

CONTACTS

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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.



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American House
SENIOR LIVING COMMUNITIES
Assisted Living Facility #5851

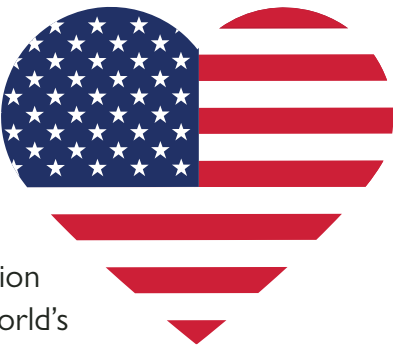
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

SARASOTA

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!

- Alzheimer's Support w/ Mary
- Jeopardy with the Aprils
- iphone class
- Watercolors with Carolyn
- Veterans Meeting
- Stars & Stripes Family Night
- Caregiver Support Meeting
- Crafternoon Delight

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.

**LIVING WELL
IS BEING WELL.**
American House Senior Living Communities

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div><div></div><div>July 2025</div></div>									BIRTHDAYS											
									Daniel Walcott 7/3, Dominic Zappia 7/3, Carole Ruzicka 7/04, Susan Slocum 7/10, William Couch 7/16, James Tierney 7/16, Sue Ann Milstead 7/19, Sara Drake 7/20, Lynn Skonicki 7/20, Nancy Weedman 7/20, Carole Otte 7/21, William Houghton 7/21, Kent Woodward 7/25, Gladys Redhead 7/29, Alice Lynn Foreman 7/30, Virginia Culpepper 7/31											
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
IFL 1 st Floor	DR Dining Room	MTR Meeting Room	10:30a	Wheel Of Fortune	CR	9:30a	Publix/ Walgreens	OUT	10:00a	Tai Chi w/ Jesse	MTR	9:00a	Doctors Appointments	OUT	9:00a	Mexican Train	B			
2A 2 nd Floor Atrium	EM Empower Me	NBR N. Breezeway	11:15a	Legacy Exercise	MTR	10:30a	Brain Games Trivia	CR	10:30a	Cold Brew Bistro	B	10:00a	Pianist Marian Cox	TGH	11:00a	Rosary Group	CR			
3A 3 rd Floor Atrium	FIT Fitness Center	OUT Outing	1:00p	Bridge	CR	11:15a	Workout Wednesday	MTR	11:15a	Thursday Fitness	MTR	1:30p	Publix/ Walgreens	OUT	11:15a	Saturday Stretch	MTR			
3CR 3 rd Floor Card Room	GA Garden Apartments	PL Pool	1:00p	Mexican Train	CR	1:30p	Shopping	OUT	1:00p	Mexican Train	CR	1:45p	LEGACY Pool Time! Water	MTR	1:30p	Jeopardy with the Aprils!				
AR Activity Room	LG Lakeside Gazebo	SBR S. Breezeway	2:00p	Crafternoon Knitting	TGH	1:30p	Mahjong	CR	1:30p	Advanced Trivia	MTR	Aerobics		PL	MTR					
ALF AL Front Desk	LIB Library	TBL The Bistro Lounge	3:15p	Cash Bingo	CR	3:45p	Wine Down w/ Just Us Duo		3:15p	Cash Bingo	CR	3:30p	4th of July Pool Party	TGH	3:15p	Cash Bingo	CR			
ART Art Studio	MCL MC Living Room	TGH The Great Hall				TGH		OUT	7:00p	Poker	3A	3:45p	4th of July w/ Alan Souza	MTR	6:00p	Saturday Cinema	MTR			
BG Butterfly Garden	MCD MC Dining Room	VIL Villas										6:00p	Friday Cinema							
CR Card Room																				
06			07			08			09			10			11			12		
8:30a	Church Transportation	OUT	9:30a	Veterans Club	CR	10:30a	Wheel Of Fortune	CR	9:30a	Publix/ Walgreens	OUT	10:30a	Cold Brew Bistro	B	9:30a	Target	OUT	9:00a	Mexican Train	B
9:30a	Church Transportation	OUT	10:00a	Sand Fleas Ukulele Orchestra	B	11:00a	New Resident Q and A	CR	10:00a	Resident Council Meeting	TGH	11:15a	Thursday Fitness	MTR	10:00a	Pianist Marian Cox	TGH	11:00a	Rosary Group	CR
10:30a	Church Transportation	OUT	B			11:15a	Legacy Exercise	MTR	10:30a	Brain Games Trivia	CR	1:00p	Mexican Train	CR	1:30p	Publix/ Walgreens	OUT	11:15a	Saturday Stretch	MTR
11:15a	Sunday Stretch	MTR	10:30a	Watercolors w/Carolyn M	ART	1:00p	Bridge	CR	10:30a	Workout Wednesday	MTR	1:30p	Advanced Trivia	MTR	1:45p	LEGACY Pool Time! Water	MTR	1:30p	Jeopardy with the Aprils!	
1:30p	Mahjong	CR	1:00p	Matinee w/Popcorn	MTR	1:00p	Mexican Train	CR	11:15a	Home Goods	OUT	2:00p	Foreign Affairs w/ Bob		Aerobics		MTR	MTR		
6:00p	Sunday Film Club	MTR	1:30p	Current Events Club w/ Bob	DR	2:00p	Caregivers Support w/Mary Miller	MTR	1:30p	Mahjong	CR	Clementis	Stars and Stripes Family	MTR	3:45p	Happy Hour w/ DJ Pes	TGH	3:15p	Cash Bingo	CR
			DR			2:00p	Crafternoon Knitting	TGH	3:45p	Birthday Cupcakes!	TGH	5:00p	Night w/ Val	TGH	6:00p	Friday Cinema	MTR	6:00p	Saturday Cinema	MTR
			1:30p	Corn Hole	TGH	3:15p	Cash Bingo	CR	3:45p	Wine Down w/ Alexandre		7:00p	Poker	3A						
13			14			15			16			17			18			19		
8:30a	Church Transportation	OUT	10:00a	Sand Fleas Ukulele Orchestra	B	10:30a	Wheel Of Fortune	CR	9:30a	Publix/ Walgreens	OUT	10:00a	Tai Chi w/ Jesse	MTR	9:00a	Doctors Appointments	OUT	9:00a	Mexican Train	B
9:30a	Church Transportation	OUT	B			11:15a	Legacy Exercise	MTR	10:30a	Brain Games Trivia	CR	10:30a	Cold Brew Bistro	B	10:00a	Pianist Marian Cox	TGH	11:00a	Rosary Group	CR
10:30a	Church Transportation	OUT	1:30p	Current Events Club w/ Bob	DR	1:00p	Bridge	CR	11:15a	Workout Wednesday	MTR	11:15a	Thursday Fitness	MTR	1:30p	Publix/ Walgreens	OUT	11:15a	Saturday Stretch	MTR
11:15a	Sunday Stretch	MTR	DR			1:00p	Mexican Train	CR	1:30p	Hobby Lobby	OUT	1:00p	Mexican Train	CR	1:45p	LEGACY Pool Time! Water	MTR	3:15p	Cash Bingo	CR
1:30p	Mahjong	CR	1:30p	Corn Hole	TGH	1:30p	Book Club	CR	1:30p	Mahjong	CR	1:30p	Advanced Trivia	MTR	Aerobics		MTR	6:00p	Saturday Cinema	MTR
6:00p	Sunday Film Club	MTR	3:15p	Prize Bingo	CR	2:00p	Pet Therapy	TGH	2:00p	Crafts w/Lynne	ART	1:30p	Cooking Demonstration	B	3:45p	Happy Hour w/ Jan and Sara				
			7:00p	Poker	3A	2:00p	Crafternoon Knitting	TGH	3:45p	Wine Down w/JOHNNY	TGH	2:00p	Food For Thought	B	TGH					
						3:15p	Cash Bingo	CR	PETILLO			3:15p	Cash Bingo	CR	6:00p	Friday Cinema	MTR			
												4:30p	Bangkok	OUT						
20			21			22			23			24			25			26		
8:30a	Church Transportation	OUT	10:00a	Sand Fleas Ukulele Orchestra	B	10:30a	Wheel Of Fortune	CR	9:30a	Publix/ Walgreens	OUT	10:30a	Gingerbread Cold Brew	B	9:30a	Ellenton Premium Outlets	OUT	9:00a	Mexican Train	B
9:30a	Church Transportation	OUT	B			11:15a	Legacy Exercise	MTR	11:00a	Christmas Cookie Decorating	CR	Bistro		MTR	OUT			11:00a	Rosary Group	CR
10:30a	Church Transportation	OUT	1:00p	Matinee w/Popcorn	MTR	1:00p	Bridge	CR	11:15a	Workout Wednesday	MTR	11:15a	Thursday Fitness	CR	10:00a	Pianist Marian Cox	TGH	11:15a	Saturday Stretch	MTR
11:15a	Sunday Stretch	MTR	1:30p	Current Events Club w/ Bob	DR	1:00p	Mexican Train	CR	1:30p	Santa's Snow Cones	B	1:00p	Mexican Train	CR	1:30p	Publix/ Walgreens	OUT	11:30a	Brunch: Der Dutchman	OUT
1:30p	Mahjong	CR	DR			2:00p	Crafternoon Knitting	TGH	1:30p	Detweiller's	OUT	1:30p	Frozen Hot Chocolate	B	2:00p	LEGACY Christmas in July	MTR	3:15p	Cash Bingo	CR
6:00p	Sunday Film Club	MTR	1:30p	Corn Hole	TGH	3:15p	Cash Bingo	CR	1:30p	Walmart	CR	2:30p	Jacob Hunt Christmas		Pool Party			6:00p	Saturday Cinema	MTR
			3:15p	Prize Bingo	CR				1:30p	Wine Down w/Alexandre		Spectacular		TGH	3:45p	Jolly July Happy Hour w/ Barry G.	TGH			
			7:00p	Poker	3A				3:45p			4:30p	Mi Pueblo Restaurant	OUT	6:30p	Friday Cinema: A Castle for				
									TGH			6:30p	Movie: The Holiday	MTR						
27			28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>					
8:30a	Church Transportation	OUT	10:00a	Sand Fleas Ukulele Orchestra	B	10:30a	Wheel Of Fortune	CR	9:30a	Publix/ Walgreens	OUT	10:30a	Cold Brew Bistro	B						
9:30a	Church Transportation	OUT	B			11:15a	Legacy Exercise	MTR	10:30a	Brain Games Trivia	CR	11:15a	Thursday Fitness	MTR						
10:30a	Church Transportation	OUT	1:00p	Matinee w/Popcorn	MTR	1:00p	Bridge	CR	11:15a	Workout Wednesday	MTR	1:00p	Mexican Train	CR						
11:15a	Sunday Stretch	MTR	1:30p	Current Events Club w/ Bob	DR	1:00p	Mexican Train	CR	1:30p	Gulfgate Shopping	OUT	1:30p	Advanced Trivia	MTR						
1:30p	Mahjong	CR	DR			2:00p	Crafternoon Knitting	TGH	1:30p	Mahjong	CR	2:00p	Foreign Affairs w/ Bob							
6:00p	Sunday Film Club	MTR	1:30p	Corn Hole	TGH	3:15p	Cash Bingo	CR	3:45p	Wine Down w/ Rick Davis		Clementis	Cash Bingo	MTR						
			3:15p	Prize Bingo	CR				TGH			3:15p	Poker	CR						
			7:00p	Poker	3A							7:00p		3A						

All activities subject to change.