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American House SENIOR LIVING COMMUNITIES

HAPPY 250TH BIRTHDAY TO OUR U.S. MARINES

In 2025, the United States Marine Corps is celebrating its 250th birthday with events nationwide, and a special focus on the birthplace of the Corps—Philadelphia. The year-long celebration also features commemorative coins from the U.S. Mint, parades, reenactments and historical exhibits, including the Battleship New Jersey Museum and Memorial.

On November 10th, Marines around the world will take a moment to reflect, commemorate and celebrate 250 years of winning our country's battles. Our Corps has never been stronger than it is today because of the Marines who wear the Eagle, Globe and Anchor with pride.

The main event will be a black-tie/mess-dress ball that will be held in the Grand Ballroom of the Bellevue in Philadelphia. This event will also be the 100th Marine Corps Birthday Ball. Once a Marine, always a Marine. Semper fidelis and happy 250th birthday!

Quote of the Month

Whatever you do, **always give 100%**.
Unless you're donating blood.
~ BILL MURRAY

CHICAGO: TWO WORLD'S FAIRS, 40 YEARS APART

The World's Columbian Exposition in 1893 and A Century of Progress Exposition in 1934 were both hosted in Chicago. Intended to mark the 400th anniversary of Columbus's arrival in the New World, the World's Columbian Exposition was a monumental event that featured neoclassical architecture, the first electric lighting and innovations like the Ferris wheel and moving walkway.

A Century of Progress was the second World's Fair held in Chicago and a showcase for modern living, consumerism and entertainment. All of this was designed to stimulate spending during the Great Depression. There were nearly two dozen corporate pavilions pushing the latest gadgets for homes and cars. This World's Fair introduced millions of people to the newly created lakefront and foretold the rising influence that the automobile would have on city life.



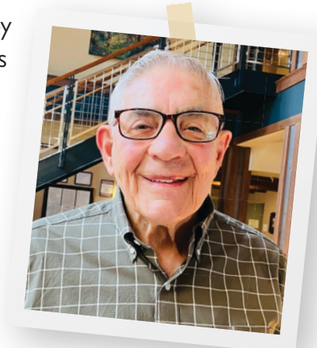
Each World's Fair had a lasting impact on the city's architecture, economy, culture and identity. Both served as a powerful declaration of Chicago's resilience and forward-thinking spirit after a period of devastation caused by the Great Fire of 1871 and the Great Depression.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

JENISON COTTONWOOD — NOVEMBER 2025

99 YEARS YOUNG AND STILL MOTIVATED FOR MORE!



In honor of Veteran's Day, meet Tony of American House Keene. He was in a convoy of ships heading towards an invasion of Japan when they got word World War II was over. Just a year earlier, Tony and three of his buddies enlisted in the U.S. Navy one week after graduating from high school.

Born in Boston, Tony's family moved to New Hampshire, when he was two years old. Tony's parents dropped out of school in 7th grade, but he was lucky to get an education through the GI Bill. A three-sport athlete in high school, Tony's love of sports lead to a 30-year coaching, teaching and athletic director career. He was such a good an athlete that he was inducted into the Hall of Fame at two schools.

Tony's post-coaching career in the insurance industry was just as successful, as were his roles as a husband to his beloved wife of 68 years and raising five happy and thriving children. At 99 years old, Tony never drank or smoked and stays in shape by working out a half an hour a day and eating healthy. Motivation has always been key to Tony's inspiring success story. He is the "Welcome Ambassador" at American House Keene and considered one of their kindest residents. We thank Tony and all our American House veterans for their service to our country.



NOVEMBER 2025 EVENTS

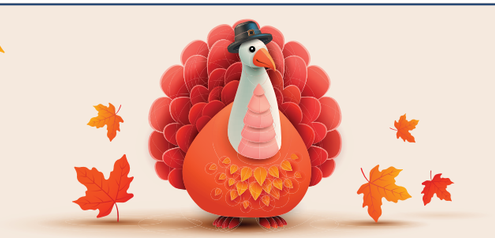
- Grand Valley Volunteers
- Peter Bergin Performance
- Veterans Day with JCS
- Family Night: Taste of Chicago
- Fred Walker Performance
- Lunch at Russ'
- Artists Creating Together

KEEPING DIABETES AT BAY

National Diabetes Month 2025 is dedicated to raising awareness about the chronic health condition that affects millions of people worldwide. This campaign aims to educate the public about the different types of diabetes, risk factors, prevention strategies and importance of early detection and management. It also serves as a platform to support individuals living with diabetes, their families and health care providers in their efforts to control the disease and improve overall health.

LIVING WELL IS BEING WELL.™
American House Senior Living Communities

November 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack
02 DAYLIGHT SAVING TIME 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack	**03** 7:00a *Breakfast* 9:30a Card Games 11:55a Daily Chronicles 12:00p *Lunch* 1:30p Bingo 5:00p *Dinner* 7:00p Snack Shack	**04 ELECTION DAY** 7:00a *Breakfast* 10:00a Bible Study **MW** 10:00a Book Club **BW** 10:45a Balloon Ball 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Trip to Grand Rapids Auto Museum** **OUT** 5:00p *Dinner*	**05 NATIONAL DONUT DAY** 7:00a *Breakfast* 10:30a Beauty Salon 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Bingo With Grand Valley Girls** 3:00p Donut Delivery! 5:00p *Dinner* 7:00p Snack Shack	**06** 7:00a *Breakfast* 9:30a **Bus Ride: Fall Color Tour** **OUT** 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Afternoon Movie: The Blind Side** 5:00p *Dinner* 7:00p Snack Shack	**07** 7:00a *Breakfast* 9:30a Card Games 11:55a Daily Chronicles 12:00p *Lunch* 2:00p **Peter Bergin Performance & Birthday Bash** **BW** 5:00p *Dinner* 7:00p Snack Shack	**08** 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack
09 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack	**10** 7:00a *Breakfast* 9:30a Card Games 11:55a Daily Chronicles 12:00p *Lunch* 1:30p Bingo 2:00p **Nancy B presentation: The Forgotten War** **BW** 5:00p *Dinner* 7:00p Snack Shack	**11 VETERANS DAY** 7:00a *Breakfast* 10:00a Bible Study **MW** 10:00a Book Club **BW** 10:45a Balloon Ball 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Veteran's Day Program w/ Jenison Christian First Graders** **BW** 5:00p *Dinner*	**12** 7:00a *Breakfast* 10:30a Beauty Salon 10:45a Sittercise 11:55a Daily Chronicles 12:00p *Lunch* 1:30p Bingo 4:00p Manicures 5:00p *Dinner* 7:00p Snack Shack	**13 WORLD KINDNESS DAY** 7:00a *Breakfast* 9:30a **Bus Ride: Hudsonville** **OUT** 11:55a Daily Chronicles 12:00p *Lunch* 5:00p **Family Night: A Taste of Chicago** 5:00p *Dinner* 7:00p Snack Shack	**14** 7:00a *Breakfast* 9:30a Card Games 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Bingo With Grand Valley Girls** 5:00p *Dinner* 7:00p Snack Shack	**15** 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack
16 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack	**17** 7:00a *Breakfast* 10:00a **Fred Walker Performance** **BW** 11:55a Daily Chronicles 12:00p *Lunch* 1:30p Bingo 5:00p *Dinner* 7:00p Snack Shack	**18** 7:00a *Breakfast* 10:00a Bible Study **MW** 10:00a Book Club **BW** 11:30a **Lunch at Russ'** **OUT** 11:55a Daily Chronicles 12:00p *Lunch* 2:30p Word Games **CW** 5:00p *Dinner* 7:00p Snack Shack	**19** 7:00a *Breakfast* 10:30a Beauty Salon 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Bingo With Grand Valley Girls** 5:00p *Dinner* 7:00p Snack Shack	**20** 7:00a *Breakfast* 9:30a **Bus Ride: Lake Michigan** **OUT** 11:55a Daily Chronicles 12:00p *Lunch* 2:30p **ACT Art Project** **BW** 5:00p *Dinner* 7:00p Snack Shack	**21** 7:00a *Breakfast* 9:30a Card Games 11:55a Daily Chronicles 12:00p *Lunch* 1:30p **Bingo With Grand Valley Girls** 5:00p *Dinner* 7:00p Snack Shack	**22** 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack
23 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack	**24** 7:00a *Breakfast* 9:30a Card Games 11:55a Daily Chronicles 12:00p *Lunch* 1:30p Bingo 5:00p *Dinner* 7:00p Snack Shack	**25** 7:00a *Breakfast* 10:00a Bible Study **MW** 10:00a Book Club **BW** 10:45a Balloon Ball 11:55a Daily Chronicles 12:00p *Lunch* 2:00p **Cooking Demonstration w/ Beth** **CW** 2:30p **New Resident Happy Hour**	**26** 7:00a *Breakfast* 10:30a Beauty Salon 10:45a Sittercise 11:55a Daily Chronicles 12:00p *Lunch* 1:30p Bingo 4:00p Manicures 5:00p *Dinner* 7:00p Snack Shack	**27 THANKSGIVING** 7:00a *Breakfast* 11:55a Daily Chronicles 12:00p *Lunch* 5:00p *Dinner* 7:00p Snack Shack	**28** 7:00a *Breakfast* 11:55a Daily Chronicles 12:00p *Lunch* 5:00p *Dinner* 7:00p Snack Shack	**29** 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack
30 7:00a *Breakfast* 10:00a Morning Activities 11:55a Daily Chronicles 12:00p *Lunch* 2:00p Afternoon Activities 5:00p *Dinner* 7:00p Snack Shack		**LOCATION KEY** **AR** Activity Room **AMN** All Manors **AUD** Auditorium **BW** Beechwood **CIN** Cinema **CW** Cottonwood **DR** Dining Room **FIT** Fitness Center **GAZ** Gazebo **LIB** Library **MW** Maplewood **OUT** Outing **O** Outside **S** Salon **SW** Sandalwood **TLG** The Lodge		**BIRTHDAYS** Wanda V. 11/11 Louise B. 11/14 Terry L. 11/17 Fusae S. 11/22		

All activities subject to change.