



Important Phone
Numbers

The Medical Team 734-489-5345

Transportation- John 734-558-0493

In-Home Rehab

734-639-5496

Hair Care w/ Dawn 734-693-5496





#### **National Stay Out of the Sun day**

Stay Out of The Sun Day is all about giving your skin a break from the sunshine and finding some shade to relax in. Too much time in the sun can lead to sunburn and dehydration. If you are out in the sun, be sure to lather on sunscreen and bring water with you!





#### I forgot Day

Don't forget to mark your calendars - I Forgot Day is here on July 2nd! This day is an opportunity to apologize and make amends for any forgotten anniversaries, birthdays, or appointments.

#### **International Self Care Day**

International Self-Care Day is a global holiday celebrated on July 24th each year. It focuses on encouraging self-care practices to enhance overall well-being.

# OUTINGS

## \* #PATRIOT \*

AmericanHouse.com

#### **Westland Joy**

**July 2023** 



**Westland Joy (734) 454-9838** 39201 Joy Rd. Westland, MI 48185

(734) 454-9838

Executive Director
Tabitha Sheriff

Community Relations
Director

**Life Enrichment Director** 

Culinary Supervisor Tiffany Perry

Assistant Culinary Supervisor Audrey Goodrich

Housekeeping Supervisor

Stephanie Cadeau

**Maintenance Supervisor** Ryan Mercado

Office Support
Gail Cousins

Office Support Sehjal Kaur

**The Medical Team** 734-455-1717



#### **Happy July Birthdays!**

Mary C. 7/3 Alice S. 7/5 Beverly H. 7/8 Pat W. 7/14 Gerri G. 7/28 MaryLou B. 7/30



#### Independence Day

Independence
Day, celebrated
on July 4th, is a
holiday in the
United States
that

commemorates the ratification of the Declaration of Independence.



### International Day of Friendship

International
Day of
Friendship is
celebrated on
July 30th each
year. It aims to

promote friendship and foster peace and understanding. Be sure to celebrate with your friends and let them know how much they ean to you!



"No act of kindness, no matter how small, is ever wasted." — Aesop

#### **America The Beautiful**

Last month, we enjoyed exploring New England. This month, we will be headed to the Great Lakes States! Join us for a Motor City Happy Hour and a Great Lakes Picnic Party!



July	2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 July  10:00 Everybody Knows Trivia  11:00 Puzzle Packet  1:00 Sunday Afternoon Movie and snack  2:00 Total Brain Health Quickies  5:30 Board Games	31 July C 10:00 Noodle Ball AF pt 10:30 Morning Headlines C 11:30 One on Ones Ap 2:00 BINGO DF C 3:00 Scrabble C 3:15 Bible Study AF		***	C Café LR Lobby DR Dining Room Apt Home Visits AR Activity Room	tion Key	10:00 Hangman C 11:00 Morning Headlines LR 2:00 BINGO DR 3:00 Puzzle Packet Apt 6:00 Board Games C
snack 2:00 Total Brain Health Quickies	C 10:00 Noodle Ball AF 10:30 Morning Headlines C 11:30 One on Ones Apr 2:00 BINGO DF 3:00 Scrabble 3:15 Bible Study AF	C 10:00 Exercise with Brooke AR 10:30 Everybody Knows-Trivia C 1:00 Heartbeats Sing a Long C 2:00 News, Views, and Brews C	10:00 Chair Exercise AF 10:30 You be the Judge C 11:30 One on Ones Ap 2:00 BINGO DF 3:00 Art for All Ages DF 6:00 Card Games AF	Resident Store  10:00 Fitness W/Syd Fit A  10:30 Rosary A  10:45 One Minute Mysteries  1:00 Reminisce with Us. 3:00 Total Brain Health		8 10:00 Hangman C 11:00 Morning Headlines LR 2:00 BINGO DR 3:00 Puzzle Packet Apt 6:00 Board Games C
1:00 Sunday Afternoon Movie and snack 2:00 Total Brain Health Quickies	10         C       10:00 Noodle Ball       AF         10:30 Morning Headlines       C         C       11:00 Communion       C         11:30 One on Ones       Apr         C       1:00 Road Trip: Great Lakes       AF         States       States         C       2:00 BINGO       DF         3:00 Scrabble       C         3:15 Bible Study       AF	C 10:00 Exercise: Chair Work AR 10:30 Everybody Knows-Trivia C 2:00 Happy Hour C 3:00 Board Games C	10:00 Chair Exercise AF 10:30 You be the Judge CHAIR 11:30 One on Ones Ap 2:00 BINGO DF 3:00 Motor City Happy Hour- Live Music by DJ Sheldon 6:00 Card Games AF	Resident Store 10:00 Fitness with SYD FIT A 10:30 Rosary A 10:45 One Minute Mysteries 1:30 Sit a spellnew resident social hour! 3:00 Total Brain Health	14  12:00 One on Ones Apt 2:00 Entertainment: Jimi C Kochans R 3:30 Ice cream Social C 6:00 Card Games C C R	11:00 Morning Headlines LR 2:00 BINGO DR
1:00 Sunday Afternoon Movie and snack	To:00 Noodle Ball AF 10:30 Morning Headlines C 11:30 One on Ones April 1:00 America The Beautiful LF Trivia 2:00 BINGO DF 3:15 Bible Study AF	C 10:00 Exercise with Brooke AR 10:30 Everybody Knows-Trivia C 2:00 Happy Hour C 3:00 Board Games C	10:00 Chair Exercise AF 10:30 You be the Judge C 11:30 One on Ones Ap 2:00 BINGO DF 3:00 Wellness U AF 6:00 Card Games AF	Resident Store 10:00 Fitness W/Syd Fit A 10:30 Rosary A 10:45 One Minute Mysteries 2:00 Great Lakes Picnic 3:00 Total Brain Health		10:00 Hangman C 11:00 Morning Headlines LR 2:00 BINGO DR 3:00 Puzzle Packet Apt 6:00 Board Games C
11:00 Puzzle Packet Ap 1:00 Sunday Afternoon Movie and snack	24         C       10:00 Noodle Ball       AF         pt       10:30 Morning Headlines       C         C       11:00 Communion       C         11:30 One on Ones       Apr         1:00 Musical Trivia       AF         2:00 BINGO       DF         C       3:00 Scrabble       C         3:15 Bible Study       AF	C 10:00 Exercise: Chair Work AR 10:30 Everybody Knows-Trivia C 11:00 Food Committee Meeting C 2:00 Wine and Reminisce Happy Hour 3:00 Board Games C	26  10:00 Chair Exercise AF 10:30 You be the Judge C 11:30 One on Ones Ap 2:00 BINGO DF 3:15 Birthday Bonanza! C 6:00 Card Games AF	Resident Store  10:00 Chair Exercise A 10:30 Rosary A 10:45 One Minute Mysteries 11:00 Resident Council 2:00 Great Lakes States Cooking Demo	C 2:00 Entertainment: Jimi C Kochans  R 3:30 Ice cream Social C 6:00 Card Games C C C	29 10:00 Hangman C 11:00 Morning Headlines LR 2:00 BINGO DR 3:00 Puzzle Packet Apt 6:00 Board Games C