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**American
House**
SENIOR LIVING COMMUNITIES

WHEN THE WORLD CAME TO MONTREAL IN 1967

Canada's Expo 67 stands as one of the most successful World's Fair ever held. The event provided an opportunity for Montreal to showcase its cultural and technological achievements on a global platform. With over 50 million visitors in just six months, it shattered attendance records, including an astonishing 569,500 visitors in a single day.

One of the main features of Expo 67 was its innovative site, which was located on artificial islands in the St. Lawrence River. Instead of selecting an existing landmass, Mayor Drapeau supported the creation of Notre Dame Island and the expansion of Saint Helen's Island.

Visitors to the Expo 67 enjoyed stunning architecture, new films and cinematic techniques, exhibits, rides and world-class artistic performances. Over 60 pavilions were built, including America's giant spherical bubble and Germany's iconic 15-story free-form tent. When completed, this World's Fair seemed like the future brought to life with its landscaped, urban, automobile-free environment.

Quote of the Month

"Everything I like is either illegal, immoral or fattening."

- Alexander Woolcott

EVERY MOMENT TELLS A STORY



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MOUNT PROSPECT ASSISTED LIVING

DECEMBER 2025

LIFE ENRICHMENT INSPIRES MAGIC, CONNECTION AND GROWTH

In the first week of October, members of the Life Enrichment team came together from across the country to American House HQ in Southfield, Michigan, for their "Be Our Guest" event. Amy Wallace, Corporate Director of Life Enrichment, summed up the spirit of the conference best when she said, "Our commitment to excellence begins with our teams staying educated, inspired and ready to enrich our residents' lives."



Held over two unforgettable days, the event was nothing short of magical. The excitement began bright and early as attendees arrived for registration and a lively ice breaker set the tone for fun and connection. Energy filled the room as familiar faces reconnected and new friendships were made. Highlights included Joe Graham's Conflict Resolution session—a theme that resonated deeply with the teams—a cooking demo by Chef Scott and Chef Dave, and Kathleen Sable from Alzheimer's Association shared powerful insights and resources.

The Life Enrichment team was also inspired by innovative breakout sessions by Holly Henderson, Kat Walker, Gina Rappuhn, Shelly Goggins, Jo Tsamaidis and Erin Bailess to round out a conference of creativity and camaraderie.



DECEMBER 2025 EVENTS

- Tuesday Coffee Klatch
- Jane Allyson Performs- 12/5
- Happy Hour w/ Tony K- 12/10
- Resident Council- 12/10
- Snow Globe Gala- 12/11
- Muzik Engine Performs- 12/17
- Christmas Day- 12/25
- Happy Hour w. Chris M- 12/26
- NYE w/ David Caplan- 12/31

DAY TWO OF THE "BE OUR GUEST" CONFERENCE

After gathering for coffee the next morning, Amy Wallace led a discussion on Family Night 2026 and The Longevity League that sparked creativity and connection. Jill Marcum's session on AI explored how new technologies enhance engagement, and Karisa Reilly followed with an inspiring look at 5-Star Hospitality. Eric Walther ended the conference with a reminder that real magic lies in who we are: passionate professionals with heart. Jill noted that when "... our teams feel valued and educated, they make every day brighter for our residents."

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



LOCATION KEY		
2LI 2 nd Floor Library	MCC Memory Care Courtyard	MCS Memory Care Sunroom
AR Activity Room	MCG Memory Care Garden	PD Private Dining
B Bistro	Courtyard	THR Theater
BPA Bistro Patio	MCK Memory Care Kitchenette	
LO Lobby	MCL Memory Care Living Room	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
December 2025								
01		02		03		04 NATIONAL COOKIE DAY		
 10:00a Workout w/ Paxxon THR 11:00a Parkinsons & Pals Class THR 1:00p Bingo! AR 2:00p Menu Chat THR 3:00p Mimosas & Music THR 6:00p Movie Night THR		10:00a Morning Coffee Klatch PD 11:00a Sit and Spike Volleyball THR 1:00p <i>WhiskTakers: Winter Fruit Salad</i> B 2:00p Landmarks: Rome THR 3:30p Midday Meditation & Tea THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 1:00p Bingo! AR 2:00p Outing: Target LO 3:00p Happy Hour B 6:00p Movie Night THR		10:00a Fitness Ball Workout THR 10:30a Daily Chronicle THR 11:00a Outing: Lunch- Resident's Choice THR 1:00p Tech Savvy Class 2LI 2:00p Bunco AR 3:00p Holiday Voices Rehearsal LO 6:00p Movie Night THR	05 NATIONAL BARTENDER DAY 10:00a Seated Yoga THR 10:30a Daily Chronicle THR 11:00a Jeopardy THR 1:00p Bingo! AR 2:00p Ambassador's Society Mtg. THR 3:00p Happy Hour w/ Jane Allyson B 6:00p Movie Night THR	06 WORLD PEAR DAY 10:00a Workout w/ Paxxon THR 10:30a Daily Chronicle THR 11:00a Family Feud THR 1:00p Maker's Table: Christmas Cards AR 3:00p Scrabble AR 4:00p Outing: Mt. Prospect Community Band Concert LO 6:00p Movie Night THR
07 PEARL HARBOR REMEMBRANCE DAY		08		09		10		
9:30a <i>Virtual Mass: Holy Name Cathedral</i> THR 1:00p Midday Movement 2LI 1:30p Cool-down & Meditation 2LI 2:00p Dominos AR 3:00p Sunday Series THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 11:00a Parkinsons & Pals Class THR 1:00p Bingo! AR 2:00p Menu Chat THR 3:00p Mimosas & Music THR 6:00p Movie Night THR		10:00a Morning Coffee Klatch PD 11:00a Sit and Spike Volleyball THR 1:00p <i>WhiskTakers: Peanut Blossoms</i> B 2:00p BINGO STORE AR 3:30p Midday Meditation & Tea THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 1:00p Bingo! AR 2:00p Book Club w/ Rachel L. PD 2:30p Resident Council Meeting THR 3:00p Happy Hour w/ Tony K. B 6:00p Movie Night THR	11 10:00a Fitness Ball Workout THR 10:30a Daily Chronicle THR 11:00a Sit and Spike Volleyball THR 5:00p Family Night Event: Snow Globe Gala B 6:00p Movie Night THR	
14		15 1ST DAY OF HANUKKAH		16		17		
9:30a <i>Virtual Mass: Holy Name Cathedral</i> THR 1:30p Mass w/ Fr. John Hoffman THR 2:00p Dominos AR 3:00p Sunday Series THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 10:30a Comfort Dog Visit LO 11:00a Parkinsons & Pals Class THR 1:00p Bingo! AR 2:00p Menu Chat THR 3:00p Mimosas & Music THR 6:00p Movie Night THR		10:00a Morning Coffee Klatch PD 11:00a Sit and Spike Volleyball THR 1:00p <i>WhiskTakers: Rum Balls</i> B 2:00p Landmarks: Holy Lands THR 3:30p Midday Meditation & Tea THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 1:00p Bingo! AR 2:00p Resident Town Hall THR 3:00p Happy Hour w/ Muzik Engine B 5:30p Outing: Holiday Light Drive LO 6:00p Movie Night THR	18 NATIONAL TWIN DAY 10:00a Fitness Ball Workout THR 10:30a Daily Chronicle THR 11:00a Sit and Spike Volleyball THR 1:00p Tech Savvy Class 2LI 2:00p Bunco AR 3:00p Holiday Voices Rehearsal LO 5:30p Craft w/ Robert Frost Elementary THR	
21		22		23		24 CHRISTMAS EVE		
9:30a <i>Virtual Mass: Holy Name Cathedral</i> THR 1:00p Midday Movement 2LI 1:30p Cool-down & Meditation 2LI 2:00p Dominos AR 3:00p Sunday Series THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 11:00a Parkinsons & Pals Class THR 1:00p Bingo! AR 2:00p Menu Chat THR 3:00p Mimosas & Music THR 6:00p Movie Night THR		10:00a Morning Coffee Klatch PD 11:00a Sit and Spike Volleyball THR 1:00p Demo: Cheesecake w/ Savannah B 2:00p Landmarks: European Christmas THR 3:30p Midday Meditation & Tea THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 10:30a Learning: Christmas in Mexico THR 1:00p Loteria Holiday Bingo! AR 3:00p Feliz Navidad Fiesta B 6:00p Movie Night THR	25 CHRISTMAS DAY 10:00a Holiday Hand Massages PD 11:00a Sit and Spike Volleyball THR 1:00p Reading Circle: Holiday Stories 2LI 2:00p Hot Cocoa Bar AR 6:00p Holiday Movie Night THR	
28		29		30		31 NEW YEAR'S EVE		
9:30a <i>Virtual Mass: Holy Name Cathedral</i> THR 1:30p Mass w/ Fr. John Hoffman THR 2:00p Dominos AR 3:00p Sunday Series THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 11:00a Parkinsons & Pals Class THR 1:00p Bingo! AR 2:00p Menu Chat THR 3:00p Mimosas & Music THR 6:00p Movie Night THR		10:00a Morning Coffee Klatch PD 11:00a Sit and Spike Volleyball THR 1:00p <i>WhiskTakers: Sparkling Sangria</i> B 2:00p Landmarks: Times Square THR 3:30p Midday Meditation & Tea THR 6:00p Movie Night THR		10:00a Workout w/ Paxxon THR 12:00p Countdown To Noon B 1:00p Bingo! AR 2:00p Monthly Calendar Discussion THR 3:00p NYE Party w/ David Caplan B 6:00p Movie Night THR	BIRTHDAYS Barbara R. 12/4 Ginny L. 12/7 Naimi A. 12/10 Edith O 12/24 Rose W. 12/26 Nico C. 12/28 Ron G. 12/28 Nancy M. 12/29	

All activities subject to change.