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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.



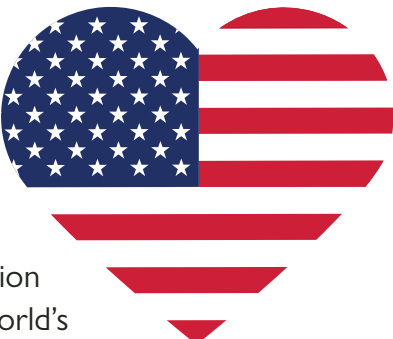
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

SOMERSET 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!

- We have a new assistant Tisha
- starting with Gina in the
- Life Enrichment Department.
- Family Night is Thursday
- July 10th from 5:00-7:00.
- Family Night's theme is
- Stars & Stripes!
- We're Celebrating Christmas
- in July! Ho Ho Ho.

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															
												Happy Birthday! Peter G. 07/02 Marge F. 07/04 Gene A. 07/31															
LOCATION KEY						01		02		03		04		FOURTH OF JULY		05											
<div>AA Activity Area</div> <div>AR Activity Room</div> <div>B Bistro</div> <div>CY Courtyard</div> <div>DR Dining Room</div> <div>FIT Fitness Center</div> <div>LR Living Room</div> <div>OUT Outing</div> <div>PAT Patio</div> <div>PLR Parlor</div> <div>RR Reflection Room</div> <div>S Salon</div> <div>THR Theatre</div>						10:30a Get Fit with Legacy AR 11:30a Word in a Word Game AR 1:00p Get a Book, Return a Book or just Chit Chat with The Mobile Library B 2:00p Netflix Series: Grace & Frankie THR 3:00p Cool down with a refreshing Smoothie! B		10:30a Weighted Workout AR 11:00a Catholic Communion THR 1:30p Trivia Time B 2:00p Chat with Chef about July's Menu B 3:00p Wine Down Wednesday B		10:30a Chair Yoga AR 11:30a Word Category Game AR 1:30p Go on a walk with me! B 2:00p Chit Chat with Gina about July's Calendar. B 3:30p Get your Beat on with Cardio Drumming! B		10:30a Chair Zumba Exercise AR 11:30a July 4th B.B.Q. for Residents and Families. 11:30a Tic Tack Toe on the lawn 11:30a Corn Hole 2:00p Balloon Toss		10:30a Saturday Stretches AR 11:00a Bible Study With Gene Anderson THR 1:30p Quarter Bingo AR 2:30p Join the Choir with Tisha! THR 3:30p Saturday Afternoon at The Movies & Popcorn: The Age of Adaline. THR													
06						07		08		09		10		11		12											
10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:00p What's the Scoop Game B 2:00p Jewelry Making AR 3:30p Sunday Afternoon Movie: The Von Trapp Family: A Life of Music THR						10:30a Weighted Workout AR 11:30a Give a Penny, Take a Penny Game. B 1:30p Prize Bingo AR 2:30p Arts & Crafts AR 3:00p Daiquiri Monday! Entertainment with Heart of the Hills, Singers B		10:30a Get Fit with Legacy AR 11:30a Words in a Word Game AR 1:30p Netflix Series: Grace & Frankie THR 2:30p Get Outside and Play Corn Hole 3:00p CY 3:00p Work on Puzzles Upstairs		10:30a Weighted Workout AR 11:00a Catholic Communion & Rosary THR 11:00a Enjoy Bagels and Coffee with Gina B 11:30a Come walk outside with me! 1:00p Black Jack with Darlene B 3:00p Wine Down Wednesday. Entertainment with Jacob, singer,		10:30a Chair Yoga AR 11:30a Word Category Game AR 1:30p Go on a Walk with Me! B 2:30p Work on Puzzles Upstairs! 5:00p Family Night: Stars & Stripes! Entertainment with Gary Pillow, musician		10:30a Chair Zumba Exercise AR 11:30a Go on a Walk with Me! B 1:30p Penny Auction! B 2:00p Cooking Demo with Chef Earl B 3:00p Meet New Residents Today! B 3:00p Happy Hour B		10:30a Saturday Stretches AR 11:00a Bible Study With Gene Anderson THR 1:30p Quarter Bingo AR 2:30p Choir with Tisha! THR 3:30p Saturday Afternoon at The Movies & Popcorn: Little Man Tate THR											
13						14		15		16		17		18		19											
10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:00p Drive it, Dig it, or Drink it Game B 2:00p Celebrate National French Fry Day! B 3:30p Sunday Afternoon Movie: The Story of the Bee Gees THR						10:30a Weighted Workout AR 11:30a Give a Penny, Take a Penny Game. B 1:30p Prize Bingo AR 3:00p Celebrate Christmas in July! White Elephant Gift Exchange! B		10:30a Get Fit with Legacy AR 11:30a Words in a Word Game AR 1:30p Arts and Crafts AR 2:30p Netflix Series: Grace & Frankie 3:00p Get Pampered with a Facial. B		10:00a Outing: Jimmy John's Baseball Game. Sign Up in Sign Up Book OUT 10:30a Weighted Workout AR 11:00a Catholic Communion THR 2:00p Trivia Time. AR 3:00p Wine Down Wednesday. Entertainment with Double Play Flute/Tuba B		10:30a Chair Yoga AR 11:30a Word Category Game AR 1:00p Legacy Talk B 2:00p Get a Tattoo for National Tattoo Day! (Just kidding, they're fake) B 2:00p Celebrate National Lottery Day! Will today be your Lucky Day? B 3:00p Senior Fitness with Carian AR		10:30a Chair Zumba Exercise AR 1:00p Lets bake some Blueberry Bread! AR 2:30p Learn what to do in case of an Emergency here. B 3:00p Happy Hour! Entertainment with Michael Palmbo, Musician. B 3:00p Celebrate July's Birthdays! B		10:30a Saturday Stretches AR 11:00a Bible Study With Gene Anderson THR 1:30p Quarter Bingo AR 2:30p Choir with Tisha! THR 3:00p Saturday Afternoon at The Movies & Popcorn: The Greatest Showman THR											
20						21		22		23		24		25		26											
10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:00p Game Time Fun! Play a Board Game or Card Game. 2:00p Celebrate National Ice Cream Day! B 3:30p Sunday Afternoon Movie: Reagan THR						10:30a Weighted Workout AR 11:30a Give a Penny, Take a Penny Game. B 1:30p Prize Bingo AR 2:30p Arts and Crafts AR 3:00p Daiquiri Monday! Entertainment with Carl Winters, Musician from California. B		10:30a Get Fit with Legacy AR 11:30a Words in a Word Game AR 1:00p Peaceful Connection 2:30p Netflix Series: Grace & Frankie! THR 3:00p Work on Puzzles Upstairs		10:00a Chair Exercise with Sandy! AR 11:00a Catholic Communion & Rosary THR 1:00p Outing: Let's go for Ice Cream at Ray's OUT 2:30p Trivia Time! B 3:00p Wine Down Wednesday B		10:30a Chair Yoga AR 11:30a Word Category Game AR 1:30p Have your voice heard at The Resident Town Hall. AR 2:30p Chair Zumba with Carian AR 3:00p Putt on the Putting Green		10:30a Chair Zumba Exercise AR 11:30a Come Walk with Me! B 1:00p Come Outside for some Lemonade 1:30p Come Outside and Play Corn Hole 3:00p Happy Hour! Entertainment with Jeff Breza, musician B		10:30a Saturday Stretches AR 11:00a Bible Study With Gene Anderson THR 1:30p Quarter Bingo AR 2:00p Choir with Tisha! THR 3:30p Saturday Afternoon at The Movies & Popcorn: Nonnas THR											
27						28		29		30		31		<div></div>													
10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:30p Come walk with Me! B 2:30p We're having a Pizza Party! B 3:30p Sunday Afternoon Movie: For The Love of the Game. THR						10:30a Weighted Workout AR 11:30a Get a Penny, Take a Penny Game B 1:30p Prize Bingo! AR 2:30p Arts and Crafts AR 3:00p Daiquiri Monday! Entertainment with Henrik & his Mom! Violinist. B		10:30a Get Fit with Legacy AR 11:30a Words in a Word Game AR 1:30p Netflix Series: Grace & Frankie! THR 2:30p Get Outside and Play Corn Hole 3:00p Work on Puzzles Upstairs 3:00p Dolby the Dog will be here for a Visit B		10:30a Weighted Workout AR 11:00a Catholic Communion THR 11:30a Outing: Lunch at Alex's Royal Grill OUT 2:30p Celebrate National Cheese Cake Day! Yummy! B 3:00p Wine Down Wednesday! Entertainment with Mike Letovsky, Saxophonist B		10:30a Chair Yoga AR 11:30a Word Category Game AR 1:30p Trivia Time! B 2:30p Chair Bingo Exercise with Carian AR 3:00p Putt on the Putting Green!															