

To everyone that  
attended the benefit  
dinner for our  
housekeeper, Debbie.  
**THANK YOU!**



Wellness clinic will be  
held at 11am every  
Thursday in the library.  
During this event  
you will get your blood  
pressure checked and  
receive a copy of your  
results to share with  
your physician.  
AdvisaCare is offering  
this service free of  
charge.



**Motor City happy Hour**

Known for its cars, music and  
signature foods, Detroit is known  
as the hustling and bustling world  
where it all started!

Let's reminisce and enjoy some  
appetizers and refreshments as we  
listen to Motown and tell stories  
about those cars!

Interesting about Detroit:

- \*First mile of concrete paved road.
- \*One of the original & oldest ginger  
ale left in the U.S.
- \*Detroit consumes the most potato  
chips.
- \*Detroit has a floating post office.
- \*First city to have individual phone  
numbers.



**Great lakes Picnic Party**

A Classic summer picnic on the  
shores of the Great Lakes! A laid  
back shore side scenery and  
refreshing summer foods! Share  
with your neighbors the fun  
adventures of growing up in the  
summer in Michigan!

You can always remember the  
Great lakes:  
Huron  
Ontario  
Michigan  
Erie  
Superior

- \* A one ton petoskey stone was  
found  
at Sleeping Bear Dunes in the  
1990's
- \* Petoskey stones are older than  
dinosaurs.
- \* Michigan has 120 rivers & 11,000  
lakes.

# ★ THE PATRIOT ★

AmericanHouse.com

**Charlevoix**

July 2023



**Charlevoix**  
**(231) 547-2599**  
615 Petoskey Ave.  
Charlevoix, MI 49720

**(231) 547-2599**

**Executive Director**  
Brenda Keller

**Life Enrichment  
Director/Office Assistant**  
Lesley Jagodzinski

**Maintenance Director**  
Ed Lash

**Culinary Director**  
Sherry Jacobs

**Office Support**  
Patti Loper

**Office Support**  
Beth/Brian

**Housekeeping Director**  
Debbie Hinton

**Beautician**  
Barb Clark



Venetian Bingo  
at Castle Farms

Come enjoy a fun filled afternoon  
with American House Charlevoix at  
Castle Farms on  
**Tuesday, July 18th**  
**from 12pm to 2:30 pm**, when we  
host **free bingo** during the  
Venetian Festival!  
Transportation is available for  
American House residents.  
Sign up early if you would like  
to join us for this special event.  
Seating is limited.  
See Lesley for further information.  
A bag lunch will be provided  
for residents who participate.

**Venetian Parade-  
Saturday, July 22nd**

The **Venetian Festival Parade**  
will kick off at 11:00 am on  
Saturday, July 22nd.  
This Years theme is luau.

Join the fun, and ride with us in  
the American House Bus during  
the parade, where you will see  
all the action happening.

**We will start loading the bus**  
**at 9:15 am** and depart at 9:30 am  
to assure our spot in the  
parade. We will return to  
American House approximately  
12pm.

If you are interested, please sign  
up with Lesley.  
Seating is limited!

**HYDRATION TIPS**

What are the 5 tips for hydration?  
Five Simple Tips to Stay Hydrated  
To make sure you are staying  
hydrated  
and keeping your heart happy,  
follow these  
five tips recommended by the  
AHA.  
\*Drink the right amount for you. ...  
\*Keep a water bottle with you  
throughout  
the day. ...  
\*Set an alarm or reminder to drink  
water  
throughout your day. ...  
\*Monitor caffeine and alcohol  
intake. ...  
\*Add flavor.

**ENTERTAINMENT & GUEST IN JULY**

Peter Jensen 7-06  
Jo-Jo Visits 7-07  
Gene Warner 7-07  
String Sisters 7-11  
Peter fetters 7-12

Jim Quales 7-13  
Jo-Jo Visits 7-14  
Allan king 7-15  
String sisters 7-18

Bob Bryan 7-20  
Jo-Jo Visits 7-21  
String Sisters 7-24  
Jo-Jo Visits 7-28  
String Sisters 7-31

**Independence Day**

The Fourth of July—also known as Independence Day or July 4th—has been a federal 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, a historic document drafted by Thomas Jefferson. From 1776 to the present day, 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.

July			2023									
Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
30 July		31 July		Happy Birthday		Location Key		1				
8:30 Morning Brew with You 9:00 NO Exercise-Office Closed 2:00 WII Bowling 2:30 Bingo 2:30 Games in the Library 4:00 Church Service		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 TBH - Total Brain Health - ClassA 2:00 Casino Trip		Shirley Stoel 7-03 Kristine B. 7-05 Christine L 7-07 Jane L 7-16 Anne 7-22 Barb N 7-23				8:30 Morning Brew with You 9:30 Current Events 10:30 Exercise 2:30 Bingo 4:15 Tending Garden Bed				
2		3 Happy Birthday Shirley		4		5 Happy Birthday kristine B		6	7 Happy Birthday Christine	8		
8:30 Morning Brew with You 9:00 Office Closed 9:30 NO Manicures in the Beauty Shop 10:30 Wii Bowling 10:30 NO Exercise 2:30 Bingo 4:00 Church Service		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 NO TBH - Total Brain Health - ClassA 2:00 Games on the Patio 3:00 Cards in the Cafe		8:30 Morning Brew with You 9:00 Beauty Shop OPEN 9:00 No Bagels & English Muffins 10:30 NO Exercise 11:00 NO String Sisters 11:45 Sing Along with Collin 2:00 Movie- Sandlot		8:30 Morning Brew with You 9:00 NO Open Transportation 10:30 Exercise 11:00 Veterans Club 2:00 Indy (Australian Sheperd) Visits 2:30 Bingo 6:00 Game Night -		8:30 Morning Brew with You 9:00 Bagels & English Muffins 10:30 Exercise 11:00 AdvisaCare - Blood Pressure Clinic 3:00 Ice Cream Social 3:00 Peter Jensen 4:00 TBH -Total Brain Health- Class B	8:30 Morning Brew with You 9:00 Jo-Jo Visits (Chocolate Lab) 10:30 Exercise 11:00 WII Bowling 12:00 Gene Warner 2:00 Left, Center, Right 3:30 Motor City - Social Hour	8:30 Morning Brew with You 9:30 Current Events 10:30 Exercise 2:30 Bingo 4:15 You Be the Judge		
9		10		11		12		13		14	15	
8:30 Morning Brew with You 10:30 Wii Bowling 10:30 No Exercise-Office Closed 2:30 Bingo 2:30 Games in the Library 4:00 Church Service		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 TBH - Total Brain Health - ClassA 2:00 Resident Meeting 3:00 Auction		8:30 Morning Brew with You 9:00 Beauty Shop Open 9:00 Bagels & English Muffins 10:30 Exercise 11:00 String Sisters 2:00 Wellness U - Cognitive Health 3:00 Ride around the Lake 4:00 TBH -Total Brain Health- Class B		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 Veterans Club 12:00 Peter Feters 2:00 Indy (Australian Sheperd) Visits 2:30 Bingo 6:00 Game Night		8:30 Morning Brew with You 9:00 Bagels & English Muffins 10:30 Exercise 11:00 Advisacare - Blood Pressure Clinic 12:00 Jim Quales 3:00 Ice Cream Social		8:30 Morning Brew with You 9:30 Jo-Jo Visits (Chocolate Lab) 10:30 Exercise 11:00 WII Bowling 3:30 Social Hour	8:30 Morning Brew with You 9:30 Current Events 9:30 Manicures in the Beauty Shop 10:30 Exercise 11:00 Allan King 2:30 Bingo	
16 Happy Birthday Jane L		17		18		19		20		21		22 Happy Birthday Anne
8:30 Morning Brew with You 10:30 NO Exercise-Office Closed 2:00 WII Bowling 2:30 Bingo 2:30 Games in the Library 4:00 Church Service		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 TBH - Total Brain Health - ClassA 2:00 Library Trip 3:00 Cards on the Patio		8:30 Morning Brew with You 9:00 Beauty Shop Open 9:00 Bagels & English Muffins 10:30 Exercise 11:00 String Sisters 12:00 Venetian Bingo at Castle Farms 2:00 Cards in the Cafe		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 Veterans Club 2:00 Indy (Australian Sheperd) Visits 2:30 Bingo 6:00 Game Night		8:30 Morning Brew with You 9:00 Bagel, English Muffins & Coffee 10:30 Exercise 11:00 Advisacare - Blood Pressure Clinic 12:00 Great Lakes Picnic Party 12:00 Bob Bryan 3:00 Ice Cream Social 4:00 TBH -Total Brain Health-		8:30 Morning Brew with You 9:30 Jo-Jo Visits (Chocolate Lab) 10:30 Exercise 11:00 Gardening on the patio 2:00 You be the Judge 3:30 Social Hour		8:30 Morning Brew with You 9:30 Load for Venetian Parade 9:30 Manicures in the Beauty Shop 9:30 NO Current Events 10:30 NO Exercise 2:30 Bingo
23 Happy Birthday Barb		24		25		26		27		28		29
8:30 Morning Brew with You 9:00 NO Exercise-Office Closed 10:30 Wii Bowling 2:30 Bingo 2:30 Games in the Library 4:00 Church Service		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 TBH - Total Brain Health - ClassA 2:00 Petoskey Shopping Trip		8:30 Morning Brew with You 9:00 Beauty Shop Open 9:00 Bagels & English Muffins 10:30 Exercise 11:15 Applebees Luncheon 2:00 Games on the Patio		8:30 Morning Brew with You 9:00 Open Transportation 10:30 Exercise 11:00 Veterans Club 2:00 Indy (Australian Sheperd) Visits 2:30 Bingo 6:00 Game Night		8:30 Morning Brew with You 9:00 Bagels & English Muffins 10:30 Exercise 11:00 AdvisaCare - Blood Pressure Clinic 3:00 Ice Cream Social 4:00 TBH -Total Brain Health- Class B		8:30 Morning Brew with You 9:30 Jo-Jo Visits (Chocolate Lab) 10:30 Exercise 11:00 WII Bowling 2:00 Tea & Lemonade on the Patio 3:30 Social Hour		8:30 Morning Brew with You 9:30 Current Events 9:30 Manicures in the Beauty Shop 10:30 Exercise 2:30 Bingo