

Meal Hours

Breakfast: 8:00 - 9:30am

Dinner: 12:00 - 1:00pm

Supper: 5:00 - 6:00pm



Happy Birthday!

7/4 Theresa Driver

7/6 Theresa Worden

7/6 Jeanne Pittman

7/7 Sandra Lowry

7/7 Mary Hefford

7/19 Shirley Martin

7/20 Judy Greer

7/21 Betty Moskal

7/30 Jeanette Jose



July is Social Wellness Month

Maintaining an optimal level of social wellness allows you to build healthy relationships with others. Having a supportive social network allows you to become comfortable with who you are in social situations. Surrounding yourself with a positive social network increases your self-esteem.

Advantages of Social Wellness

Studies have reported that people who stay social:

- Live longer
- Respond far better to stress
- Have healthier cardiovascular and endocrine systems
- Have a more robust immunity
- And more

On the other hand, those who live a more isolated and secluded lifestyle are at heightened risk for severe health issues – comparable to the dangers linked to obesity, cigarette smoking, and hypertension.

How to Improve Social Wellness

1. Surround yourself with good people

A strong support system has a positive influence on your overall well-being.

2. Practice self-care

Taking time for yourself can end up improving your relationships with others, so try not to underestimate the value of a little “you-time.”

3. Engage in hobbies and extracurriculars

Engaging in hobbies and extracurriculars helps you find a better work/life balance and reduces stress.

4. Stick to a healthy routine

In general, people feel better when they get enough sleep, eat healthily, get regular exercise, maintain a normal weight, drink less alcohol, and don't smoke. Research shows that those who follow all five of these habits can live a decade longer than those who don't.

5. Continue working on better communication

Try to practice active listening, make good eye contact, improve your posture, and make yourself heard through effective communication.

THIS DAY IN HISTORY

July 4, 1884 – The Statue of Liberty is presented to the United States in Paris.

July 11, 1798 – An Act of Congress creates the U.S. Marine Corps.

July 17, 1902 – The air conditioner was invented.

July 23, 1966 – Frank Sinatra's song “Strangers in the Night” is #1 on the charts.

★ THE PATRIOT ★

AmericanHouse.com

East II

July 2023

American House
SENIOR LIVING COMMUNITIES

East II

(586) 778-5070

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Roseville, MI 48066

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Executive Director
Sonya Boulter

Maintenance Director
Tai Phan

Life Enrichment Director
Serina Kendirjian

Housekeeping Director
Toni Butler

Culinary Director
Andrea Dukes

Office Support
Kathye/Ruth/Windsor



Happy Independence Day!

The 4th of July is a time for togetherness and celebration. Wishing you a happy 4th of July from all of us at American House!

Welcome to The Great Lakes

This month we will be visiting the Great Lakes region! This includes Michigan, Ohio, Minnesota, and Wisconsin.

This region hosted the world's greatest concentrations of production for oil, coal, steel, automobiles, synthetic rubber, agricultural machinery, and heavy transport equipment. The Great Lakes are one of the world's largest surface freshwater ecosystems.

I am an American, free born and free bred, where I acknowledge no man as my superior, except for his own worth, or as my inferior, except for his own demerit.

- Theodore Roosevelt



Pictured Rocks National Lakeshore

Welcome to Pictured Rocks!

The Pictured Rocks tower is 50 to 200 feet directly from Lake Superior and stretches 42 miles in length.

Note from Executive Director

Please welcome our new culinary director Andrea Dukes! Andrea has been working with American House for 5 years. She attended college at Henry Ford Community College where she studied culinary arts! She is a new mother with a one-year-old baby boy at home. Andrea is so excited to be with us at East II and can't wait to get to know you all!



30 July			31 July									Location Key				1				
10:30	Chair Yoga	ML	9:00	Good Morning America T.V.	ML							ML	Main Lobby	AUL	ABC Upper Level	10:00	TV Time - M*A*S*H	ML		
11:00	Rosary Service	CHP	11:00	You Be The Judge	ML							CHP	Chapel			11:00	Euchre Club	ML		
2:30	Quarter Bingo	DR	1:00	Outdoor Walk	ML							DR	Dining Room			1:00	Card Games - Kings in the Corner	ML		
3:30	Dominoes	ECA	2:30	Cooking Demo - Guacamole	ACA							ECA	EFG Common Area			3:00	Puzzle Pick Up at Front Desk	ML		
6:00	Choice of Cards	ML	3:00	Crafters Group: Quilting, Crocheting and Looming	EUL							EUL	EFG Upper Level			6:00	Evening News	ML		
			4:00	Shuffleboard								Pat	Patio							
			6:00	Puzzle Relaxation	ACA							ACA	ABC Common Area							
2			3									4			5			6		
10:30	Chair Yoga	ML	9:00	Good Morning America T.V.	ML	11:00	Gardening Club	Pat	9:30	Morning Stretches	ML	10:30	Hole in One	ML	11:00	Cardio Balance with Sydfit	ML	10:00	TV Time - M*A*S*H	ML
11:00	Rosary Service	CHP	11:00	Exercise with Linda	ML	1:00	Sing Along with Serina	ML	11:00	Spot It	ML	11:00	Rosary Service	CHP	1:00	Bonfire and Story Telling	Pat	11:00	Euchre Club	ML
2:30	Quarter Bingo	DR	1:00	Pictionary	ML	2:30	Bingo	DR	12:45	Blood Pressure Check and Health Chat with Tyra	ML	1:00	Pointe the Way Informational	ML	2:30	Bingo	DR	1:00	Card Games - Kings in the Corner	ML
3:30	Dominoes	ECA	3:00	Crafters Group: Quilting, Crocheting and Looming	EUL	3:30	4th of July Picnic	Pat	2:00	New Resident Happy Hour	ML	2:30	Cooking Demo	ACA	3:30	Singer - Marie Kravetz	ML	3:00	Puzzle Pick Up at Front Desk	ML
6:00	Choice of Cards	ML	4:00	Family Feud	ML	6:00	Dominoes	ML	4:00	Tea & Lemonade on The Patio	Pat	3:00	Bible Study	AUL	6:00	Pinochle	ML	6:00	Evening News	ML
			6:00	Faith in Action	ML				6:00	Choice of Cards	ACA	4:00	Bocce Ball	ML						
												6:00	Penny Poker	ML						
9			10			11			12			13			14			15		
10:30	Chair Yoga	ML	10:30	Left, Right, Center Dice Game	ML	10:00	Hearing Aid Checks & Cleanings w/ Maureen	ML	9:30	Morning Stretches	ML	11:00	Rosary Service	CHP	9:30	Morning Walk	ML	10:00	TV Time - M*A*S*H	ML
11:00	Rosary Service	CHP	1:00	Outdoor Walk & Roll	ML	11:00	Cardio Yoga with Adrienne	ML	11:00	Road Trip - Great Lakes	ML	1:00	Exercise with Tammy	ML	11:00	Pictionary	ML	11:00	Euchre Club	ML
2:30	Quarter Bingo	DR	2:00	Balloon Volleyball	ML	1:00	Amigo Mobility Center Informational	ML	1:00	Never Have I Ever	ML	2:00	Hangman	ML	1:00	Bonfire and Story Telling	Pat	1:00	Card Games - Kings in the Corner	ML
3:30	Dominoes	ECA	3:00	Crafters Group: Quilting, Crocheting and Looming	EUL	2:30	Bingo	DR	2:30	Birthday Happy Hour	ML	3:00	Singer - Jim Torrento	ML	2:30	Bingo	DR	1:00	Booze & Tattoos with Pet Therapy	ML
6:00	Choice of Cards	ML	3:30	Scrabble	ML	3:30	Wellness U: Social Wellness w/ Dedicated Care Medical Center	ML	4:00	Ladder Ball	ML	4:15	Great Lakes Trivia	ML	3:30	Total Brain Health	ML	3:00	Puzzle Pick Up at Front Desk	ML
			6:00	Puzzle Relaxation	ML	6:00	Dominoes	ML	6:00	Choice of Cards	ACA	6:00	Penny Poker	ML	6:00	Pinochle	ML	6:00	Evening News	ML
16			17			18			19			20			21			22		
10:30	Chair Yoga	ML	9:00	Good Morning America T.V.	ML	9:30	Coloring & Coffee	ML	9:30	Morning Stretches	ML	11:00	Rosary Service	CHP	11:00	Cardio Balance with Sydfit	ML	10:00	TV Time - M*A*S*H	ML
11:00	Rosary Service	CHP	11:00	Exercise with Linda	ML	11:00	Gardening Club	ML	11:00	Did You Know?	ML	11:00	Lucky 7's	ML	1:00	Snack and Chat w/ Sonya & Resident Mtg	ML	11:00	Euchre Club	ML
2:30	Quarter Bingo	DR	1:00	Deal or No Deal	ML	1:00	Horseshoes	Pat	12:45	Blood Pressure Check and Health Chat with Tyra	ML	1:00	Scattergories	ECA	2:30	Bingo	DR	1:00	Card Games - Kings in the Corner	ML
3:30	Dominoes	ECA	2:30	Bocce Ball	ML	2:30	Bingo	DR	1:00	Shuffleboard	ML	2:30	Singer - Ron Muka	ML	3:30	Bonfire and Story Telling	Pat	3:00	Puzzle Pick Up at Front Desk	ML
6:00	Choice of Cards	ML	3:00	Crafters Group: Quilting, Crocheting and Looming	EUL	3:30	What Came First?	ML	1:00	Motor City Happy Hour	ML	3:00	Bible Study	AUL	6:00	Pinochle	ML	6:00	Evening News	ML
6:00	Outdoor Movie Night - Night at the Museum	ML	4:00	Popsicles on The Patio	Pat	6:00	Dominoes	ML	6:00	Choice of Cards	ACA	4:00	Music Conversation	ML						
			6:00	Faith in Action	ML							6:00	Penny Poker	ML						
23			24			25			26			27			28			29		
10:30	Chair Yoga	ML	10:30	Morning Walk	ML	11:00	Cardio Yoga with Adrienne	ML	9:30	Morning Stretches	ML	9:30	Word Searches & Coffee	ML	9:30	Morning Walk	ML	10:00	TV Time - M*A*S*H	ML
11:00	Rosary Service	CHP	11:15	Chair Kickball	ML	1:00	Christmas in July - Happy Hour	ML	11:00	Jeopardy	ML	11:00	Rosary Service	CHP	11:00	Christmas in July - Trivia	ML	11:00	Euchre Club	ML
2:30	Quarter Bingo	DR	1:00	Christmas in July - Miracle on 34th Street	ML	2:30	Bingo	DR	1:00	Christmas in July - Arts & Crafts	ACA	12:00	Great Lakes Picnic Party	DR	1:00	Bonfire and Story Telling	Pat	1:00	Card Games - Kings in the Corner	ML
3:30	Dominoes	ECA	3:00	Crafters Group: Quilting, Crocheting and Looming	EUL	3:00	Whole Brain Health Fitness Trivia w/ Dr. Steve	ML	2:30	Singer - Dorothy Martin	ML	1:00	Exercise with Tammy	ML	2:30	Bingo	DR	3:00	Puzzle Pick Up at Front Desk	ML
6:00	Choice of Cards	ML	4:00	Connect 4	ML	6:00	Dominoes	ML	4:00	Cornhole	ML	2:30	Apples to Apples	ML	4:00	Total Brain Health	ML	6:00	Evening News	ML
			6:00	Puzzle Relaxation	ML				6:00	Book Club with Sonya	ACA	4:00	Bucketball		6:00	Pinochle	ML			
												6:00	Penny Poker	ML						