

Observances

Independence Day - July 4th



Birthdays!

Ruthann - 7/3

Annette - 7/12

Rusty - 7/12

Donna B. - 7/20

Lina - 7/30

Special Themed Events

Independence Day Bash
Tuesday, July 4th

Great Lakes Presentation
Thursday, July 6th

Motor City Happy Hour
Thursday, July 13th

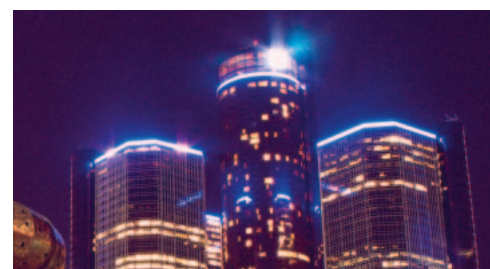
Great Lakes Documentary
Wednesday, July 19th

Great Lakes Picnic Party
Thursday, July 20th

Michigan Craft
Tuesday, July 25th

Cooking Demo w/ Melissa
Wednesday, July 26th

Great Lakes Trivia
Every Monday



THE PATRIOT

AmericanHouse.com

Freedom Place Rochester Hills

July 2023

American House
SENIOR LIVING COMMUNITIES

Freedom Place Rochester Hills
(248) 260-2655

3565 S. Adams Road
Rochester Hills, MI 48309

Your Friendly Staff
(248) 260-2655

Executive Director
Debbie Smith

Wellness Director
Emily Love

Community Relations Director
Kim Alexander

Wellness Coordinator
Lashawnda Williams

Life Enrichment Director
Courtney Kutchen

Maintenance Director
Timothy Carowick

Culinary Director
Melissa Montague



Cognitive Health Awareness Month

What is cognitive health? A healthy brain is one that can perform all the mental processes that are collectively known as cognition, including the ability to learn new things, intuition, judgment, language, and remembering. As we age, the quality of our life rises in importance due to the direct connection it has with our ability to sustain our healthy cognitive brain functions. This month, we will be taking a step back and looking at our overall quality of life and ways we can improve it to ensure our brain remains running as beautifully unique as it does! As life enrichment does it's best to keep you moving, let us discuss new innovative ways that are specific to each one of you. What are activities you think stimulate YOUR brain? How can we help you do those more often? Let's chat!



America the Beautiful: The Great Lakes

For this month's America the Beautiful, we will be exploring somewhere a little closer to home! The Great Lakes! As we sit here cozy in our all four season mitten, we will learn all the beautiful little things about it. We will also reminisce about our trips to exhilarating Cedar Point in Ohio, compare the abundance of rivers and lakes in Minnesota to our very own and work up an appetite talking about all the produce that Wisconsin has to offer! Get your fluffiest throw blanket and your favorite snack as we explore our neighboring states from the comfort of our own home! Have you visited any of these states? What did you do in these states?



NATIONAL DAYS

July 3rd Chocolate Wafer Day
July 4th Independence Day
July 6th Fried Chicken Day
July 7th Strawberry Sunday day
July 9th Sugar Cookie Day

July 11th Blueberry Muffin Day
July 12th Pecan Pie Day
July 14th Mac & Cheese Day
July 17th Peach Ice Cream Day
July 20th Moon Day

July 21st Junk Food Day
July 24th Tequila Day
July 25th Cowboy Day
July 27th Scotch Day
July 30th Raspberry Cake Day

Independence Day

The Fourth of July—also known as Independence Day—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. Let us celebrate our freedom and unity with our sparklers and a good backyard grill!



July			2023					
Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30 July		31 July				Location Key		1
Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 10:00 Daily Reflections 1:00 Balloon Volleyball 2:30 Snack & Chat		10:00 Movin' and Groovin' 10:30 Sing Fit Singalong 11:00 Movin' and Groovin' 11:30 Great Lakes Trivia! 1:00 Cornhole Club! 2:30 Snack & Chat 3:00 Helping Hands 4:00 Pack Your Bags Game!				Eas East Wes West	Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 1:00 Balloon Volleyball 2:30 Snack & Chat	
2		3	4	5	6	7	8	
Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 10:00 Daily Reflections 1:00 Balloon Volleyball 2:30 Snack & Chat		10:00 Movin' and Groovin' 10:30 Sing Fit Singalong 11:00 Movin' and Groovin' 11:30 Michigan Trivia! 1:00 Cornhole Club! 2:30 Snack & Chat 3:00 Helping Hands 4:00 Pack Your Bags Game!	10:00 Morning Stretch 10:30 Sing Fit Singalong 11:00 Morning Stretch 11:30 Pictionary 1:00 Crafting Corner 2:00 Independence Day Bash! 3:00 Garden & Games 4:00 Music Memories	10:00 Exercise w/ Fabi! 10:30 Exercise w/ Fabi! 10:30 Finish the Lines 11:00 Finish the Lyrics 1:00 Velcro Target Practice 2:30 Snack & Chat 3:00 Movie & Popcorn! 4:00 After Movie Chat	10:00 Church Service 10:00 Movin' and Groovin' 10:30 Pictionary 11:00 Movin' and Groovin' 11:30 Word in a Word 1:00 Great Lakes Road Trip Presentation! 2:30 Snack & Chat 3:00 Table Games 4:00 TV Gameshow Hour	10:00 Morning Stretch 10:30 Run the Alphabet 11:00 Morning Stretch 11:30 Word Rain 1:00 Balloon Volleyball 1:00 Tender Hearts & Crafts 2:00 Macaroni Mash up! 4:00 Open Art	Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 1:00 Balloon Volleyball 2:30 Snack & Chat	
9		10	11	12	13	14	15	
Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 10:00 Daily Reflections 1:00 Balloon Volleyball 2:30 Snack & Chat		10:00 Movin' and Groovin' 10:30 Sing Fit Singalong 11:00 Movin' and Groovin' 11:30 Minnesota Trivia! 1:00 Cornhole Club! 2:30 Snack & Chat 3:00 Helping Hands 4:00 Armchair Traveling!	10:00 Morning Stretch 10:30 Sing Fit Singalong 11:00 Morning Stretch 11:30 Pictionary 1:00 Baking with Blueberries! 2:30 Snack & Chat 3:00 Garden & Games 4:00 Music Memories	10:00 Exercise w/ Fabi! 10:30 Exercise w/ Fabi! 10:30 Finish the Lines 11:00 Finish the Lyrics 1:00 Velcro Target Practice 2:30 Snack & Chat 3:00 Movie & Popcorn! 4:00 After Movie Chat	10:00 Movin' and Groovin' 10:15 Church Service 10:30 Pictionary 11:00 Movin' and Groovin' 11:30 Word in a Word 1:00 BINGO! 2:00 Motor City Ice Cream Happy Hour! 3:00 Table Games 4:00 TV Gameshow Hour	10:00 Morning Stretch 10:30 Run the Alphabet 11:00 Morning Stretch 11:30 Word Rain 1:00 Balloon Volleyball 1:00 Tender Hearts & Crafts 2:30 Snack & Chat 3:00 Garden & Games 4:00 Open Art	Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 1:00 Balloon Volleyball 2:30 Snack & Chat	
16		17	18	19	20	21	22	
Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 10:00 Daily Reflections 1:00 Balloon Volleyball 2:30 Snack & Chat		10:00 Movin' and Groovin' 10:30 Sing Fit Singalong 11:00 Movin' and Groovin' 11:30 Ohio Trivia! 1:00 Cornhole Club! 2:30 Snack & Chat 3:00 Helping Hands 4:00 Pack Your Bags Game!	10:00 Morning Stretch 10:30 Sing Fit Singalong 11:00 Morning Stretch 11:30 Pictionary 1:00 Crafting Corner 2:30 Snack & Chat 3:00 Garden & Games 4:00 Music Memories	10:00 Exercise w/ Fabi! 10:30 Exercise w/ Fabi! 10:30 Finish the Lines 11:00 Finish the Lyrics 1:00 Velcro Target Practice 2:30 Snack & Chat 3:00 Great Lakes Documentary! 4:00 After Movie Chat	10:00 Church Service 10:00 Movin' and Groovin' 10:30 Pictionary 11:00 Movin' and Groovin' 11:30 Word in a Word 12:00 Great Lakes Picnic Party! 1:00 Picnic Games 2:30 Snack & Chat 3:00 Table Games 4:00 TV Gameshow Hour	10:00 Morning Stretch 10:30 Run the Alphabet 11:00 Morning Stretch 11:30 Word Rain 1:00 Balloon Volleyball 1:00 Tender Hearts & Crafts 2:30 Snack & Chat 3:00 Music by Julie Firth! 4:00 Open Art	Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 1:00 Balloon Volleyball 2:30 Snack & Chat	
23		24	25	26	27	28	29	
Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 10:00 Daily Reflection 10:00 Daily Reflections 1:00 Balloon Volleyball 2:30 Snack & Chat		10:00 Movin' and Groovin' 10:30 Sing Fit Singalong 11:00 Movin' and Groovin' 11:30 Wisconsin Trivia! 1:00 Cornhole Club! 2:30 Snack & Chat 3:00 Helping Hands 4:00 Armchair Traveling!	10:00 Morning Stretch 10:30 Sing Fit Singalong 11:00 Morning Stretch 11:30 Pictionary 1:00 Great Lakes Craft! 2:30 Snack & Chat 3:00 Garden & Games 4:00 Music Memories	10:00 Exercise w/ Fabi! 10:30 Exercise w/ Fabi! 10:30 Finish the Lines 11:00 Finish the Lyrics 1:00 Velcro Target Practice 2:00 Cooking Demo W/ Melissa 3:00 Movie & Popcorn! 4:00 After Movie Chat	10:00 Movin' and Groovin' 10:15 Church Service 10:30 Pictionary 11:00 Movin' and Groovin' 11:30 Word in a Word 1:00 BINGO! 2:30 Snack & Chat 3:00 Table Games 4:00 TV Gameshow Hour	10:00 Morning Stretch 10:30 Run the Alphabet 11:00 Morning Stretch 11:30 Word Rain 1:00 Balloon Volleyball 1:00 Tender Hearts & Crafts 2:30 Snack & Chat 3:00 Garden & Games 4:00 Open Art	Various Activities: Movies, Game Shows, Coloring, Puzzles, Music 1:00 Balloon Volleyball 2:30 Snack & Chat	