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Physical & Occupational
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National Suicide Hotline
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Alzheimers Association
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Park 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.



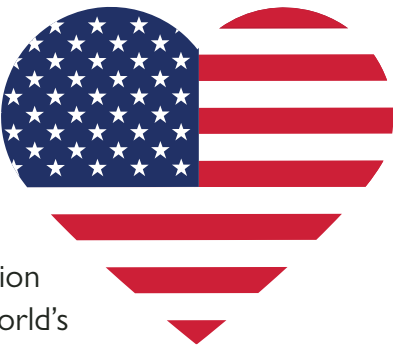
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

PARK 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!

- 7/2 July Birthday Party
- 7/3 Stars & Stripes Happy Hour
- 7/7 Rainforest Cafe Outing
- 7/10 Stars&StripesFamily Night
- 7/14 Wellness U: Home MD
- 7/18 Activities & Food Forum
- 7/21-7/25 SPIRIT WEEK!
- 7/23 SOS Mobile Office
- 7/29 Neighborhood Mixer
- 7/30 Advisacare Forum

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											
																Dominic D. 7/4 Tom W. 7/7 Dolores Z. 7/9 Tom G. 7/9 Joan W. 7/13 Jerry C. 7/15				Kathy K. 7/17 Henry F 7/21 Shirley C. 7/24 Peggy Z. 7/24 Bill C. 7/25 Terry N. 7/29				Robin F. 7/30			
LOCATION KEY				01				02				03				04				FOURTH OF JULY				05			
1FA	1 st Floor Activity Room	CHP	Chapel	OC	Outdoor Café			9:30a	Exercise w/ Janine	FIT		7:30a	Omelets!	DR		9:30a	Exercise w/ Janine	FIT		9:30a	Exercise w/ Janine	FIT		10:00a	Rummikub	UL	
2FL	2 nd Floor	DR	Dining Room	O	Outside			10:30a	Spintopia	THR		10:30a	Blood Pressure Checks_	CAF		10:30a	Red, White & Bingo	2FA		10:00a	Brain Games	CAF		10:45a	Chair Yoga DVD	FIT	
2FA	2 nd Floor Activity Room	DF	Dolphin	PTO	Physical Therapy Office			1:30p	Word in a Word	CAF		10:45a	Yoga w/ Lindsay	FIT		1:30p	Puzzle Time	LIB		11:00a	Bible Study Sing Along	CAF		2:00p	Scrabble	CAF	
A	Atrium		Fountain	SUR	Sign Up Required			2:45p	Stars & Stripes Art	ART		12:00p	Birthday Party	DR		2:30p	Independence Day Happy	A		1:45p	Movie: 1776	THR		3:00p	Puzzle Time	LIB	
ART	Art Studio	FIT	Fitness Center	SCP	South Carport			6:30p	LCR w/ Joan	2FA		1:30p	Resident Town Hall	DR		Hour				2:00p	Corner Store Open			6:30p	Saturday Night Movie	THR	
BR	Billiards Room	LIB	Library	THR	Theater							2:00p	Corner Store Open			6:30p	Euchre w/ Friends	CAF		6:30p	Mad Gabs w/Theresa	CAF					
CAF	Café	LO	Lobby	UL	Upstairs Lounge							3:30p	Rosary	CHP													
												6:30p	Bingo w/ Alicia (\$0.25)	2FA													
06				07				08				09				10				11				12			
9:30a	Mass Live Stream	THR		9:30a	Exercise w/ Janine	FIT		9:30a	Chair Exercise	FIT		10:30a	Blood Pressure Checks_	CAF		9:30a	Exercise w/ Janine	FIT		9:30a	Exercise w/ Janine	FIT		10:00a	Rummikub	UL	
11:00a	Monthly Gazette	LO		10:00a	Meijer	SUR		10:30a	Spintopia	THR		10:45a	Yoga w/ Lindsay	FIT		10:30a	Prize Bingo	2FA		10:00a	Brain Games	CAF		10:45a	Chair Yoga DVD	FIT	
1:30p	Methodist HC Service	CHP		10:30a	Weekly Events	2FA		1:30p	Word in a Word	CAF		2:00p	Corner Store Open			2:00p	Movie Maitnee	THR		11:00a	Tech Support	UL		2:00p	Scrabble	CAF	
1:30p	Weekly Preview P/U	LO		12:00p	Rainforest Cafe	SUR		3:00p	Travel w/ Angela	THR		2:30p	Happy Hour-Terry A	A		5:00p	Stars/Stripes Family Night			1:30p	Music & Movement	A		2:30p	Stars & Stripes Trivia	CAF	
2:30p	Rosary w/ Eqbal M.	CHP		2:00p	Scrabble	CAF		6:30p	LCR w/ Joan	2FA		3:30p	Rosary	CHP		DR				2:00p	Corner Store Open			3:00p	Puzzle Time	LIB	
3:00p	\$0.25 Bingo	2FA		3:00p	"Virgin River"	THR						6:30p	Bingo w/ Alicia (\$0.25)	2FA		6:30p	Euchre w/ Friends	CAF		2:45p	Crazy Cards \$0.25	2FA		6:30p	Saturday Night Movie	THR	
6:30p	Sunday Night Movie	THR		6:00p	Word Puzzles P/U	LO														6:30p	Mad Gabs w/Theresa	CAF					
13				14				15				16				17				18				19			
9:30a	Mass Live Stream	THR		9:30a	Exercise w/ Janine	FIT		9:30a	Exercise w/ Janine	FIT		10:30a	Blood Pressure Checks_	CAF		9:30a	Exercise w/ Janine	FIT		9:30a	Exercise w/ Janine	FIT		10:00a	Rummikub	UL	
11:00a	Daily Chronicle	LO		10:30a	Weekly Events	2FA		10:30a	Spintopia	THR		10:45a	Yoga w/ Lindsay	FIT		10:30a	Prize Bingo	2FA		10:00a	Brain Games	CAF		10:45a	Chair Yoga DVD	FIT	
1:30p	Weekly Preview P/U	LO		1:30p	Wellness U:Home MD	CAF		1:30p	Word in a Word	CAF		1:45p	SMART Bus Q&A	CAF		1:15p	30 Second Mysteries	CAF		11:00a	Activities Forum	DR		2:00p	Scrabble	CAF	
2:00p	Cath. Mass/Fr. Matthew	DR		2:00p	Scrabble	CAF		2:45p	Pictionary	CAF		2:00p	Corner Store Open			2:30p	Happy Hour-Laurie	A		2:00p	Corner Store Open			2:30p	Songbook Singalong	THR	
2:30p	Rosary w/ Eqbal M.	CHP		3:00p	"Virgin River"	THR		6:30p	LCR w/ Joan	2FA		3:30p	Rosary	CHP		6:30p	Euchre w/ Friends	CAF		2:30p	Food Forum & Demo	CAF		3:00p	Puzzle Time	LIB	
3:00p	\$0.25 Bingo	2FA		6:00p	Word Puzzles P/U	LO						6:30p	Bingo w/ Alicia (\$0.25)	2FA						2:45p	Crazy Cards \$0.25	2FA		6:30p	Saturday Night Movie	THR	
6:30p	Sunday Night Movie	THR																		6:30p	Mad Gabs w/Theresa	CAF					
20				21				22				23				24				25				26			
9:30a	Mass Live Stream	THR		9:30a	Exercise w/ Janine	FIT		9:30a	Exercise w/ Janine	FIT		9:00a	John R Grill	SUR		9:00a	Coffee & Donuts!	CAF		9:30a	Exercise w/ Janine	2FA		10:00a	Rummikub	UL	
11:00a	Daily Chronicle	LO		10:00a	Meijer	SUR		10:30a	Spintopia	THR		10:00a	SOS Mobile Office	CAF		9:30a	Exercise w/ Janine	FIT		10:00a	Brain Games	CAF		10:45a	Chair Yoga DVD	FIT	
1:30p	Weekly Preview P/U	LO		10:30a	Weekly Events	2FA		1:30p	Word in a Word	CAF		10:30a	Blood Pressure Checks_	LIB		10:30a	Prize Bingo	2FA		1:30p	Music & Movement	FIT		2:00p	Scrabble	CAF	
2:30p	Rosary w/ Eqbal M.	CHP		1:00p	Bake Sale!	LO		2:30p	Pizza Sale!	LO		10:45a	Yoga w/ Lindsay	FIT		2:30p	Happy Hour-Bob L	A		2:00p	Corner Store Open			2:30p	Arts&Crafts w/Ivy	ART	
3:00p	\$0.25 Bingo	2FA		2:00p	Scrabble	CAF		6:30p	LCR w/ Joan	2FA		1:00p	IceCream Sandwiches!	OC		6:30p	Euchre w/ Friends	CAF		2:00p	Margarita Bar!	LIB		3:00p	Puzzle Time	LIB	
6:30p	Sunday Night Movie	THR		3:00p	"Virgin River"	THR						2:00p	Corner Store Open							2:45p	Crazy Cards \$0.25	2FA		6:30p	Saturday Night Movie	THR	
				6:00p	Word Puzzles P/U	LO						3:30p	Rosary	CHP						6:30p	Mad Gabs w/Theresa	CAF					
												6:30p	Bingo w/ Alicia (\$0.25)	2FA													
27				28				29				30				31				<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>							
9:30a	Mass Live Stream	THR		9:30a	Exercise w/ Janine	FIT		9:30a	Exercise w/ Janine	FIT		9:30a	Pewabic Pottery	SUR		9:30a	Exercise w/ Janine	FIT									
11:00a	Daily Chronicle	LO		10:00a	Golden Corral	SUR		10:30a	Spintopia	THR		10:30a	Blood Pressure Checks_	CAF		10:30a	Prize Bingo	2FA									
1:30p	Weekly Preview P/U	LO		1:00p	Meijer	SUR		1:15p	Word in a Word	CAF		10:45a	Yoga w/ Lindsay	FIT		1:15p	Whiteboard Games	CAF									
2:30p	Rosary w/ Eqbal M.	CHP		2:00p	Scrabble	CAF		2:00p	Neighborhood Mixer	UL		1:30p	Pet Therapy: Mick	LO		2:30p	Happy Hour-Chet	A									
3:00p	\$0.25 Bingo	2FA		3:00p	"Virgin River"	THR		6:30p	LCR w/ Joan	2FA		2:00p	Corner Store Open			6:30p	Euchre w/ Friends	CAF									
6:30p	Sunday Night Movie	THR		6:00p	Word Puzzles P/U	LO						2:30p	Advisacare Forum	CAF													
												3:00p	Pretty Nails	2FA													
												3:30p	Rosary	CHP													
												6:30p	Bingo w/ Alicia (\$0.25)	2FA													