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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.

WESTLAND JOY AMERICAN HOUSE JOY

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!

- 4th of July Ice Cream Social
- Arts for All Ages
- Park Place Gastro Pub Outing
- Plymouth Stroll
- Live Entertainment
- Kitchen Committee
- Resident Town Hall
- Birthday Celebration
- Nurse Talk
- Activities With Dawn

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>July 2025</div>															BIRTHDAYS																										
															Elaine C. 7/7		Walter B. 7/18		Dennys C 7/23																						
															Art P. 7/9		Thomas M. 7/20																								
															Beverly H. 7/8		Jackie I. 7/20																								
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05																							
<div>ARActivity Room</div> <div>CAFCAFé</div> <div>DRDining Room</div> <div>LOLobby</div> <div>APTYour Apartment</div>			8:30a Salon Open 10:00a Exercise with Brooke 1:30p Family Feud 2:00p Table Top Bowling 5:30p Card Sharks 6:00p Independent Puzzles			1FL CAF CAF CAF AR			9:30a Oldies 10:00a Let's Get Moving 1:00p You Be the Judge 2:00p Bingo 3:00p Arts for All Ages 5:30p Piano Time			LO CAF AR AR DR CAF			8:30a Salon Open 9:30a Catholic Communion 10:00a Shopping Cart 10:00a Syd Fit 2:00p 4th of July Social Hour 4:00p 4th of July Paint by Number			1FL CAF LO LO CAF			9:30a Oldies 9:30a Local Shopping 12:00p Documentary 1:30p 4th of July Craft Group 3:00p Ice Cream Social Hour 5:30p Piano Time			OUT LO AR CAF CAF CAF			10:00a Seasonal Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Classic Music 5:30p You be the Judge 6:00p Puzzle Time			CAF CAF DR AR CAF CAF											
06			07			08			09			10			11			12																							
9:30a Morning Devotions 10:30a Daily Chronicle with Roxy 2:00p Movie Hour 4:00p Card Club 5:00p Story Telling 6:00p Puzzle Time			LO CAF AR CAF			9:00a Coffee & Chat 10:30a Exercise with April 12:00p Fun Facts 2:00p Bingo 3:00p Bible Study 5:30p Picnic Word Search			CAF CAF AR AR APT			8:30a Salon Open 10:00a Zumba 1:30p Neil Diamond Videos 2:00p Make Me Laugh - Cafe 5:30p Card Sharks 6:00p Independent Puzzles			1FL CAF CAF CAF AR			9:30a Oldies 9:30a Let's Get Moving 1:00p You Be the Judge 2:00p Bingo 2:00p Nurse Talk 5:30p Piano Time			LO CAF AR AR CAF CAF			8:30a Salon Open 9:30a Catholic Communion 10:00a Shopping Cart 10:00a Syd Fit 3:00p Stars and Stripes Family Night 7:00p Independent Puzzles			1FL CAF LO LO CAF			9:30a Oldies 9:30a Local Shopping 2:00p Live Entertainment 3:00p Ice Cream Social 6:00p Independent Puzzles 6:00p Piano Time			OUT LO CAF CAF AR CAF			10:00a Seasonal Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Classic Music 5:30p You be the Judge 6:00p Puzzle Time			CAF CAF DR AR CAF CAF		
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9:30a Morning Devotions 10:30a Daily Chronicle with Roxy 2:00p Movie Hour 4:00p Card Club 5:00p Story Telling 6:00p Puzzle Time			LO CAF AR CAF			9:00a Coffee & Chat 10:30a Exercise with April 12:00p Fun Facts 2:00p Bingo 3:00p Bible Study 5:30p July Word Search			CAF CAF AR AR APT			8:30a Salon Open 10:00a Exercise with Brooke 1:30p Kitchen Committee Meeting 2:00p Table Top Bowling 2:00p Facial and Manny's 6:00p Independent Puzzles			1FL CAF CAF CAF CAF AR			9:30a Oldies 10:00a Pet Therapy with Casper 1:00p Resident Town Hall 2:00p Bingo 5:30p Piano Time 6:00p Puzzle Time			LO CAF AR AR CAF AR			8:30a Salon Open 9:30a Catholic Communion 10:00a Shopping Cart 10:00a Syd Fit 11:00a Park Place Gastropub 6:00p Piano Time			1FL CAF LO LO			9:30a Local shopping 9:30a Oldies 9:30a Local Shopping 2:00p Live Entertainment 3:00p Ice Cream Social 5:00p Luau Party			OUT OUT LO CAF CAF CAF			10:00a Seasonal Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Classic Music 5:30p You be the Judge 6:00p Puzzle Time			CAF CAF DR AR CAF CAF		
20			21			22			23			24			25			26																							
9:30a Morning Devotions 10:30a Daily Chronicle with Roxy 2:00p Movie Hour 4:00p Card Club 5:00p Story Telling 6:00p Puzzle Time			LO CAF AR CAF			9:00a Coffee & Chat 10:30a Exercise with April 12:00p Junk Food Candy Table Grab Bags 2:00p Bingo 3:00p Bible Study 5:30p July Wword Search			CAF CAF CAF AR AR APT			8:30a Salon Open 10:00a Zumba 1:30p Family Feud 2:00p Table Top Bowling 5:30p Card Sharks 6:00p Independent Puzzles			1FL CAF CAF CAF AR			12:00a Card Sharks 9:30a Oldies 10:00a Let's Get Moving 1:00p You Be the Judge 2:00p Bingo 5:30p Piano Time			AR LO CAF AR AR CAF			8:30a Salon Open 9:30a Catholic Communion 10:00a Shopping Cart 10:00a Syd Fit 3:00p Happy Social Hour 6:00p Piano Time			1FL CAF LO LO			9:30a Oldies 9:30a Local Shopping 12:00p Documentary 2:00p Live Entertainment 3:00p Ice Cream Social 5:30p Piano Time			OUT LO AR CAF CAF CAF			10:00a Seasonal Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Classic Music 5:30p You be the Judge 6:00p Puzzle Time			CAF CAF DR AR CAF CAF		
27			28			29			30			31			<div>happy independence day</div> <div>4TH OF JULY</div>																										
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All activities subject to change.