

## Heart Beats Music an American House Signature

Join us for one our six signature Heart Beats Music programs that we offer here at American House. Each is fun and engaging in a different musical way. In June, we will offer **Music Conversations on Friday, June 3rd at 11:00am** in the Lobby. This months Music Conversation Topic will be Wedding Songs. Please have the title of your wedding song ready for us to play and talk about. **On Friday, June 10th at 11:00am we will offer Boomwhacker Beats in the Movie Room.** Boomwhackers is sort of like a bell choir only we use colored tubes that make a sound when we hit them on a solid surface. Come try them out - IT'S SO MUCH FUN!!!

### Happy Father's Day! (Sunday, June 19th)

Shout Out to all our AWESOME AH West Bloomfield Dad's. We will celebrate you on **Friday, June 17th at 11:30am** with a special BBQ!

### Sunday, June 19th is Juneteenth

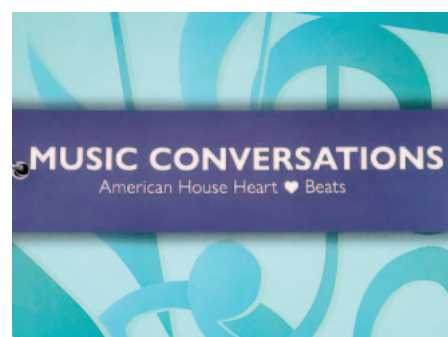
Known as our country's 2nd Independence Day. Celebrating the freedom of enslaved people in the United States at the end of the Civil War. Juneteenth has been observed across African American communities for more than 150 years.

### June is PRIDE Month!

Show your support for the LGBTQ+ community by wearing rainbow colors all month long!

### Activity Packets

Every Monday and Thursday you will receive a new activity packet. Complete each packet and return it to the front desk with your name & apartment number, and you



## IMPORTANT PHONE NUMBERS

ACE Home Care (248)607-4011  
Premier Physicians Care: Doctor Winters (586) 758-6222  
Dr. Arrives (Foot Dr.) (734)516-6320  
Maintenance Requests (248)436-4085  
Transportation American House (248)436-4085  
Comcast Cable (800)266-2278  
AT& T Cable (800)244-4444

Detroit Free Press (800)395-3300  
Oakland Press (248)745-4700  
West Bloomfield Library (248)682-2120  
West Bloomfield Twp. Offices (248)451-4800  
West Bloomfield Parks 50+ (248)451-1900  
Transportation Twp. of West Bloomfield (248)706-2411  
Transportation West Bloomfield Smart Bus (866)962-5515



**West Bloomfield**  
**(248) 436-4085**  
5859 W Maple Road  
West Bloomfield Township,  
MI 48322

**Executive Director**  
Kristy Hamrick

**Culinary Director**  
Vince Fanelli

**Maintenance Director**  
Duwayne Daugherty

**Housekeeping Supervisor**  
Carrie Hawes

**Life Enrichment Director**  
Latresa Bates

**Weekend Office Support**  
Alicia James

**ACE Home Care Network**  
Marydel Caranbang



## Come Fly with Me to Patagonia!

Join us this month as we take a virtual trip to Patagonia in South America!



Patagonia is located at the southern end of the South American continent and is shared by Argentina and Chile. It is home to the southern Andes Mountains as well as many lakes, temperate rainforests, glaciers, and desserts. The extreme terrain makes Patagonia a difficult place to live. There are only about 2 million people in the entire Patagonian population. Many of which are indigenous. See the list below and mark your calendars. You won't want to miss out on all the exciting Patagonian themed Signature events we have in store for you this month!

### Come Fly with Me: Patagonia Signature Events

- Monday, June 3rd** Destination: Patagonia PowerPoint 2:00pm MR
- Monday, June 6th** Patagonian Movie: 33 (trapped Miners) 2:00pm MR
- Monday, June 13th** Patagonia Trivia & Foreign Language Basics 2:00pm L
- Tuesday, June 14th** Cooking Demo: Patagonian Salad 1:30pm MPR
- Thursday, June 16th** Patagonia Relaxing Sights & Sounds 2:00pm MR
- Friday, June 17th** Tango & Tapas Entertainment: Vanessa Carr 1:00pm L
- Friday, June 17th** Tango & Tapas Dancing w/ the Stars Watch Happy Happy Hour 2:15pm MR
- Monday, June 20th** Patagonia Themed Photo Tour PowerPoint Presentation 10:30am MR
- Monday, June 27th** Documentary: Patagonian Bones 2:00pm MR

### Blood Pressure Checks!

Get your Blood Pressure checked EVERY Wednesday at 11:00am in the Exercise Room with ACE.

### JUNE BIRTHDAY'S

Nancy W. June 9th  
Sandy D. June 30th

American House wishes you a VERY SPECIAL day!





1		2		3		4	
10:00 Chair Exercise w/ Pat	CE	10:00 Sydfit Exercise	CE	10:00 Chair Exercise w/ Pat	CE	10:00 Coffee & Conversation	L
10:00 Outing: Shopping at Kohls	O	11:00 Patio Snack & Chat	GC	11:00 Heart Beats Music	L	10:30 Lets Play Dominos	B
10:30 West Bloomfield Public Library Visit w/ Amanda	MPR	1:00 Let's Play Dominos	L	Conversations: Wedding Songs	MR	1:00 Zen Coloring	B
11:00 Blood Pressure Checks W/ ACE	CE	2:00 Film Festival: A League of Their Own Movie and Snacks	MR	1:00 Total Brain Health: Meet New Friends	B	2:00 Card Games	L
12:30 Outing: Shopping at Busch's Grocery	O	3:00 Activity Packets	L	2:00 Destination: Patagonia Presentation	MR	3:00 Puzzle Group	L
2:30 Church service (MR)	MR	3:30 Kings Corner Card Game	L	3:30 New Residnet Welcome Happy Hour w/ Billy Dixon	L		
5		6		7		8	
10:00 Coffee & Conversation	L	10:00 Chair Exercise w/ Pat	CE	10:00 Candy Pong: Hand Eye Coordination Game	MPR	10:00 Chair Exercise w/ Pat	CE
1:00 Puzzle Group	L	1:00 Shut the Box	L	11:00 Pass the Ace Card Game	B	11:00 Blood Pressure Checks W/ ACE	CE
2:00 Movie Matinee	MR	2:00 Patagonia Themed Movie: 33	MR	1:00 Sydfit Exercise w/ Debbie	CE	11:00 Brunch Bunch: Olive Garden w/ ED Kristy!	O
3:00 Zen Coloring	L	3:00 Activity Packets	L	2:30 Bingo Time \$1.00 per Board	DR	2:30 Church service (MR)	MR
3:30 Kings Corner Card Game	B	4:00 Trivia	L	3:30 Euchre Game	B	3:00 Euchre Game	B
12		13		14		15	
10:00 Coffee & Conversation	L	10:00 Chair Exercise w/ Pat	CE	10:00 News Views & Brews	L	10:00 Chair Exercise w/ Pat	CE
1:00 Puzzle Group	L	1:00 Slapzi Game: Great for the Mind!	B	11:00 Pass the Ace Card Game	B	10:00 Outing: Shopping at Kroger	O
2:00 Live Entertainment w/Yury	L	2:00 Patagonia Trivia / Foreign Language Basics w/ Barry	L	1:00 Sydfit Exercise w/ Drebbie	CE	11:00 Blood Pressure Checks W/ ACE	CE
3:00 Zen Coloring	L	3:00 Activity Packets	L	1:30 Cooking Demo: Patagonian Hearts of Palm Salad	MPR	1:00 Total Brain Health: Balancing Act	B
3:30 Kings Corner Card Game	B	4:00 Trivia	L	2:30 Bingo Time \$1.00 per Board	DR	2:30 Church service (MR)	MR
				3:30 Euchre Game	B	3:00 Left Right Center Dice Game	MPR
19		20		21		22	
Happy Father's Day		10:00 Chair Exercise w/ Pat	CE	10:00 Sunshine Gardeners: Garden Activity	MPR	10:00 Chair Exercise w/ Pat	CE
Juneteenth		10:30 Patagonia Photo Tour w/ Barry	MR	11:00 Pass the Ace Card Game	B	11:00 Blood Pressure Checks W/ ACE	CE
10:00 Coffee & Conversation	L	2:00 Resident Town Hall	DR	11:30 Gaucho Fiesta Main Event	DR	1:00 Outing to CVS	O
1:00 Puzzle Group	L	3:00 Activity Packets	L	1:00 Sydfit Exercise w/ Drebbie	CE	2:30 Church service (MR)	MR
2:00 Movie Matinee	MR	4:00 Trivia	L	2:30 Bingo Time \$1.00 per Board	DR	3:30 Live Entertainment w/ Michael L.	L
3:00 Zen Coloring	L						
3:30 Kings Corner Card Game	B						
26		27		28		29	
10:00 Coffee & Conversation	L	10:00 Chair Exercise w/ Pat	CE	10:00 News Views & Brews	L	10:00 Chair Exercise w/ Pat	CE
1:00 Puzzle Group	L	10:30 Snack & Chat on the Patio	GC	11:00 Pass the Ace Card Game	B	11:00 Blood Pressure Checks W/ ACE	CE
2:00 Live Entertainment w/Yury	L	2:00 Patagonia Themed Documentary: Patagonian Bones	MR	1:00 Sydfit Exercise w/ Drebbie	CE	1:00 Outing to Menchies Frozen Yogurt	O
3:00 Zen Coloring	L	3:00 Activity Packets	L	2:30 Bingo Time \$1.00 per Board	DR	2:30 Church service (MR)	MR
3:30 Kings Corner Card Game	B	4:00 Trivia	L	3:30 Euchre Game	B	3:00 Candy Pong: Hand Eye Coordination Game	MPR
30							
10:00 Sydfit Exercise	CE						
11:00 Patio Snack & Chat	GC						
2:00 Gueast Artist: DIA Art Speaker	MR						
3:00 Activity Packets	L						
3:30 Live Entertainment w/ Tom B.	L						

**Location Key**

CE	Chair Exercise Room	DR	Dining Room
O	Outing		
MPR	Multi Purpose Room		
MR	Movie Room		
GC	Garden Court		
L	Lobby		
B	Bistro		