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National Suicide Hotline  
988

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248.213.8529  
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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.

VILLAGE AT BLOOMFIELD VILLAGE AT BLOOMFIELD

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!

- Rays Ice Cream \$ 1st 1P
- 4th Of July Party 2nd 2P
- Shain Park Concert 9th 530P
- FAMILY NIGHT 10th 5P
- Carl on the Kalimbas 15th 2P
- Pontoon & Dinner \$ 16th 3P P\$
- Birthday Party 23rd 2P
- DIA Lunch \$ & Music 24th 10A
- Games & Pool Party 25th 2P
- Train Station 30th 115P P\$

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><div>July 2025</div></div>									BIRTHDAYS											
									06/01 Paul W. 06/01 Patricia O. 06/02 Tony C. 06/15 Sharon G. 06/17 Julia D. 06/18 Lester C.			06/19 Delores J. 06/23 Patricia W.								
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
<b>\$</b> Cost	<b>B</b> Bistro		8:00a	Oakland Farmers Market	<b>SU</b>	10:00a	Ride The Bike	<b>2RC</b>	10:00a	Zen Coloring	<b>3FA</b>	12:00a	NO SALON TODAY		10:00a	Diamond Art-Christmas Design		10:00a	Diamond Art-Christmas Design	
<b>2FR</b> 2nd Floor Family Room	<b>DR</b> Dining Room		9:30a	Prayer w/ Deacon Mike	<b>3FT</b>	10:00a	Rummikub	<b>1B</b>	10:30a	<b>Blood Pressure -ReadyCare</b>		12:00a	<b>Wear Your Red, Whit &amp; Blue!!</b>		<b>3FA</b>		10:00a	Open Color	<b>3FA</b>	
<b>2FL</b> 2nd Floor Fitness	<b>LR</b> Living Room		10:15a	Target 1 1/2H	<b>SU</b>	10:00a	Yoga Stretch Exercise-Video	<b>2FI</b>	1:30p	Movie Tootsie	<b>3FT</b>	10:00a	Ride The Bike	<b>2RC</b>	10:00a	Yahtzee	<b>1B</b>	11:00a	Yahtzee	<b>1B</b>
<b>2LR</b> 2nd Floor Living Room	<b>OUT</b> Outing		11:00a	<b>American Trivia</b>	<b>3FT</b>	11:00a	Activity Meeting	<b>3FT</b>	2:00p	Bingo w/ Tom	<b>1DR</b>	11:00a	Rummikub -Beginner	<b>1B</b>	11:00a	Word Search/Crosswords	<b>3FA</b>	1:00p	Word Search/Crosswords	<b>3FA</b>
<b>2PT</b> 2nd Floor Physical Therapy	<b>PAT</b> Patio		1:00p	<b>Outing \$\$ Rays Ice Cream</b>		2:00p	<b>4th Of July Entertainment w/ Rick &amp; Dayna</b>	<b>1LR</b>	3:00p	Cardio Drumming w/ Amanda	<b>2FI</b>	11:00a	Pinochle w/ Pat	<b>3LR</b>	2:00p	Community Games	<b>1DR</b>	2:00p	Community Games	<b>1DR</b>
<b>3FA</b> 3rd Floor Activity Room	<b>PP</b> Prepay		<b>Royal Oak</b>		<b>SU</b>	3:00p	Movie The Naked Gun 1	<b>3FT</b>	6:00p	Scrabble & Community Games		2:00p	Community Games 2FL, 3FL,	<b>1DR</b>	3:00p	Puzzles	<b>2LR</b>	3:00p	Puzzles	<b>2LR</b>
<b>3LR</b> 3rd Floor Living Room	<b>SUR</b> Sign Up Required		1:30p	Cardio Drumming w/ Amanda	<b>2FI</b>	6:00p	Mexican Train Dominoes	<b>3LR</b>				3:00p	Aggravation w/ Sharon	<b>1B</b>	5:30p	Euchre	<b>1B</b>			
<b>3FT</b> 3rd Floor Theater Room			6:00p	Community Games	<b>1DR</b>		Community Games	<b>1DR</b>				6:00p	Community Games	<b>1DR</b>						
06			07			08			09			10			11			12		
10:00a	Diamond Art-Christmas Design		12:00a	<b>9:30-3pm Medical Transport Sign Up 1 Week In Advance</b>		12:00a	<b>Show Off Your Sunglasses Day!</b>		10:00a	Ride The Bike	<b>2RC</b>	12:00a	<b>Family &amp; Friends Night!</b>		12:00a	<i>Salon Day</i>		10:00a	Diamond Art-Christmas Design	
<b>3FA</b>			10:00a	Yoga Stretch Exercise-Video	<b>2FI</b>	9:30a	Prayer w/ Deacon Mike	<b>3FT</b>	11:00a	<b>Current Events w/ Linda G.</b>	<b>3FT</b>	10:00a	Zen Coloring	<b>3FA</b>	12:00a	<b>Comerica Park 25th Year: Wear Your Tigers Gear!</b>		<b>3FA</b>		
10:00a	Open Color	<b>3FA</b>	10:00a	Zen Doodles	<b>3FA</b>	10:15a	Walmart 1 1/2H	<b>SU</b>	2:00p	<b>New Resident Orientation</b>		1:30p	Movie Stand By Me	<b>3FT</b>	10:00a	Ride The Bike	<b>2RC</b>	10:00a	Open Color	<b>3FA</b>
11:00a	Puzzles	<b>2LR</b>	11:00a	<b>Communion &amp; Prayer w/ Kirk In The Hills</b>	<b>3FT</b>	11:00a	Beginner Ping Pong	<b>2FI</b>	3:00p	<b>Dobby The Greyhound Visits</b>		2:00p	Bingo w/ Tom	<b>1DR</b>	10:30a	<b>Giant Connect 4 &amp; Lemonade</b>		11:00a	Yahtzee	<b>1B</b>
1:00p	Dominoes	<b>1B</b>	1:00p	<b>-2pm Pontiac Library Visits - Library Cards &amp; MORE</b>	<b>1B</b>	1:30p	Movie The Naked Gun 2 1/2	<b>3FT</b>	3:00p	<b>Outing Shain Park Concert Sax Maniacs</b>	<b>SU</b>	3:00p	Cardio Drumming w/ Amanda	<b>2FI</b>	<b>PAT</b>		11:00a	Word Search/Crosswords	<b>3FA</b>	
2:00p	Community Games	<b>1DR</b>	1:30p	Shut The Box	<b>1B</b>	2:00p	Bingo w/ Tom	<b>1DR</b>	5:30p			5:00p	<b>Family &amp; Friends Night Stars &amp; Stripes! Entertainment By Dynamic Duo</b>	<b>1LR</b>	11:00a	Rummikub	<b>1B</b>	2:00p	Community Games	<b>1DR</b>
3:00p	Word Search/Crosswords	<b>3FA</b>				3:00p	Cardio Drumming w/ Amanda	<b>2FI</b>							11:00a	Pinochle w/ Pat	<b>3LR</b>	3:00p	Puzzles	<b>2LR</b>
5:30p	Lets Get Social	<b>1B</b>	1:30p	Shut The Box	<b>1B</b>	6:00p	Community Games	<b>1DR</b>				3:00p	Aggravation w/ Sharon	<b>1B</b>	3:00p	Aggravation w/ Sharon	<b>1B</b>	5:30p	Euchre	<b>1B</b>
13			14			15			16			17			18			19		
10:00a	Diamond Art-Christmas Design		12:00a	<b>9:30-3pm Medical Transport Sign Up 1 Week In Advance</b>		9:30a	Prayer w/ Deacon Mike	<b>3FT</b>	10:00a	Ride The Bike	<b>2RC</b>	10:00a	Zen Coloring	<b>3FA</b>	12:00a	<i>Salon Day</i>		10:00a	Diamond Art-Christmas Design	
<b>3FA</b>			10:00a	Chair Balloon Volleyball	<b>2FI</b>	10:15a	Menards-Costco Plazas Bus Return	<b>SU</b>	10:00a	Rummikub	<b>1B</b>	10:30a	<b>Blood Pressure Checks w/ ReadyCare</b>		10:00a	Ride The Bike	<b>2RC</b>	<b>3FA</b>		
10:00a	Open Color	<b>3FA</b>	10:00a	Wheel Of Fortune	<b>3FT</b>	11:30a, 12:30p & 1p	Menu Chat w/ Chef Dave	<b>3FT</b>	10:00a	Yoga Stretch Exercise-Video	<b>2FI</b>	10:30a	Movie Stand By Me	<b>3FT</b>	10:00a	Yoga Stretch Exercise-Video	<b>2FI</b>	10:00a	Open Color	<b>3FA</b>
11:00a	Puzzles	<b>2LR</b>	11:00a	<b>Entertainment w/ Carl W. On The!" Kalimbasi" NEW</b>	<b>1LR</b>	11:00a	Documentary The Day The Music Died	<b>3FT</b>	10:30a	<b>Boggle</b>	<b>3LR</b>	11:00a	Town Hall Community Meeting	<b>3FT</b>	10:30a	<b>Giant Tetris &amp; Lemonade</b>		11:00a	Yahtzee	<b>1B</b>
1:00p	Dominoes	<b>1B</b>	1:30p	<b>Cardio Drumming w/ Amanda</b>	<b>2FI</b>	2:00p	Documentary Black Wild West	<b>3FT</b>	3:00p	<b>Pre-Paid Outing Pontoon Boat Ride \$\$ Dinner Leo's Coney</b>	<b>PP</b>	2:00p	<b>Speaker Carlene V. From The DIA Talk On !"The Garden!"</b>	<b>3FT</b>	3:00p	Rummikub -Beginner	<b>1B</b>	1:00p	Word Search/Crosswords	<b>3FA</b>
2:00p	Community Games	<b>1DR</b>	1:30p	Shut The Box	<b>1B</b>	3:00p	Documentary The Day The Music Died	<b>3FT</b>	3:00p	<b>Mexican Train Dominoes</b>	<b>3LR</b>	2:00p	<b>Cardio Drumming w/ Amanda</b>	<b>2FI</b>	11:00a	Pinochle w/ Pat	<b>3LR</b>	2:00p	Community Games	<b>1DR</b>
3:00p	Word Search/Crosswords	<b>3FA</b>	2:30p	Art/Craft: Wood Car/Helicopter	<b>3FA</b>	6:00p	Community Games	<b>1DR</b>	6:00p	Community Games	<b>1DR</b>	3:00p	Scrabble & Community Games		11:00a	Aggravation w/ Sharon	<b>1B</b>	3:00p	Puzzles	<b>2LR</b>
5:30p	Lets Get Social	<b>1B</b>										6:00p	Scrabble & Community Games		6:00p	Community Games	<b>1DR</b>	5:30p	Euchre	<b>1B</b>
20			21			22			23			24			25			26		
10:00a	Diamond Art-Christmas Design		12:00a	<b>9:30-3pm Medical Transport Sign Up 1 Week In Advance</b>		12:00a	<b>Tie-Dye Tuesday!</b>		10:00a	Ride The Bike	<b>2RC</b>	10:00a	<b>Outing DIA \$\$ Lunch &amp; Music</b>	<b>SU</b>	12:00a	<i>Salon Day</i>		10:00a	Diamond Art-Christmas Design	
<b>3FA</b>			10:00a	Ride The Bike	<b>2RC</b>	9:30a	Prayer w/ Deacon Mike	<b>3FT</b>	10:00a	Rummikub	<b>1B</b>	10:00a	Zen Coloring	<b>3FA</b>	12:00a	<b>Flip Flop Friday!</b>		<b>3FA</b>		
10:00a	Open Color	<b>3FA</b>	10:00a	Zen Doodles	<b>3FA</b>	10:15a	Trader Joes Plaza 1 1/2H	<b>SU</b>	11:00a	<b>Current Events w/ Linda G.</b>	<b>3FT</b>	10:00a	Movie Daddy Day Camp	<b>3FT</b>	10:00a	Ride The Bike	<b>2RC</b>	10:00a	Open Color	<b>3FA</b>
11:00a	Puzzles	<b>2LR</b>	11:00a	Wheel Of Fortune	<b>3FT</b>	11:00a	Beginner Ping Pong	<b>2FI</b>	2:00p	<b>Birthday Entertainment w/ Rick &amp; Dayna</b>	<b>1LR</b>	1:30p	NO-Cardio Drumming	<b>2FI</b>	11:00a	Rummikub	<b>1B</b>	10:00a	Yahtzee	<b>1B</b>
1:00p	Dominoes	<b>1B</b>	1:30p	Documentary Black Wild West	<b>3FT</b>	1:30p	Movie Indiana Jones Temple Of Doom	<b>3FT</b>	3:00p	<b>Checkers, Chess, Backgammon</b>	<b>3LR</b>	3:00p	Scrabble & Community Games		11:00a	Pinochle w/ Pat	<b>3LR</b>	11:00a	Word Search/Crosswords	<b>3FA</b>
2:00p	Community Games	<b>1DR</b>	1:30p	Shut The Box	<b>1B</b>	2:00p	Bingo w/ Tom	<b>1DR</b>	2:00p			6:00p			2:00p	<b>Games &amp; Pool Party w/ Readycare &amp; Fox Rehab</b>	<b>PAT</b>	1:00p	Word Search/Crosswords	<b>3FA</b>
3:00p	Word Search/Crosswords	<b>3FA</b>	2:30p	Art/Craft: Wood Car/Helicopter	<b>3FA</b>	3:00p	Cardio Drumming w/ Amanda	<b>2FI</b>	3:00p			6:00p			3:00p	Aggravation w/ Sharon	<b>1B</b>	2:00p	Community Games	<b>1DR</b>
5:30p	Lets Get Social	<b>1B</b>				6:00p	Community Games	<b>1DR</b>	6:00p						6:00p	Community Games	<b>1DR</b>	3:00p	Puzzles	<b>2LR</b>
27			28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>					
10:00a	Diamond Art-Christmas Design		12:00a	<b>9:30-3pm Medical Transport Sign Up 1 Week In Advance</b>		9:30a	Prayer w/ Deacon Mike	<b>3FT</b>	10:00a	Ride The Bike	<b>2RC</b>	10:00a	Zen Coloring	<b>3FA</b>						
<b>3FA</b>			10:00a	Ride The Bike	<b>2RC</b>	10:15a	Kroger Birmingham 1 1/2H	<b>SU</b>	10:00a	Rummikub	<b>1B</b>	1:30p	Movie Bad News Bears	<b>3FT</b>						
10:00a	Open Color	<b>3FA</b>	10:00a	Chair Balloon Volleyball	<b>2FI</b>	1:30p	Movie Indiana Jones Crystal Skull	<b>3FT</b>	10:00a	Yoga Stretch Exercise-Video	<b>2FI</b>	2:00p	Bingo w/ Tom	<b>1DR</b>						
11:00a	Puzzles	<b>2LR</b>	11:00a	Wheel Of Fortune	<b>3FT</b>	2:00p	<b>ALL Residents Karaoke</b>	<b>1LR</b>	10:30a	<b>Boggle</b>	<b>3LR</b>	3:00p	Cardio Drumming w/ Amanda	<b>2FI</b>						
1:00p	Dominoes	<b>1B</b>	1:30p	Documentary Battle Of Okinawa	<b>3FT</b>	3:00p	Cardio Drumming w/ Amanda	<b>2FI</b>	1:15p	<b>Pre-Paid Outing Central</b>		6:00p	Scrabble & Community Games							
2:00p	Community Games	<b>1DR</b>	1:30p	Shut The Box	<b>1B</b>	6:00p	Community Games	<b>1DR</b>	<b>Train Station</b>											
3:00p	Word Search/Crosswords	<b>3FA</b>	2:00p	<b>Boston Coolers!</b>	<b>PAT</b>				1:30p	<b>Bistro Book Club</b>	<b>1B</b>									
5:30p	Lets Get Social	<b>1B</b>							3:00p	<b>Dobby The Greyhound Visits</b>	<b>1LR</b>									

All activities subject to change.