

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.



Happy Birthday!

- 7/9 Diana P.
- 7/12 Barbara A.
- 7/18 Allan L.
- 7/26 Doris S.
- 7/27 Mary N.
- 7/27 Robert Y.

July is Social Wellness Month!

Maintaining an optimal level of social wellness allows you to build healthy relationships with others. Having a supportive social network allows you to become comfortable with who you are in social situations. Surrounding yourself with a positive social network increases your self-esteem.



Advantages of Social Wellness

Studies have reported that people who stay social:

- Live longer
- Respond far better to stress
- Have healthier cardiovascular and endocrine systems
- Have a more robust immunity
- And more

On the other hand, those who live a more isolated and secluded lifestyle are at heightened risk for severe health issues – comparable to the dangers linked to obesity, cigarette smoking, and hypertension.

How to Improve Social Wellness

1. Surround yourself with good people

A strong support system has a positive influence on your overall well-being.

2. Practice self-care

Taking time for yourself can end up improving your relationships with others, so try not to underestimate the value of a little “you-time.”

3. Engage in hobbies and extracurriculars

Engaging in hobbies and extracurriculars helps you find a better work/life balance and reduces stress.

4. Stick to a healthy routine

In general, people feel better when they get enough sleep, eat healthily, get regular exercise, maintain a normal weight, drink less alcohol, and don’t smoke. Research shows that those who follow all five of these habits can live a decade longer than those who don’t.

5. Continue working on better communication

Try to practice active listening, make good eye contact, improve your posture, and make yourself heard through effective communication.

NOTES

THE PATRIOT

AmericanHouse.com

Macedonia

July 2023



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This Month in History - July

1775 - During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.

1790 - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlash and potash. The patent was signed by George Washington and Thomas Jefferson.



Great Lakes Picnic Party

Join us for a classic summer picnic on the shores of the Great Lakes as we enjoy laid-back outdoor shoreside scenery and refreshing summer foods!

1862 - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress

1943 - During World War II, in the Battle of Kursk, the largest tank battle in history took place outside the small village of Prohorovka, Russia. About nine hundred Russian tanks attacked an equal number of German tanks fighting at close range.

Motor City Happy Hour

Known for its cars, music and signature foods, come enjoy a rocking Motown experience at this Motor City happy hour.



Happy Independence Day!

With pride and spirit of patriotism in hearts, national days, are filled with a sense of joy and gratitude, towards our nation’s heroes and leaders, those who paved the way for a brighter future.

Wishing our residents, team members, family, and friends a safe and happy 4th of July!



30 July		31 July		<div><div>American House</div><div></div><div>SENIOR LIVING COMMUNITIES</div></div>		Location Key		1									
10:30	Virtual Church Service (Ch.43)		10:30			Full Body Workout with Billy	T		12:00	Mass (Virtual CH.60)	T						
1:30	Independent Puzzles	B	11:15			Daily Chronical Discussion	T	MDR	Main Dining Room	12:30	Bud Cout's LIVE Entertainment	MDR					
2:30	Sunday Cinema	T	1:30			Wii Bowling	T	P	Pub	1:15	Resident Led Bingo!	P					
3:30	Sit- N- Reminisce	MDR	3:30			Read & Relax- Cookie's Corner	LIB	B	Bistro	2:30	Table games	P					
			6:00	Open Billiards	BA	LIB	Library	3:30	Rosary (Channel 60)								
						BA	Billiards Area 3rd Floor	6:00	Puzzles in the Bistro	B							
2		3		4		5		6		7		8					
10:30	Virtual Church Service (Ch.43)		10:30	Full Body Workout with Billy	T		Independence Day	10:00	Wellness U with FOX Rehab	T	10:30	Full Body Workout with Billy	T				
12:30	Communion w/ Deacon Dave	T	11:15	Daily Chronical Discussion	T		10:30	Virtual Exercise	T	10:30	Full Body Workout with Billy	T	12:00	Mass (Virtual CH.60)	T		
1:30	Independent Puzzles	B	1:30	Wii Bowling	T		11:15	Daily Chronical Discussion	T	11:15	Daily Chronical Discussion	T	1:15	Resident Led Bingo!	P		
2:30	Sunday Cinema	T	3:30	Read & Relax- Cookie's Corner	LIB		12:45	Escape for Seniors LIVE- Americana	MDR	1:00	All Resident Townhall	MDR	2:30	Table games	P		
3:30	Sit- N- Reminisce	MDR	6:00	Open Billiards	BA		2:30	Patriotic Movie Matinee- National Treasure	T	2:00	Afternoon Documentary	T	3:30	Rosary (Channel 60)			
								1:30	Wii Bowling	T	2:30	Motor City Happy Hour	MDR	6:00	Puzzles in the Bistro	B	
								6:00	Board Game Night	B	2:30	John Thayer LIVE Entertainment	MDR				
											6:00	Blockbuster Movie Night	T				
9		10		11		12		13		14		15					
10:30	Virtual Church Service (Ch.43)		10:30	Full Body Workout with Billy	T	10:30	Full Body Workout with Billy	T	10:30	Full Body Workout with Billy	T	10:30	Full Body Workout with Billy	T	12:00	Mass (Virtual CH.60)	T
1:30	Independent Puzzles	B	11:15	Daily Chronical Discussion	T	11:15	Daily Chronical Discussion	T	11:00	Life Enrichment Chat	T	11:15	Daily Chronical Discussion	T	1:15	Resident Led Bingo!	P
2:30	Sunday Cinema	T	1:30	Wii Bowling	T	1:30	Rhythm and Move w/ Robin	T	11:15	Daily Chronical Discussion	T	1:30	Wii Bowling	T	2:30	Table games	P
3:30	Sit- N- Reminisce	MDR	3:30	Read & Relax- Cookie's Corner	LIB	2:30	Bingo!	P	12:00	Mass (Virtual CH.60)	T	2:30	John G. LIVE Entertainment	MDR	3:30	Rosary (Channel 60)	
			6:00	Open Billiards	BA	2:30	Signature Cooking Demo		1:30	Wii Bowling	T	6:00	Blockbuster Movie Night	T	6:00	Puzzles in the Bistro	B
									6:00	Board Game Night	B						
16		17		18		19		20		21		22					
10:30	Virtual Church Service (Ch.43)		10:30	Full Body Workout with Billy	T	10:30	Full Body Workout with Billy	T	10:30	Full Body Workout with Billy	T	10:30	Full Body Workout with Billy	T	12:00	Mass (Virtual CH.60)	T
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3:30	Sit- N- Reminisce	MDR	3:30	Read & Relax- Cookie's Corner	LIB	2:30	Bingo!	P	1:30	Wii Bowling	T	2:30	Happy Hour: Wine & Reminisce	P	3:30	Rosary (Channel 60)	
			6:00	Open Billiards	BA	3:30	Roadtrip Presentation- The Great Lakes	T	2:30	Cooking Demonstration		2:30	Moss Stanley LIVE Entertainment	MDR	6:00	Puzzles in the Bistro	B
									6:00	Board Game Night	B	4:30	Great Lakes Picnic Party	MDR			
												6:00	Blockbuster Movie Night	T			
23		24		25		26		27		28		29					
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3:30	Sit- N- Reminisce	MDR	3:30	Read & Relax- Cookie's Corner	LIB	2:30	Bingo!	P	1:30	Wii Bowling	T	2:30	Monthly Birthday Party & LIVE Entertainment!	MDR	3:30	Rosary (Channel 60)	
			6:00	Open Billiards	BA	3:30	Great Lakes Trivia!	T	2:30	Guest Speaker: Susan C.- Bob Hope	MDR	6:00	Blockbuster Movie Night	T	6:00	Puzzles in the Bistro	B
									6:00	Board Game Night	B						