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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.

SHALLOWFORD 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!

- Every Sun: Devotions & Worship
- Every Wed: BINGO!
- 3rd: Dinner at Bi Ba's
- 7th: Drive to Battlefield
- 10th: Family Night *RSVP*
- 14th: Penny Auction w Caroline
- 17th: Tic~Tac~Toe
- 21st: Trip to McKay's
- 24th: Trip to Michael's
- 25th: Pet Therapy

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>July 2025</div><div></div></div>																		BIRTHDAYS					
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05		
<div>AL Assisted Living</div> <div>AR Activity Room</div> <div>CY Courtyard</div> <div>NU Cyclers NU-Step</div> <div>DR Dining Room</div> <div>HAL Hallway</div> <div>LIB Library</div> <div>LO Lobby</div>						10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a \"Hi / Low!\" Cards with Naino AR 2:00p Popcorn Social & Movie Matinee AR 6:00p Word Search LO			10:00a Morning Aerobics Class AR 10:30a Fun Facts of the Day AR 10:45a Uno Spin AR 11:30a Weight Clinic with AccentCare, Melissa DR 2:00p Eyes on the Prize Bingo! DR 4:00p Walking Club DR 6:00p Word Search LO			10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Skip Bo AR 2:00p Musical Performance with Ryan Stinson! DR 3:30p Scenic Drive & Out to Dinner at Bi Ba's Italian Restaurant! LO 6:00p Movie Night LO			10:00a Let's Get Physical ~ Trip to the Park! AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 2:30p 4th of July Celebration! LO 6:00p Crossword Puzzle AR			10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO					
06			07			08			09			10			11			12					
10:30a Coffee and Cookies LO 11:00a Worship & Devotions LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO			10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 2:00p Scenic Drive: Let's See Chickamauga Battlefield! LO 6:00p Gather & Chat LO			10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a \"Hi / Low!\" Cards with Naino AR 2:00p Devotions with Chaplain Steve, Adoration LO 3:00p Birthday Bash with Lacey, Adoration ~ Celebrate Monthly Birthdays LO 6:00p Word Search LO			10:00a Balance & Stability AR 10:30a Fun Facts of the Day AR 10:45a Uno Spin AR 2:00p Eyes on the Prize Bingo! DR 3:00p Welcome Shower for New Residents DR 4:00p Walking Club DR 6:00p Word Search LO			10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Wellness U: Discovery Health Series with Cathy AR 10:45a Uno Flip AR 2:00p Movie Matinee & Popcorn Social LO 5:00p Family Night: Stars & Stripes Celebration *Please RSVP* DR			10:00a Let's Get Physical ~ Trip to the Park! AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 2:00p Movie Matinee & Popcorn Social in the Dining Room DR 2:00p Arts & Crafts AR 3:00p Trip to Dollar Tree LO 5:00p Piano Concert with Jordan DR			10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:00p Shop at \"Southern Simplistic Jewels!\" for Jewelry! LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO					
13			14			15			16			17			18			19					
10:30a Coffee and Cookies LO 11:00a Worship & Devotions LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO			10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 2:00p \"Old Coot Club!\" for Men with Ken LIB 3:00p Penny Auction with Caroline, Patients Choice LO 6:00p Gather & Chat LO			10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a \"Hi / Low!\" Cards with Naino AR 2:00p Popcorn Social & Movie Matinee LO 6:00p Word Search LO			10:00a Morning Aerobics Class AR 10:30a Fun Facts of the Day AR 10:45a Uno Spin AR 2:00p Eyes on the Prize Bingo! DR 4:00p Walking Club DR 6:00p Word Search LO			10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Uno Flip AR 2:30p Ice Cream Social! DR 3:00p Not Your Average Tic~Tac~Toe with Melissa, Guiding Star DR 6:00p Movie Night LO			10:00a Let's Get Physical ~ Trip to the Park! AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 12:00p Music with Ben Kehrer! DR 2:30p Let Us Entertain You Happy Hour ~ Foods From Philadelphia LO 6:00p Crossword Puzzle AR			10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO					
20			21			22			23			24			25			26					
10:30a Coffee and Cookies LO 11:00a Worship & Devotions LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO			10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 12:45p Enjoy Gospel Music with Chris, Hearth Hospice DR 1:00p Devotions with Chris, Hearth Hospice AR 2:00p Trip to McKay's Bookstore LO 6:00p Gather & Chat LO			10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a \"Hi / Low!\" Cards with Christine AR 2:45p Devotions with Chaplain Steve, Adoration LO 6:00p Word Search LO			10:00a Balance & Stability AR 10:30a Fun Facts of the Day AR 10:45a Uno Spin AR 2:00p Eyes on the Prize Bingo! DR 4:00p Walking Club DR 6:00p Word Search LO			10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Uno Flip AR 2:00p Popcorn Social LO 2:30p Trip to Hobby Lobby LO 6:00p Movie Night LO			10:00a Let's Get Physical ~ Trip to the Park! AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 2:00p Snow Cones in the Courtyard CY 2:30p Pet Therapy with Humane Society CY 6:00p Crossword Puzzle AR			10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO					
27			28			29			30			31			<div><div>happy independence day</div><div>4TH OF JULY</div></div>								
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All activities subject to change.