythm & Groove 11:15a Sunshine Gardene 12:00p Lunch 2:00p Sunday Trivia 3:00p Pay to Play Bingo 4:00p Animal Planet 4:45p Dinner	<b>DR</b> 10:30a	Open Transportation Exercise & Strength Wii Bowling Lunch Adult Coloring Card Games Walking Group: Inside	8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch Vellness U w/AdvisaCare LiB 3:00p Life Enrichment Chat Meeting R 4:00p Engaged Senior DR 4:45p Dinner	DR 8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove DR 11:15a Yeterans Group Lunch 1:30p Hooked On Yarn FIR 3:00p Play to Play Bingo DR 10:30a Exercise & Strength Yeterans Group Lunch 1:30p Hooked On Yarn FIR 3:00p Play to Play Bingo Dinner	DR 8:00a Morning Coffee DR 10:00a Memory Chess DR 10:30a Exercise & Strength LIB 11:00a Rhythm & Groove DR 11:30a Picnic by the Bay LIB 12:00p Lunch DR 3:30p Games on the patio DR 4:45p Dinner	FIR         10:00a         Bible Study with Tim & Jim         LIB           DR         11:15a         Exercise & Strength         DR           DR         12:00p         Lunch         DR           OUT         12:00p         New Resident Welcome         DR           DR         Event         DR	8:00a Morning Coffee DR 10:30a Exercise & Strength DR 11:00a Rhythm & Groove DR 11:15a Wii Bowling TV 12:00p Lunch DR 2:00p Game of Cornhole FIR 3:00p Pay to Play Bingo DR 4:45p Dinner DR
27	28		29	30	31		
8:00a Morning Coffee 10:30a Exercise & Strengtl 11:00a Rhythm & Groove 11:15a Sunshine Gardener 12:00p Lunch 2:00p Sunday Trivia 3:00p Pay to Play Bingo 4:00p Virtual Zoo 4:45p Dinner	DR 10:30a PAT 11:15a DR 12:00p FIR 2:00p	Open Transportation Exercise & Strength Wii Bowling Lunch Walking Group: Petoskey front-Outing Adult Coloring L	8:00a Morning Coffee 9:30a One on One w/Teresa 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch 3:00p Menu Chat Meeting 1:00p Engaged Senior 1:00p Dinner	DR         8:00a         Morning Coffee           AO         10:30a         Exercise & Strength           DR         11:00a         Rhythm & Groove           DR         12:00p         Veterans Group           Lunch         Hooked on Yarn           FIR         3:00p         Pay to Play Bingo           DR         4:45p         Dinner	DR 10:30a Morning Coffee DR 10:30a Exercise & Strength 11:00a Rhythm & Groove LIB 12:00p Lunch DR 2:30p Brainiacs LIB 3:30p Karaoke DR 4:45p Dinner	DR DR DR DR DR FIR TV DR happy independent	endence days

All activities subject to change.

Petoskey