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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.



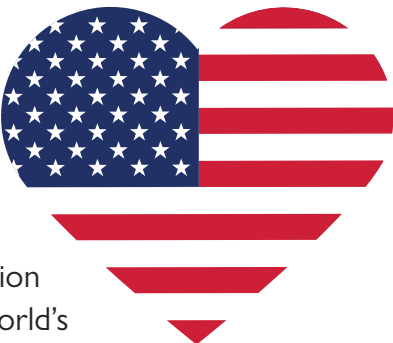
LIVING WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

STERLING MEADOWS STERLING MEADOWS

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!

- Stars & Stripes Family Night
- Monthly Birthday Celebration
- Cornhole
- Meet & Greet New Residents
- Weekly Entertainment
- Christmas in July
- Music & Movement
- Saturday Socials
- Weekly Exercise Programs
- Library Workshop

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>									BIRTHDAYS											
									Don P. 7/3 Jeanna J. 7/8 Sherry R. 7/10 Anna K. 7/13 Pat M. 7/16 Gerald S. 7/23						Maureen K. 7/24 Patricia M. 7/24 Ann M. 7/25 Jason M. 7/27 Diane G. 7/28 Joan G. 7/30					
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
<div><div><div>1FL</div><div>AR</div><div>AC</div><div>CAF</div></div><div><div>1<sup>st</sup> Floor</div><div>Activity Room</div><div>Anytime Cafe</div><div>Café</div></div><div><div>CHP</div><div>DR</div><div>FPA</div></div><div><div>Chapel</div><div>Dining Room</div><div>Front Patio</div></div><div><div>LO</div><div>MPR</div><div>O</div></div><div><div>Lobby</div><div>Multipurpose Room</div><div>Outside</div></div></div>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 1:00p Paint & Sip <b>MPR</b> 3:00p Ice Cream Cones in Cafe <b>AC</b> 6:00p Evening Games <b>AC</b> 6:00p Prize Bingo <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Walk & Talk <b>LO</b> 1:30p Wheel of Fortune <b>MPR</b> 3:00p Prize Bingo <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 10:30a Coffee & Chat <b>AR</b> 11:00a Activity Chat <b>AC</b> 2:00p Meet & Greet Ice Cream Floats <b>MPR</b> 6:00p Evening Games <b>AC</b>			8:00a Cheri's Salon <b>1FL</b> 10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 1:00p Happy Hour in the Cafe <b>MPR</b> 2:00p Music with Bob <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Stretch with Carol <b>MPR</b> 12:30p Aileen's S. Animal Raffle <b>DR</b> 2:00p Saturday Social <b>1FL</b> 4:00p Fraser Library Workshop <b>1FL</b> 5:45p Movie <b>MPR</b>					
06			07			08			09			10			11			12		
9:30a Mass & Com. <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Popcorn Day <b>AC</b> 1:30p Cornhole <b>AC</b> 3:00p \$3 Bingo <b>MPR</b> 3:30p Mindful Coloring <b>AC</b> 6:00p Rummikub <b>AC</b>			9:30a Guaranteed Hearing <b>AR</b> 10:00a Chair Exercise <b>MPR</b> 10:00a Walk & Talk <b>LO</b> 11:00a Strawberry Sundaes <b>AC</b> 2:00p Rummikub with Tammy <b>AC</b> 3:00p Stretch with Carol <b>MPR</b> 6:00p Evening Games <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 2:00p Resident Town Hall <b>DR</b> 3:00p Music & Movement w/Linda <b>MPR</b> 6:00p Evening Games <b>AC</b> 6:00p \$3 Bingo <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Lunch & Ice Cream at Leason's <b>LO</b> 11:00a Walk & Talk <b>LO</b> 12:00p Popcorn Day <b>AC</b> 1:30p Wheel of Fortune <b>MPR</b> 3:00p Prize Bingo w/Dinesh & Werner <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 10:30a Coffee & Chat <b>AR</b> 11:00a Community Store <b>MPR</b> 5:00p Stars & Stripes Family Night <b>DR</b> 6:00p Evening Games <b>AC</b>			8:00a Cheri's Salon <b>1FL</b> 9:30a Shopping at Meijer <b>LO</b> 10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 1:00p Match-Up Game <b>MPR</b> 2:30p Birthday Celebration w/Jeff <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Stretch with Carol <b>MPR</b> 12:30p Aileen's S. Animal Raffle <b>DR</b> 2:00p Saturday Social <b>1FL</b> 5:45p Movie <b>MPR</b>		
13			14			15			16			17			18			19		
9:30a Mass & Com. <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Popcorn Day <b>AC</b> 1:30p Music with Suzi <b>MPR</b> 3:00p \$3 Bingo <b>MPR</b> 3:30p Mindful Coloring <b>AC</b> 6:00p Rummikub <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Walk & Talk <b>LO</b> 1:30p Water Balloon Toss <b>O</b> 3:00p Stretch with Carol <b>MPR</b> 6:00p Evening Games <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 2:00p Sundae Bar with Jeff <b>MPR</b> 2:30p Wellness U: Arthritis & Movement <b>MPR</b> 6:00p Evening Games <b>AC</b> 6:00p Prize Bingo <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Old School Deli <b>LO</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Walk & Talk <b>LO</b> 1:30p Wheel of Fortune <b>MPR</b> 3:00p Prize Bingo <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 10:30a Coffee & Chat <b>AR</b> 1:00p Cornhole <b>AC</b> 2:00p Move & Groove w/Kathleen <b>MPR</b> 6:00p Evening Games <b>AC</b>			8:00a Cheri's Salon <b>1FL</b> 9:30a Shopping at Walmart <b>LO</b> 10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 1:00p Menu Chat with Morisa <b>AC</b> 2:30p Happy Hour with Bobby <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Stretch with Carol <b>MPR</b> 12:30p Aileen's S. Animal Raffle <b>DR</b> 2:00p Saturday Social <b>1FL</b> 4:00p Fraser Library Workshop <b>1FL</b> 5:45p Movie <b>MPR</b>		
20			21			22			23			24			25			26		
9:30a Mass & Com. <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Popcorn Day <b>AC</b> 1:30p Cornhole <b>AC</b> 3:00p \$3 Bingo <b>MPR</b> 3:30p Mindful Coloring <b>AC</b> 6:00p Rummikub <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Walk & Talk <b>LO</b> 1:30p Christmas Jingo Bingo <b>MPR</b> 3:00p Stretch with Carol <b>MPR</b> 6:00p Evening Games <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 1:00p Dollar Tree <b>LO</b> 3:00p Music & Movement w/Linda <b>MPR</b> 6:00p Evening Games <b>AC</b> 6:00p \$3 Bingo <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Walk & Talk <b>LO</b> 1:00p Gorgeous Grandma Glam Day <b>AC</b> 3:00p Blizzard Bingo <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 10:30a Coffee & Chat <b>AR</b> 1:30p Greeting Card Workshop <b>AC</b> 6:00p Evening Games <b>AC</b>			8:00a Cheri's Salon <b>1FL</b> 10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 1:30p Christmas in July-Marisa <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Stretch with Carol <b>MPR</b> 12:30p Aileen's S. Animal Raffle <b>DR</b> 2:00p Saturday Social <b>1FL</b> 5:45p Movie <b>MPR</b>		
27			28			29			30			31			<div></div>					
9:30a Mass & Com. <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Popcorn Day <b>AC</b> 1:30p Music with Mike <b>MPR</b> 3:00p \$3 Bingo <b>MPR</b> 3:30p Mindful Coloring <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 11:00a Walk & Talk <b>LO</b> 1:30p Art & Design <b>MPR</b> 3:00p Stretch with Carol <b>MPR</b> 4:00p Word Puzzles <b>AC</b> 6:00p Evening Games <b>AC</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 2:00p Crafts <b>AC</b> 6:00p Evening Games <b>AC</b> 6:00p Prize Bingo <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 11:00a Pet Therapy <b>LO</b> 12:00p Popcorn Day <b>AC</b> 1:30p Wheel of Fortune <b>MPR</b> 3:00p Prize Bingo <b>MPR</b> 6:00p Rummikub <b>AC</b> 6:00p Put & Take Game with Don <b>MPR</b>			10:00a Chair Exercise <b>MPR</b> 10:30a Puzzle Fun w/Friends <b>AC</b> 10:30a Coffee & Chat <b>AR</b> 2:00p French-American Cooking Demo <b>DR</b> 6:00p Evening Games <b>AC</b>								

All activities subject to change.