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988

Alzheimers Association  
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**THE 1915 SAN FRANCISCO WORLD’S FAIR**

The Panama-Pacific International Exposition, as the 1915 World’s Fair was known, covered over 600 acres and stretched along two-and-a-half miles of waterfront property. It highlighted San Francisco’s grandeur and celebrated a great American achievement: the successful completion of the Panama Canal. Nine years earlier, San Francisco experienced a terrible earthquake and one of America’s worst national disasters. The city overcame great challenges to rebuild and by the time the Exposition opened in 1915, the city was ready to welcome the world.

Between February and December 1915, over 18 million people visited the Panama-Pacific International Exposition World’s Fair. It promoted technological advancements and was the first World’s Fair to demonstrate a transcontinental telephone call, to promote wireless telegraphy and to endorse the use of the automobile.

Over 100 years later, the Exposition’s legacy is still evident in San Francisco. A few of the city’s buildings were either rebuilt or designed in the style of the Exposition, like the Marina District’s Palace of Fine Arts. The fair’s location and design also required significant landscape changes, including the filling-in of acres of waterfront marshland. Today, the Marina Green and Crissy Field, two of the city’s most popular recreational open spaces, are products of these landscape changes.



*Quote of the Month*

“ HE WHO LAUGHS LAST DIDN’T GET THE JOKE. ”

~ LORD BYRON

**THE LONGEST DAY SUMMER FUNDRAISER**

American House has been a National Team with the Alzheimer’s Association for the past three years. The purpose of the Association’s “The Longest Day” is to raise awareness and funds for Alzheimer’s care, support and research, and coincide with the summer solstice—the day with the most daylight.

This day is chosen to symbolize the endurance and resilience needed to face the challenges of Alzheimer’s, and to honor those affected and their caregivers. Our communities host anything from car to comedy shows. The results for 2025 are in, and we once again rose to the occasion.

**American House raised over \$54,000 to bring our three-year total to \$166,000.** We placed 13<sup>th</sup> out of 34 teams and took 3<sup>rd</sup> place among senior living communities. American House Troy lead the way like they have for the last three years in a row, raising \$7,135. Kathleen Sable, Senior Manager of The Longest Day, said, “American House is a leader against the darkness of Alzheimer’s. Thank you for joining our mission and creating communities that support those with all types of dementia and the people who love them.



# LIVING & WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

ST. PETERSBURG IL

OCTOBER 2025

PHYLLIS OF ST. PETE’S:  
BEAUTIFUL INSIDE AND OUT

Phyllis looked at 10 different senior living communities before deciding American House St. Petersburg was the only place she wanted to be. “I’m so glad I’m here,” said the happy, healthy 85-year-old. “I’m just bubbly on the inside. I’m going to live here the rest of my life. Life is wonderful at American House.”



Phyllis was born in 1940 and grew up in St. Petersburg. She loves her hometown so much that when she was 18 she approached the Chamber of Commerce to see how she could help promote the city. Phyllis soon joined the St. Petersburg Charm School for Girls and went on to compete in beauty pageants as Miss Georgia. Her mother was a homemaker and her father worked for Borden Dairy as a refrigeration mechanic. Phyllis’ parents lived in the same house for 54 years.

She married Don, her high school sweetheart, in 1955. Phyllis worked for First Federal Savings for 27 years, and Don, after serving in the military in Washington, D.C., went on to a long career with GTE. Everything in Phyllis’ life worked out better than she could have possibly expected. “I’ve had a wonderful life,” she said, “and I still do at American House.”



OCTOBER 2025 EVENTS!

- Ice Cream Truck Visit 10/7
- Lunch Bunch Mondays at 12:00pm
- Randy - Mondays 2:30
- Cardio Drumming With Karisa
- Halloween Costume Contest
- Neon Glow Party 10/9
- Magic Show 10/31
- Life Coach Laura
- Cooking Demo with Chef Mike
- Yoga With Natalie

FOLLOW US ON FACEBOOK

BREAST CANCER AWARENESS

Breast Cancer Awareness Month is an international health campaign that’s held every October. The campaign aims to promote screening and reduce the risk of the disease, which affects 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs designed to support those diagnosed with breast cancer, educate people about breast cancer risk factors, raise money for research and encourage women to go for regular breast cancer screening, starting at the age of 40.





SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>OCTOBER 2025</div>															LOCATION KEY								
															ALD	AL Dining	LIB	Library	MCL	Memory Care	TV	TV	
															ALF	AL Front Desk	L	Lounge		Living Room		Area	
															ALL	AL Living Room	MS	Malt Shoppe	MPR	Multipurpose			
															ART	Art Studio	MCA	Memory Care		Room			
FD	Front Desk		Activity Room	O	Outside																		
ILD	IL Dining	MCD	Memory Care	PL	Pool																		
ILF	IL Front Desk		Dining Room	THR	Theater																		
BIRTHDAYS									01			02			YOM KIPPUR			03			04		
Barbara Charron 10/1 Tom Doyle 10/3 Maryette Miller 10/7 Diana Newbery 10/10 Judy Davis 10/20 Jean Gainor 10/25  Happy Birthday !!									9:30a 10:00a 1st 11:00a 12:30p Victoria 1:00p 2:00p 2:30p	Publix Trip Blood Pressure Screening - Patients Bank & Pharmacy Cardio Drumming with Bible Study-Jimmy Painting with Betsy Strength Conditioning w/ Legacy	FD L FD MPR LIB ART L	10:00a 12:00p W/Dawn 1:00p 2:00p 2:00p 6:30p	Yoga w/ Natalie Coffee And Conversation Karaoke party Afternoon Movie: Hand & Foot Bingo Night	L L THR THR MPR L	10:00a 11:00a 12:30p 1:00p 3:30p 4:00p	Aqua Aerobics with Emily News Currents w/ Betsy Cardio Drumming With Victoria Art With Linda Games in Malt Shoppe Before Dinner Happy Hour	PL L MPR ART MS L	9:30a 10:00a Mall 12:30p 1:30p 2:30p 3:00p 3:30p	Exercise Video Shopping trip Countryside Crafts with Linda Quarter Bingo Hand & Foot Music With Stacy Frank Movie Time	L ILF ART MPR MPR L THR			
05			06			07			08			09			10			11					
9:00a 10:00a 10:00a 10:30a 1:30p 1:30p 3:00p 4:00p	St. Jude's-Bus Run Church Service on TV 1st Methodist-Bus Run Eucharist Distribution Quarter Bingo Azalea Baptist Sing-Along Movie Time Bucs FootBall Watch Party Happy Hour W/Comfort	FD THR FD THR L MS THR L	10:00a 10:00a 12:00p 1:00p 2:30p 6:30p	Aldi/Winn Dixie Exercise with Natalie Lunch Bunch: CD Roma's Prize Bingo Happy Hour w/ Randy Card Games With Friends	FD L FD MPR L L	10:30a 12:00p 1:00p 1:30p 2:00p 2:00p 3:30p	Chair Zumba New Resident Orientation Ice Cream Truck Visit Karaoke party with Dawn Hand & Foot Movie Time Yoga-Natalie	L ILF ALF MPR MPR THR L	9:30a 12:30p 1:00p 2:00p 2:30p 3:00p 3:30p	Publix Trip Cardio Drumming With Karisa Bible Study-Jimmy Painting with Betsy Strength Conditioning w/ Legacy Rummikub Book Club	FD MPR LIB ART L PDR LIB	10:00a 12:00p 2:00p 2:00p 5:00p 6:00p Hines	Yoga w/ Natalie Engaged Senior Afternoon Movie: Hand & Foot Neon Glow Family Night Buffet Neon Glow Party With Carla	L MS THR MPR MPR L	10:00a 11:00a 12:30p Karisa 1:00p 2:00p 4:00p 6:30p w/Popcorn	Aqua Aerobics with Emily News Currents w/ Betsy Cardio Drumming with Karisa Art With Linda Trip to the New Library Before Dinner Happy Hour Friday Night at the Movies w/Popcorn	PL L MPR MPR ART FD L THR	9:30a 10:00a Plaza 1:30p 2:30p 2:30p 3:30p	Exercise Video Shopping Trip: Seminole Quarter Bingo Hand & Foot Crafts with Linda Movie Time	L FD MPR MPR ART THR			
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18					
9:00a 10:00a 10:00a 10:30a 1:30p Party 5:30p	St. Jude's-Bus Run Church Service on TV 1st Methodist-Bus Run Eucharist Distribution Quarter Bingo & FootBall Party With Patients 1st Movie Time	FD THR FD THR L L THR	10:00a 10:00a 12:00p 1:00p 1:00p 2:30p 6:30p	Tyrone Area Shopping Exercise with Natalie Lunch Bunch: Chilis Engaged Senior Prize Bingo Happy Hour w/ Randy Card Games With Friends	FD L FD L MPR L L	10:00a 12:00p 12:00p 1:00p 2:00p 2:00p 3:30p 3:30p	Chair Zumba Mixology with Karisa New Resident Orientation Karaoke party with Jase Hand & Foot St. Jude's Mass Yoga-Natalie Movie Time	L L ILF THR MPR THR L THR	9:30a 11:00a 12:30p 12:30p 1:00p 2:00p 2:30p 3:00p	Publix Trip Bank & Pharmacy Cardio Drumming With Karisa Bible Study-Jimmy Painting with Betsy Strength Conditioning w/ Legacy Cookin' Demo W/ Chef Mike	FD FD MPR LIB ART L L	10:00a 12:30p 2:00p 2:00p 3:00p 6:30p	Yoga w/ Natalie Karaoke party Afternoon Movie: Hand & Foot Tasty Treat Craft With Encompass health Bingo Night	L THR THR MPR L L	10:00a 11:00a 12:30p Karisa 1:00p 1:00p 2:00p 6:00p	Aqua Aerobics with Emily News Currents w/ Betsy Cardio Drumming with Karisa Open Bible Study Art With Linda Myth Or Fact Trivia w/ Legacy Music W/ Will & Michelle	PL L MPR LIB ART L L	9:30a 10:00a FD 10:30a 1:30p 2:30p 2:30p 3:30p	Exercise Video Shopping Trip: Target/Kohl's Dori's Trunk Show Quarter Bingo Hand & Foot Crafts with Linda Movie Time	L FD MS MPR MPR ART THR			
19			20			21 DIWALI			22			23			24			25					
9:00a 10:00a 10:00a 10:00a 1:30p 3:00p 4:00p	St. Jude's-Bus Run Church Service on TV 1st Methodist-Bus Run Eucharist Distribution Quarter Bingo Movie Time New Resident Meet and Greet Happy Hour	FD THR FD THR L THR L	10:00a 10:00a 11:00a 12:00p 12:00p 1:00p 2:30p Randy	Aldi/Winn Dixie Exercise with Natalie Hymns w/ Ruth And Friends Lunch Bunch: Wicked Cantina Prize Bingo October Birthday Bash With	FD L FD THR FD MPR L	10:30a 12:00p 12:00p 1:30p 2:00p 2:30p 3:30p	Chair Zumba Harvest Luncheon With Senior Helpers New Resident Orientation Karaoke party with Jase Hand & Foot Movie Time Yoga-Natalie	L L ILF THR MPR THR L	9:30a 12:30p 1:00p 2:00p 2:30p 3:00p 4:30p	Publix Trip Cardio Drumming With Karisa Bible Study-Jimmy Painting with Betsy Strength Conditioning w/ Legacy Rummikub Welcome Committee	FD MPR LIB ART L PDR LIB	10:00a 12:00p W/Karisa 2:00p 2:00p 3:00p 3:30p 6:30p	Yoga w/ Natalie Coffee And Conversation W/Karisa Hand & Foot Afternoon Movie: Sweet Sweet Music Game- With M&M's Resident Council Bingo Night	L L L MPR THR MS MPR L	9:00a 10:00a 11:00a 12:30p Karisa 1:00p 3:00p Prizes 4:00p	St. John's Hearing Institute Aqua Aerobics with Emily News Currents w/ Betsy Cardio Drumming with Karisa Art With Linda Write the word Game- Win Prizes Before Dinner Happy Hour	MPR PL L MPR ART MS MS L	9:30a 10:00a 12:00p 1:00p 2:30p 2:30p 3:30p	Exercise Video Shopping Trip: Trader Joes Crafts with Linda Quarter Bingo Hand & Foot Life Coach Public Speaker- Laura Movie Time	L FD ART MPR MPR THR			
26			27			28			29			30			31 HALLOWEEN								
9:00a 10:00a 10:00a 10:30a 1:30p 4:00p 5:30p	St. Jude's-Bus Run Church Service on TV 1st Methodist-Bus Run Eucharist Distribution Quarter Bingo Bucs Football Movie Time	FD THR FD THR L L THR	10:00a 10:00a 12:00p 1:00p 1:00p 2:30p 6:30p	Tyrone Area Shopping Exercise with Natalie Lunch Bunch: Quaker Steak And Lube Engaged Senior Prize Bingo Happy Hour w/ Randy Card Games With Friends	FD L FD FD L MPR L	10:30a 12:00p 1:30p 2:00p 2:00p 3:30p 3:30p	Chair Zumba New Resident Orientation Karaoke party with Jase Hand & Foot Bingo W/ Marcie Yoga-Natalie Movie Time	L ILF THR MPR L L THR	9:30a 11:00a 12:30p Karisa 1:00p 2:00p 2:30p 3:00p 3:30p	Publix Trip Bank & Pharmacy Cardio Drumming With Karisa Bible Study-Jimmy Painting with Betsy Strength Conditioning w/ Legacy Rummikub Movie Meeting- Choose your	FD FD MPR LIB ART L PDR L	10:00a 12:00p W/Karisa 2:00p 2:00p 3:00p 6:30p	Yoga w/ Natalie Coffee And Conversation W/Karisa Afternoon Movie: Hand & Foot Halloween Party With the Malibluess- Costume Contest Nickel Nickel	L L L THR MPR L L	10:00a 11:00a 12:30p Karisa 1:00p 3:00p Show 4:00p	Aqua Aerobics with Emily News Currents w/ Betsy Cardio Drumming with Karisa Art With Linda National Magic Day - Magic Show Before Dinner Happy Hour	PL L MPR ART L L						