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Alzheimer's Association 1-800-272-3900

National Suicide Hotline
988

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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.

MERIDIAN

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!

- 10/7 American Senior Benefits
- 10/8 Family Night- Neon Glow
- 10/8 Ricky and Kathy Perform
- 10/ 15 Community Bingo
- 10/16 Community Euchre
- 10/16 Pumpkin Decorating
- 10/18 Circle of Friends return
- 10/20 Mobile Sec of State Here

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></div> <div>OCTOBER 2025</div>															LOCATION KEY					
BIRTHDAYS						01			02			YOM KIPPUR			03			04		
Joanne T 10/10 Gloria M 10/14 Nancy C 10/21 Maddie H 10/23 Carol S 10/24 Joan K 10/26						9:00a Coffee with Jen / ED CAF 9:30a Morning Walking Club FIT 11:00a Zumba FIT 1:30p Bible Study AR 2:30p Clearview Orchards OUT 6:00p Movie Night- Era's Tour			9:30a Scheduled Personal Trips OUT 11:00a Yoga with Jess FIT 1:00p Mahjong 2FR 1:30p Dime Bingo w/Susie AR 3:00p Happy Hour & Euchre! CAF 6:00p Master Class -Creative Writing THR			10:00a Coffee & Convo FR 11:00a ZUMBA FIT 12:30p Fall Color Tour OUT 1:00p Sequence Board Games 2FR 3:00p Happy Hour CAF 6:00p Movie Night- Identity Thief THR			8:30a TV Guided Chair Exercise FIT 10:30a Scrapbooking AR 1:30p Rummy AR 2:00p Midday Matinee- CATS THR 4:00p 2nd, 3rd & 4th Floor Puzzle Hour 6:00p Master Class - Creative Writing #2 THR					
05			06			07			08			09			10			11		
9:00a Morning Stretching- TV GuidedFIT 9:30a Church Transportation OUT 10:00a Streaming Church THR 1:00p Mahjong 2FR 2:00p BINGO with Shirley AR 3:00p Midday Movie- Chef THR 3:00p Outing- Meijer OUT 6:00p Game Night - Chess or Checkers CAF			9:30a Morning Walking Club FIT 11:00a Zumba Gold FIT 1:00p Capital Area Mobile Library 2:00p Activity Planning Meeting 3:00p Trivia Challenge AR 4:00p Scrabble CAF 6:00p Movie- Of Mice and Men THR 6:00p Late Night Card Games 2FR			9:30a Scheduled Personal trips OUT 11:00a Cardio Drumming FIT 1:00p Therapy-Instructed Fitness FIT 2:00p American Senior Benefits with Robert CAF 3:00p Euchre CAF 3:00p Happy Hour CAF 6:00p Movie- Fiddler on the Roof THR			9:00a Coffee with Jen / ED CAF 9:30a Morning Walking Club FIT 11:00a Zumba FIT 1:30p Bible Study AR 4:30p Family Night -Neon Glow Party DR 5:00p Entertainment with Ricky and Kathy CAF 6:00p Movie upon request THR			9:30a Scheduled Personal Trips OUT 11:00a Yoga with Jess FIT 1:00p Mahjong 2FR 2:00p Cooking Demo CAF 2:30p Chef's Corner CAF 3:00p Happy Hour & Euchre! CAF 6:00p Master Class -Michael Pollan THR Intentional eating			10:00a Coffee & Convo FR 11:00a ZUMBA FIT 11:30a Blondie's for Lunch OUT 1:00p Sequence Board Games 2FR 2:30p Ambassador Floor Mtgs PR 3:00p Happy Hour & Euchre CAF 6:00p Movie- Music Man THR			8:30a TV Guided Chair Exercise FIT 10:30a Scrapbooking AR 1:30p Rummy AR 2:30p Midday Movie- Phantom of the THR Opera 4:00p 2nd, 3rd & 4th Floor Puzzle Hour 6:00p Master Class -Es Delvin- Ideas to THR Art		
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18		
9:00a Morning Stretching- TV GuidedFIT 9:30a Church Transportation OUT 10:00a Streaming Church THR 12:30p Outing- Kohl's OUT 1:00p Mahjong 2FR 2:00p BINGO with Shirley AR 3:00p Movie- Lucy and Desi THR 3:00p Billiards CAF 6:00p Game Night - Chess or Checkers			9:30a Morning Walking Club FIT 11:00a Zumba Gold FIT 1:00p Capital Area Mobile Library 2:00p Let's Try Pictionary! AR 3:00p Trivia Challenge AR 4:00p Scrabble CAF 6:00p Movie- Moonstruck THR 6:00p Late Night Card Games 2FR			9:30a Scheduled Personal trips OUT 11:00a Cardio Drumming FIT 1:30p Dime Bingo AR 3:00p Euchre CAF 3:00p Happy Hour CAF 6:00p Movie- The 7 year itch THR			9:00a Coffee with Jen / ED CAF 9:30a Morning Walking Club FIT 11:00a Zumba FIT 11:30a Schuler's Book store and Cafe OUT 1:30p Bible Study AR 2:00p Community BINGO! CAF 6:00p Movie- Rwanda- The royal tour THR			9:30a Scheduled Personal Trips OUT 11:00a Yoga with Jess FIT 1:00p Mahjong 2FR 2:00p Community Euchre CAF 2:00p Pumpkin Decorating Begins! CAF 3:00p Happy Hour & Euchre! CAF 6:00p Master Class - Winning Mindset			10:00a Coffee & Convo FR 11:00a ZUMBA FIT 11:30a Buddies for lunch OUT 1:00p Sequence Board Games 2FR 2:00p Oktoberfest Happy Hour CAF 3:00p Euchre CAF 6:00p Movie- Ratatouille THR			7:00a Sweetest Day 8:30a TV Guided Chair Exercise FIT 10:30a Scrapbooking AR 1:00p Circle Of Friends Performs 1:30p Rummy AR 3:00p Midday Movie- Les Miserable THR 4:00p 2nd, 3rd & 4th Floor Puzzle Hour 6:00p Master Class - Draw and Paint		
19			20			21 DIWALI			22			23			24			25		
9:00a Morning Stretching- TV GuidedFIT 9:30a Church Transportation OUT 10:00a Streaming Church THR 12:30p Meijer OUT 1:00p Mahjong 2FR 2:00p BINGO with Shirley AR 3:00p Movie-Tina Turner Simply the best THR 3:00p Billiards CAF			9:30a Morning Walking Club FIT 11:00a 11:00 Soaring Eagle Casino OUT 11:00a Zumba Gold FIT 11:30a Mobile Sec of State CAF 1:00p Capital Area Mobile Library 2:00p Steve B Entertains CAF 4:00p Scrabble CAF 6:00p Movie Night-The last song THR			9:30a Scheduled Personal trips OUT 11:00a Cardio Drumming FIT 1:00p Therapist-Instructed Class AR 2:00p Readycare Townhall CAF 2:00p Trivia Challenge AR 3:00p Euchre CAF 3:00p Happy Hour CAF 6:00p Movie Night-Tina Turner Simply the best THR			9:00a Coffee with Jen / ED CAF 9:30a Morning Walking Club FIT 10:00a Color Tour OUT 11:00a Zumba FIT 1:30p Bible Study AR 1:30p Brain Exercise THR 2:00p Pumpkin Decorating Contest CAF 6:00p Classic Movie Night - Legends of			9:30a Scheduled Personal Trips OUT 11:00a Yoga with Jess FIT 1:00p Mahjong 2FR 2:00p Junie B Jones w/ Susie THR 3:00p Happy Hour & Euchre! CAF 6:00p Master Class -Reduce Stress THR			10:00a Coffee & Convo FR 11:00a ZUMBA FIT 11:30a Old Country Mill OUT 1:00p Sequence Board Games 2FR 2:00p Ambassador floor mtg PR 3:00p Happy Hour & Euchre CAF 6:00p Movie Night- Eat, Pray, Love THR			7:00a MSU VS, U OF M- Time TBD 8:30a TV Guided Chair Exercise FIT 10:30a Scrapbooking AR 1:30p Rummy AR 3:00p Mid day Movie- The Great Gatsby THR 4:00p 2nd, 3rd & 4th Floor Puzzle Hour 6:00p Master Class -Skin Health THR		
26			27			28			29			30			31 HALLOWEEN					
9:00a Morning Stretching- TV GuidedFIT 9:30a Church Transportation OUT 10:00a Streaming Church THR 1:00p Mahjong 2FR 2:00p BINGO with Shirley AR 3:00p Movie- The Last Song THR 3:00p Billiards CAF 3:00p Kroger OUT 6:00p Game Night - Chess or Checkers			9:30a Morning Walking Club FIT 11:00a Zumba Gold FIT 11:30a Fiesta Charra Lunch OUT 1:00p Capital Area Mobile Library 2:00p Ambassador Meeting THR 3:00p Trivia Challenge AR 4:00p Scrabble CAF 6:00p Movie- Napoleon Dynamite THR 6:00p Late Night Card Games 2FR			9:30a Scheduled Personal trips OUT 11:00a Cardio Drumming FIT 2:00p Town Hall Meeting CAF 3:00p Euchre CAF 3:00p Happy Hour CAF 6:00p Movie- Mystic Pizza THR			9:00a Coffee with Jen / ED CAF 9:30a Morning Walking Club FIT 11:00a Zumba FIT 1:30p Bible Study AR 2:00p Resident Birthday Party CAF 2:00p Piano Man Performs CAF 6:00p Movie- Crazy on the Outside THR			9:30a Scheduled Personal Trips OUT 11:00a Yoga with Jess FIT 1:00p Mahjong 2FR 2:00p New Resident Party CAF 3:00p Happy Hour & Euchre! CAF 6:00p Master Class - Gut Health THR			10:00a Coffee & Convo FR 11:00a ZUMBA FIT 1:00p Sequence Board Games 2FR 2:00p Halloween Social- Come dressed up! CAF 3:00p Euchre CAF 3:00p Happy Hour CAF 6:00p Movie- Hocus Pocus THR					