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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 13th out of 34 teams and took 3rd 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.

GROSSE POINTE AT COTTAGE

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!

- Oktoberfest Happy Hr 10/1
- Resident Towne Hall 10/8
- Neon Glow Party FN 10/9
- Wellness U- BP Clinic 10/14
- Culinary Chat w/ Chef 10/15
- Resident Birthday Party 10/22
- Polish Cooking Demo 10/29

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 | | | | | | | | |
| | | | | | | | | | | | | | | | 2FL | 2 nd Floor | | 3FC | 3 rd Floor Café | | OUT | Outing | |
| | | | | | | | | | | | | | | | 2FA | 2 nd Floor Activity Room | | 3LG | 3 rd Floor Lounge | | PLR | Parlor | |
| | | | | | | | | | | | | | | | 2FC | 2 nd Floor Café | | 3FT | 3 rd Floor Theater | | PRM | Piano Room | |
| | | | | | | | | | | | | | | | 2PL | 2 nd Floor Parlor | | CY | Courtyard | | | | |
| | | | | | | | | | | | | | | | 2FI | 2 nd Floor Fitness Room | | FIT | Fitness Center | | TER | Terrace | |
| | | | | | | | | | | | | | | | 2FT | 2 nd Floor Theater | | MC | Memory Care | | | | |
| | | | | | | | | | | | | | | | 3FA | 3 rd Floor Activity Room | | MCA | Memory Care Activity Room | | | | |
| BIRTHDAYS | | | | | | 01 | | | 02 | | | YOM KIPPUR | | | 03 | | | 04 | | | | | |
| Jackie A. 10/3 John T. 10/14 | | | | | | 10:00a | Sit & Be Fit | 2FI | 10:00a | Hearing Aid Checks | 2FA | 10:00a | Friday Fitness w/Tammy | 2FI | 10:00a | Sit & Be Fit | 2FA | | | | | | |
| | | | | | | 10:30a | Coffee & Chat | 3FC | 10:00a | HasFit Workout | 2FA | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | | | | | | |
| | | | | | | 11:00a | Morning Exercise | 3FA | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | | | | | | |
| | | | | | | 11:30a | Today in History | 3FA | 11:00a | Morning Exercise | 3FA | 11:30a | Today in History | 3FA | 11:30a | Brain Games | 3FA | | | | | | |
| | | | | | | 1:30p | Flower Arranging | 2FA | 11:30a | Brain Games | 3FA | 1:30p | San Francisco Documentary | 2PL | 1:30p | Game Time | 2FC | | | | | | |
| | | | | | | 2:30p | Fall Word Puzzle | 2FA | 12:00p | Brunch at Jagged Fork | OUT | 2:30p | Euchre Club | 2FA | 2:00p | Scrabble | 3FA | | | | | | |
| | | | | | | 3:30p | Oktoberfest Happy Hour w/ The Soundz of Music | 2PL | 1:30p | Jeopardy | 3FA | 3:30p | Tea & Spice Social Hour | 2PL | 3:30p | Bingo! | 2PL | | | | | | |
| | | | | | | | | | 2:30p | St. Paul's Mass | 2PL | 6:00p | Movie & Popcorn | 2FT | | | | | | | | | |
| | | | | | | | | | 3:30p | Bingo!! | 2PL | | | | | | | | | | | | |
| 05 | | | 06 | | | 07 | | | 08 | | | 09 | | | 10 | | | 11 | | | | | |
| 10:30a | Coffee & Chat | 3FC | 10:15a | Communion | 2FT | 10:00a | HasFit Workout | 2FI | 10:00a | Sit & Be Fit | 2FI | 10:00a | HasFit Workout | 2FA | 10:00a | HasFit Workout | 2FI | 10:00a | Sit & Be Fit | 2FA | | | |
| 11:00a | Morning Exercise | 3FA | 10:30a | Grocery Store Outing | OUT | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | | | |
| 11:30a | Word in a Word | 3FA | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | | | |
| 2:30p | Golf Card Game | 2FA | 11:00a | Morning Exercise | 3FA | 11:30a | Brain Games | 3FA | 11:30a | Today in History | 3FA | 11:30a | Brain Games | 3FA | 11:30a | Today in History | 3FA | 11:30a | Brain Games | 3FA | | | |
| 3:30p | Sunday Social! | 2FC | 11:30a | Today in History | 3FA | 1:30p | Finish Lines Trivia | 2FC | 1:30p | Flower Arranging | 2FA | 1:00p | Art & Design | 2FA | 1:00p | LED Chat w/Kaitlyn | 2FC | 1:30p | Game Time | 2FC | | | |
| 6:00p | Movie Night | 2FT | 1:00p | Monday Moves w/Tammy | 2FI | 2:30p | Filipino Snack Tasting | 2FC | 2:00p | Resident Towne Hall | 2PL | 1:30p | Bus to GP Library | OUT | 2:00p | Golf Card Game | 2FC | 2:00p | Scrabble | 3FA | | | |
| | | | 2:00p | Spintopia! | 2FC | 3:30p | Travel Documentary | 2PL | 3:30p | Happy Hour w/Billy | 2PL | 2:00p | San Fran. Word Puzzle | 2FC | 3:00p | Christmas Cards for Troops | 2FA | 3:30p | Weekend Bingo! | 2PL | | | |
| | | | 3:30p | Bingo! | 2PL | | | | | | | 3:30p | Bingo!! | 2PL | 4:00p | Social Hour | 2PL | | | | | | |
| | | | 6:00p | Share Your Story Hour | 2PL | | | | | | | 5:00p | Neon Glow Party Family Night! | 2FT | 6:00p | Movie & Popcorn | 2FT | | | | | | |
| 12 | | | 13 INDIGENOUS PEOPLE'S DAY | | | 14 | | | 15 | | | 16 | | | 17 | | | 18 | | | | | |
| 10:30a | Coffee & Chat | 3FC | 10:15a | Communion | 2FT | 10:00a | HasFit Workout | 2FI | 10:00a | Sit & Be Fit | 2FI | 10:00a | HasFit Workout | 2FA | 10:00a | Friday Fitness w/Tammy | 2FI | 10:00a | Sit & Be Fit | 2FA | | | |
| 11:00a | Morning Exercise | 3FA | 10:30a | Grocery Store Outing | OUT | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | | | |
| 11:30a | Word in a Word | 3FA | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | | | |
| 2:30p | Golf Card Game | 2FA | 11:00a | Morning Exercise | 3FA | 11:30a | Brain Games | 3FA | 11:30a | Today in History | 3FA | 11:30a | Brain Games | 3FA | 11:30a | Today in History | 3FA | 11:30a | Brain Games | 3FA | | | |
| 3:30p | Sunday Social! | 2FC | 11:30a | Today in History | 3FA | 1:00p | Main St. Dermatology Visit | 2FT | 1:30p | Flower Arranging | 2FA | 11:45a | Brunch at Romeo Diner + Cider | OUT | 1:30p | Unsolved Mysteries | 2FC | 1:30p | Game Time | 2FC | | | |
| 6:00p | Movie Night | 2FT | 1:00p | Monday Moves | 2FI | 1:30p | Wellness U: Blood Pressure Clinic | 2FA | 2:00p | Culinary Chat Mtg w/Chef Bill | 2FC | Mill | | OUT | 2:30p | Euchre Club | 2FA | 2:00p | Scrabble | 3FA | | | |
| | | | 2:00p | Spintopia! | 2FC | 2:00p | What Am I? | 3FA | 3:00p | Pet Therapy | 2PL | 1:30p | Fall Craft | 2FA | 3:30p | Happy Hour w/Valentino | 2PL | 3:30p | Weekend Bingo! | 2PL | | | |
| | | | 3:30p | Bingo! | 2PL | 3:30p | Fall Trivia | 2FC | 3:30p | Riddle Me This | 2FC | 2:30p | LCR Game | 2PL | 6:00p | Movie & Popcorn | 2FT | | | | | | |
| | | | 6:00p | Share Your Story Hour | 2PL | | | | | | | 3:30p | Bingo!! | 2PL | | | | | | | | | |
| 19 | | | 20 | | | 21 DIWALI | | | 22 | | | 23 | | | 24 | | | 25 | | | | | |
| 10:30a | Coffee & Chat | 3FC | 10:15a | Communion | 2FT | 10:00a | HasFit Workout | 2FI | 10:30a | Coffee & Chat | 3FC | 10:00a | HasFit Workout | 2FA | 10:30a | Coffee & Chat | 3FC | 10:00a | Sit & Be Fit | 2FA | | | |
| 11:00a | Morning Exercise | 3FA | 10:30a | Grocery Store Outing | OUT | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 10:30a | Coffee & Chat | 3FC | | | |
| 11:30a | Word in a Word | 3FA | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 11:30a | Today in History | 3FA | 11:00a | Morning Exercise | 3FA | 11:30a | Today in History | 3FA | 11:00a | Morning Exercise | 3FA | | | |
| 2:30p | Golf Card Game | 2FA | 11:00a | Morning Exercise | 3FA | 11:30a | Brain Games | 3FA | 1:30p | Flower Arranging | 2FA | 11:30a | Brain Games | 3FA | 1:30p | October IQ Game | 2FC | 11:30a | Brain Games | 3FA | | | |
| 3:30p | Sunday Social! | 2FC | 11:30a | Today in History | 3FA | 1:30p | Cold Case Murder Game | 2FA | 2:00p | Resident Birthday Party w/Scott H | 2PL | 11:45a | Bus to DIA + Brunch | OUT | 2:00p | Golf Card Game | 2FC | 1:30p | Game Time | 2FC | | | |
| 6:00p | Movie Night | 2FT | 1:00p | Monday Moves w/Tammy | 2FI | 2:30p | Word Game | 2FC | 3:30p | October Humor | 2PL | 2:00p | Virtual Tour San Fran. | 2PL | 3:30p | Happy Hour w/ Joe Armijo | PRM | 2:00p | Scrabble | 3FA | | | |
| | | | 2:00p | Spintopia! | 2FC | | | | | | | 3:30p | Bingo!! | 2PL | 6:00p | Movie & Popcorn | 2FT | 3:30p | Weekend Bingo! | 2PL | | | |
| | | | 3:30p | Bingo! | 2PL | | | | | | | | | | | | | | | | | | |
| | | | 6:00p | Share Your Story Hour | 2PL | | | | | | | | | | | | | | | | | | |
| 26 | | | 27 | | | 28 | | | 29 | | | 30 | | | 31 HALLOWEEN | | | | | | | | |
| 10:30a | Coffee & Chat | 3FC | 10:15a | Communion | 2FT | 10:00a | HasFit Workout | 2FI | 10:00a | Sit & Be Fit | 2FI | 10:00a | HasFit Workout | 2FA | 10:00a | Friday Fitness w/Tammy | 2FI | | | | | | |
| 11:00a | Morning Exercise | 3FA | 10:30a | Grocery Store Outing | OUT | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | 10:30a | Coffee & Chat | 3FC | | | | | | |
| 11:30a | Word in a Word | 3FA | 10:30a | Coffee & Chat | 3FC | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | 11:00a | Morning Exercise | 3FA | | | | | | |
| 2:30p | Golf Card Game | 2FA | 11:00a | Morning Exercise | 3FA | 11:30a | Brain Games | 3FA | 11:30a | Today in History | 3FA | 11:30a | Brain Games | 3FA | 11:30a | Today in History | 3FA | | | | | | |
| 3:30p | Sunday Social! | 2FC | 11:30a | Today in History | 3FA | 1:30p | Wellness U: Blood Pressure Clinic | 2FA | 1:30p | Flower Arranging | 2FA | 12:00p | Brunch at Pegasus Taverna | OUT | 1:30p | Spooky stories | 2PL | | | | | | |
| 6:00p | Movie Night | 2FT | 1:00p | Monday Moves w/Tammy | 2FI | 2:30p | Spooky Spiders Word Puzzle | 2FA | 2:30p | Polish Cooking Demo | 2FC | 1:30p | Fall Jeopardy | 3FA | 2:30p | Euchre Club | 2FA | | | | | | |
| | | | 2:00p | Spintopia! | 2FC | 3:30p | Ghost Toss Game | 2PL | 3:30p | Halloween Basket Decorating | 2FA | 2:30p | New Resident Social | 2PL | 3:30p | Halloween Happy Hr w/Billy M | 2PL | | | | | | |
| | | | 3:30p | Bingo! | 2PL | | | | | | | 3:30p | Bingo!! | 2PL | 6:00p | Trick or Treat! | PRM | | | | | | |
| | | | 6:00p | Share Your Story Hour | 2PL | | | | | | | | | | | | | | | | | | |