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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.

“

**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.

SOUTHGATE

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.

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JULY 2025 EVENTS!

- Penny Auction
- Town Hall
- Cracker Barrel
- Weekly Ice Cream Outings
- Picnic at Bishop Park
- Stars & Stripes Family Night
- Butterfly Release

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>July 2025</div>												BIRTHDAYS																													
												Dale T. 7/2 Lorna A. 7/12 Ruth W. 7/27 Freda P. 7/30 Darlene B. 7/31																													
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05																							
<div>CAF Café</div> <div>CHP Chapel</div> <div>CMR Community Room</div> <div>DR Dining Room</div> <div>DRP Dining Room Patio</div> <div>LO Lobby</div> <div>OUT Outing</div> <div>S Salon</div> <div>MT The Medical Team</div>			9:00a Smart Bus Shopping 1:00p Wheel of Fortune 1:30p BINGO 2:30p Ice Cream Outing 3:30p Lucky Dog			OUT CMR CMR OUT CMR			10:30a AM Prayer Service 1:00p Town Hall 1:30p UPWORDS 3:00p Music w/ Robin Beck 5:30p Wii Bowling			CHP CMR CMR LO CMR			9:00a Smart Bus Shopping 10:00a BP Checks/Ask a Nurse 11:00a Picnic at Bishop Park 1:30p Play & Pet w/ Patsy 3:00p Wheel of Fortune 5:30p Cards 31			OUT MT OUT LO CMR CMR			9:00a Medical Appointments 10:00a Chair Exercise 1:30p BINGO 3:00p Happy Hour 5:30p Wii Bowling			OUT CMR CMR CMR CMR			9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR CMR											
06			07			08			09			10			11			12																							
9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR			9:30a Hair Salon 10:00a Chair Exercise 11:00a Activities Chat w/ Traci 1:00p \$4 BINGO w/ Dean 3:00p Penny Auction 3:30p Noodleball			S CMR LO CMR CMR CMR			9:00a Smart Bus Shopping 10:30a Wellness U: Dawn w/ TMT 1:30p Music w/ Sara (TMT) 2:30p Create Fresh Flower Pots 3:30p Lucky Dog			OUT CMR LO CMR CMR			10:00a Health Talk w/ Angie 10:30a AM Prayer Service 1:00p PM Prayer Service 1:30p UPWORDS 3:00p Music w/ Jimi K. 5:30p Wii Bowling			CAF CHP CHP CMR LO CMR			9:00a Smart Bus Shopping 10:00a BP Checks/Ask a Nurse 11:00a Wheat & Rye 1:30p Cooking Demo 1:30p Menu Chat w/ Kim 2:00p Crafting w/ Traci 3:00p Wheel of Fortune 5:00p Stars & Stripes Family Night 5:30p Cards 31			OUT MT OUT DR CAF CMR CMR LO CMR			9:00a Medical Appointments 10:00a Chair Exercise 1:30p BINGO 3:00p Happy Hour 5:30p Wii Bowling			OUT CMR CMR CMR CMR			9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR CMR		
13			14			15			16			17			18			19																							
9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR			9:30a Hair Salon 10:00a Chair Exercise w/ Dina (TMT) 1:30p Hangman 2:30p UPWORDS 3:30p Noodleball			S CMR CMR CMR CMR			9:00a Smart Bus Shopping 1:00p Wheel of Fortune 1:30p BINGO 2:30p Ice Cream Outing 3:30p Lucky Dog			OUT CMR CMR OUT CMR			10:30a AM Prayer Service 1:00p UNO Attack 1:30p UPWORDS 3:00p Music w/ Paul Koniarz 5:30p Wii Bowling			CHP CMR CMR LO CMR			9:00a Smart Bus Shopping 10:00a BP Checks/Ask a Nurse 11:00a Cracker Barrel 3:00p Wheel of Fortune 5:30p Cards 31			OUT MT OUT CMR CMR			9:00a Medical Appointments 10:00a Chair Exercise 1:30p BINGO 3:00p Birthday Happy Hour 5:30p Wii Bowling			OUT CMR CMR CMR			9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR CMR		
20			21			22			23			24			25			26																							
9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR			9:30a Hair Salon 10:00a Chair Exercise w/ Dina (TMT) 1:00p \$4 BINGO w/ Dean 2:30p BINGO w Rivergate Terrace 3:30p Noodleball			S CMR CMR CMR			9:00a Smart Bus Shopping 1:00p Resident's Choice MOVIE 2:30p Ice Cream Outing 3:30p Lucky Dog			OUT CMR OUT CMR			10:30a AM Prayer Service 1:00p PM Prayer Service 1:30p UPWORDS 3:00p Music w/ Billy Dixon 5:30p Wii Bowling			CHP CHP CMR LO CMR			9:00a Smart Bus Shopping 10:00a BP Checks/Ask a Nurse 11:00a Prime 166 2:00p Crafting w/ Traci 3:00p Wheel of Fortune 5:30p Cards 31			OUT MT OUT CMR CMR CMR			9:00a Medical Appointments 10:00a Chair Exercise 1:30p BINGO 3:00p Welcome New Residents Hour 5:30p Wii Bowling			OUT CMR CMR CMR CMR			9:00a Coffee & News 11:00a Noodleball 2:00p Lucky Dog 5:30p Cards 31 6:00p Pinochle/Euchre			CAF CMR CMR CMR CMR		
27			28			29			30			31			<div></div> <div>happy independence day</div> <div>4TH OF JULY</div>																										
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All activities subject to change.