**Private Transportation** is cancelled on Monday, July 3rd, and Tuesday, July 4th. Thank you!



July Birthdays 7/10 Ed Z. 7/16 Peg L. 7/20 Darlene W. 7/22 Clarice B. 7/23 Gene G.

7/31 Bobbi G.

Please join us in celebrating our July birthdays on Friday, July 14th at 2:30pm with entertainment by Kelly Hengy!



American House **Presents:** Excursion to Saginaw Zoo

Embark on an unforgettable adventure as we journey to the renowned Saginaw Zoo. Get ready

to explore the wonders of the animal kingdom, indulge in a delightful lunch, and create lasting memories with friends! Join us on Wednesday, July 12th at 11:15am!



Lunch at Villagers Restaurant in Holly! Join us for a

delightful culinary experience at Villagers

Restaurant, located in the charming town of Holly. Indulge in delicious food, savor the warm ambiance, and create wonderful memories with friends on Friday, July 28th at 11:30am.



American House Grand Blanc **Presents:** Kensington Metropark **Adventure!** 

Escape into nature's

embrace as we head to Kensington Metropark for a day filled with outdoor fun. delicious picnic lunches, and a scenic boat ride on the Island Queen. Get ready to create cherished memories in the heart of nature with American House Milford. Join us on Friday, July 7th at 10:20am.



Celebrate Independence Day with Exciting **Activities!** 

Join us for a fun-filled 4th of July celebration with a movie

matinee and a creative craft session. Immerse yourself in the spirit of patriotism as we watch the inspiring movie "Selma" at 2pm in the Chapel and unleash your creativity by making patriotic suncatchers at 3pm in the activity room.

JOIN CHEF DON FOR EXCITING COOKING DEMOS!

We're thrilled to announce that our talented Culinary Director, Chef Don, will be hosting cooking demonstrations twice a month on Wednesday, July 5th and 19th at 2:30pm. Discover new culinary skills, learn delicious recipes, and elevate your cooking game with these engaging sessions!





**Grand Blanc** (810) 694-7300 12640 Holly Rd. Grand Blanc, MI 48439

### Your Friendly Staff (810) 694-7300

**Executive Director** Samantha Barlow

**Communications Relations Director** Stacie Klein

**Life Enrichment Director Bry-Anna Ludlow** 

**Culinary Director** Don Gring

Housekeeping Supervisor Karen Rosebush

**Maintenance Supervisor** Rod Tennant

**Office Assistant** Shelly Irish

M.T. Site Nurse Chantel Letterman

M.T. Site Supervisor Tia Jones

**Medical Team Office** 810-694-0598

**Medical Team Emergency** 810-282-8702

**Dr. Heligman Podiatrist** 248-788-5891



Chapel!



great company on Monday, July 3rd. We're thrilled to have the promising an enchanting and entertaining experience for everyone.

#### Sundaes on a Monday

Indulge in a sweet treat and join us for our delightful Sundae Socials, now happening on Mondays starting in July. We're excited to offer you a scrumptious experience filled with ice cream, toppings, and a whole lot of fun! Sundaes on a Monday will be held on Monday, July 10th, 17th, & 24th at 3pm in the lobby.

# America the Beautiful

The America the Beautiful program is designed to take American House residents on a road trip across the United States. and journey from sea to shining sea throughout 2023! Each month, we will travel the regions of the U.S. and explore major cities, national parks, quirky attractions, unique

destinations, and other fun facts about each region. This July we will be travelling to the Great Lakes: Michigan, Minnesota, Ohio, and Wisconsin. Join us for our Road Trip presentation on Thursday, July 6th at 10am in the

# 4th of July Party

Come and celebrate Independence Day in style with an unforgettable party filled with fun. music. and incredible Gene Kelly perform live,



## The Medical Team: **Hydration** Seminar

Join us for an enlightening seminar on the importance of hydration and its

impact on overall health and wellbeing on Thursday, July 13th at 2pm in the lobby. Staying properly hydrated is crucial for maintaining optimal body functions, and our expert medical team is here to quide you through the process.



	July				2023	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 July	31 July			Lo	cation Key	1
<ul><li>10:00 Live Mass on TV</li><li>2:00 Protestant Church Service</li><li>2:30 Snacks in the Bistro</li><li>3:00 Afternoons in Courtyard</li><li>6:45 Coffee &amp; Tea Club</li></ul>	LO2:00Creation of Great LakesCC2:30Elvis EntertainsD	IS S H R O		<ul> <li>B Bistro</li> <li>CH Chapel</li> <li>AR Activity Room</li> <li>LO Lobby</li> <li>C Courtyard</li> <li>SS Sundries Store</li> <li>P Patio</li> </ul>	DR Dining Room Bus Bus	10:00Chair Zumba w/ KimB2:00Movie: Box of Rain D.F.CH3:00Bingo with MartyAR6:45Old Time TV ShowsB7:30Wii BowlingCH
2	3	4	5	6	7	8
<ul><li>10:00 Live Mass on TV</li><li>2:00 Protestant Church Service</li><li>2:30 Snacks in the Bistro</li><li>3:00 Afternoons in Courtyard</li><li>6:45 Coffee &amp; Tea Club</li></ul>	CH10:45Gardening GroupLO2:00Michigan DocumentaryCC2:304th of July Party w GeneD	<ul> <li>S 10:30 Coffee &amp; Tea Club</li> <li>P 11:30 Word Scramble</li> <li>H 2:00 Movie: Selma</li> <li>3:00 Craft Corner: Suncatchers</li> <li>O 7:00 Euchre</li> </ul>	DR10:30Sit & Get FitAlCH2:00Stretch & RelaxationAlAR2:30Cooking Demo with DonDI	<ul> <li>S 10:00 Road Trip The Great Lakes</li> <li>R 11:00 Blood Pressure Checks</li> <li>B 2:00 Bingo</li> <li>R 3:30 TBH: Just Breathe</li> <li>C 3:45 Pray The Rosary</li> <li>7:00 Bible Conversations</li> </ul>	<ul> <li>CH 8:00 Eggs Your Way</li> <li>LO 9:45 Avon in the Bistro</li> <li>AR 10:00 Sundries Store Open</li> <li>LO 10:15 Kensington Park</li> <li>CH 4:00 Gardening Group</li> <li>LO 7:00 Game Night</li> </ul>	DR10:00Chair Zumba w/ KimBB2:00Movie: Ford VS FerrariCHSS3:00Bingo with MartyARBus6:45Old Time TV ShowsBC7:30Wii BowlingCHAR
9	10	11	12	13	14	15
<ul><li>10:00 Live Mass on TV</li><li>2:00 Protestant Church Service</li><li>2:30 Snacks in the Bistro</li><li>3:00 Afternoons in Courtyard</li><li>6:45 Coffee &amp; Tea Club</li></ul>	LO2:00Trails of N Minnesota DocCC3:00Sundaes on a MondayL		AR10:30Sit & Get FitAlAR11:15Wilderness Trails ZooBu	<ul> <li>9:45 Senior Center Exercise</li> <li>11:00 Blood Pressure Checks</li> <li>2:00 Medical Team: Hydration</li> <li>2:30 Bingo</li> <li>3:45 Pray The Rosary</li> <li>7:00 Bible Conversations</li> </ul>	Bus8:00Omelets Your WayLO10:00Sundries Store OpenLO11:00HangmanAR2:30Birthday Party w Kelly H.CH3:30Games & GardeningLO7:00Game Night	DR10:00Chair Zumba w/ KimBSS2:00Movie: Citizen KaneCHLO3:00Bingo with MartyARDR6:45Old Time TV ShowsBC7:30Wii BowlingCHAR
16	17	18	19	20	21	22
<ul><li>10:00 Live Mass on TV</li><li>2:00 Protestant Church Service</li><li>2:30 Snacks in the Bistro</li><li>3:00 Afternoons in Courtyard</li><li>6:45 Coffee &amp; Tea Club</li></ul>	LO 2:00 The Ohio & Erie Canal Doc C 3:00 Sundaes on a Monday L		CH10:30Sit & Get FitAlAR11:00TBH: Eat This Not ThatL0AR2:00Stretch & RelaxationL0	<ul> <li>9:45 Senior Center Exercise</li> <li>11:00 Blood Pressure Checks</li> <li>11:30 Brunch Bunch: Culver's</li> <li>2:00 Bingo</li> <li>3:45 Pray The Rosary</li> <li>7:00 Bible Conversations</li> </ul>	Bus8:00Eggs Your WayLO9:45Avon in the BistroBus10:00Sundries Store OpenAR11:00Brain GamesCH2:30Motor City Happy HourLO7:00Game Night	DR10:00Chair Zumba w/ KimBB2:00Movie: Goodwill HuntingCHSS3:00Bingo with MartyARLO6:45Old Time TV ShowsBDR7:30Wii BowlingCHAR
23	24	25	26	27	28	29
<ul><li>10:00 Live Mass on TV</li><li>2:00 Protestant Church Service</li><li>2:30 Snacks in the Bistro</li><li>3:00 Afternoons in Courtyard</li><li>6:45 Coffee &amp; Tea Club</li></ul>	LO2:00Life of a Cheesehead Doc.CC3:00Sundaes on a MondayL		AR10:30Sit & Get FitAlLO2:00Stretch & Relaxation	<ul> <li>9:45 Senior Center Exercise</li> <li>11:00 Blood Pressure Checks</li> <li>2:00 Bingo</li> <li>3:45 Pray The Rosary</li> <li>7:00 Bible Conversations</li> </ul>	Bus8:00Omelets Your WayLO9:00Paparazzi JewelryAR10:00Sundries Store OpenCH11:30Lunch: VillagersLO2:00Art with Alecyn7:00Game Night	DR10:00Chair Zumba w/ KimBLO2:00Movie: My Fair LadyCHSS3:00Bingo with MartyARBus6:45Old Time TV ShowsBAR7:30Wii BowlingCHAR