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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.

STERLING MEADOWS STERLING MEADOWS

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 Party-Lukas
- Neon Glow Family Night
- Saturday Socials
- Meet & Greet New Residents
- Pink Party-BCAM.
- Painting Pumpkins
- Trick or Treat Family Night
- Spooky Sights Bus Tour
- Halloween Costume Party
- Boo Bash-Majik Mike

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					
															1FL	1 st Floor	AR	Activity Room	AC	Anytime Cafe
BIRTHDAYS						01			02			YOM KIPPUR			03			04		
Ann L. 10/10 Jeff J. 10/26 Catherine H. 10/28 Elizabeth S. 10/30 Katherine S. 10/30 Catherine M. 10/31						10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Walk & Talk LO 12:00p Popcorn Day AC 1:30p Wheel of Fortune MPR 3:00p Prize Bingo MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Coffee & Conversation AC 11:00a Pet Therapy LO 2:00p Move & Groove w/Kathleen MPR 3:00p 21 Blackjack w/Tina from Humana MPR 6:00p Games with Friends AC			8:00a Cheri's Salon 1FL 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 2:30p Birthday Party-Bella Musica MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Stretch with Carol MPR 12:30p Aileen's S. Animal Raffle DR 2:00p Saturday Social 1FL 4:00p Fraser Library Workshop 1FL 5:45p Movie MPR					
05			06			07			08			09			10			11		
9:30a Mass & Com. MPR 10:30a Puzzle Fun w/Friends AC 11:00a Popcorn Day AC 3:00p \$3 Bingo MPR 3:30p Creative Coloring AC 4:25p Lions vs. Bengals MPR			9:30a Guaranteed Hearing AR 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Walk & Talk LO 11:00a Walk & Talk LO 1:30p Oktoberfest Party-Lukas MPR 3:00p Stretch with Carol MPR 6:00p Games with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Wellness U: Blindness 1FL 1:00p Tea w/Tammy AC 1:45p Match-Up Game MPR 6:00p Games with Friends AC 6:00p \$3 Bingo MPR			10:00a Chair Exercise MPR 10:45a Lunch at Ruby's Chinese LO 11:00a Walk & Talk LO 12:00p Popcorn Day AC 1:30p Wheel of Fortune MPR 3:00p Prize Bingo MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Coffee & Conversation AC 11:00a Community Store MPR 1:00p Art & Design MPR 5:00p Neon Glow Family Night DR 6:00p Games with Friends AC			8:00a Cheri's Salon 1FL 9:30a Shopping at Aldi LO 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 1:00p Brain Trivia & Fitness w/Steve MPR 2:30p Music with Theo MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Stretch with Carol MPR 12:30p Aileen's S. Animal Raffle DR 2:00p Saturday's Meet & Greet 1FL 2:00p Saturday Social 1FL 2:00p Meet & Greet Social AC 5:45p Movie MPR		
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18		
9:30a Mass & Com. MPR 10:30a Puzzle Fun w/Friends AC 11:00a Popcorn Day AC 1:30p Music with Suzi MPR 3:00p \$3 Bingo MPR 3:30p Creative Coloring AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Walk & Talk LO 1:00p Activity Chat AC 3:00p Stretch with Carol MPR 6:00p Games with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 2:00p Resident Town Hall DR 3:00p Music & Movement w/Linda MPR 6:00p Games with Friends AC 6:00p \$3 Bingo MPR			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Walk & Talk LO 12:00p Popcorn Day AC 1:30p Wheel of Fortune MPR 3:00p Prize Bingo MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			9:30a Orchard, Lunch & Tilson Tour LO 9:30a Orchard, Lunch & Tilson St. Tour LO 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Coffee & Conversation AC 2:00p Decorating Cookies AC 6:00p Games with Friends AC			8:00a Cheri's Salon 1FL 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 1:00p "Pink Party" Breast Cancer Awareness MPR 2:30p Music with Bobby MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Stretch with Carol MPR 12:30p Aileen's S. Animal Raffle DR 2:00p Saturday Social 1FL 4:00p Fraser Library Workshop 1FL 5:45p Movie MPR		
19			20			21 DIWALI			22			23			24			25		
9:30a Mass & Com. MPR 10:30a Puzzle Fun w/Friends AC 11:00a Popcorn Day AC 1:30p Music with Frank MPR 3:00p \$3 Bingo MPR 3:30p Creative Coloring AC 6:00p Rummikub AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Walk & Talk LO 1:00p Pumkin Painting MPR 3:00p Stretch with Carol MPR 6:00p Games with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 2:00p Games Day w/Ilesha & Balanced Care MPR 6:00p Games with Friends AC 6:00p \$3 Bingo MPR			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Walk & Talk LO 12:00p Popcorn Day AC 1:30p Wheel of Fortune MPR 3:00p Prize Bingo MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Coffee & Conversation AC 1:00p Friend Feud Game MPR 2:00p Polish-American Cooking Demo DR 6:00p Family Trick or Treat Night AC			8:00a Cheri's Salon 1FL 9:30a Shopping at Meijer LO 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 1:00p Menu Chat with Morisa AC 2:30p Happy Hour-Terry MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Stretch with Carol MPR 12:30p Aileen's S. Animal Raffle DR 2:00p Saturday Social 1FL 5:45p Movie MPR		
26			27			28			29			30			31 HALLOWEEN					
9:30a Mass & Com. MPR 10:30a Puzzle Fun w/Friends AC 11:00a Popcorn Day AC 1:00p Crafternoon AC 3:00p \$3 Bingo MPR 3:30p Creative Coloring AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Walk & Talk LO 3:00p Stretch with Carol MPR 4:00p Word Puzzles AC 6:00p Games with Friends AC 6:00p Spooky Sights Bus Tour LO			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 1:00p Paint & Sip MPR 3:00p Music & Movement w/Linda MPR 6:00p Games with Friends AC 6:00p \$3 Bingo MPR			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 11:00a Walk & Talk LO 12:00p Popcorn Day AC 1:30p Wheel of Fortune MPR 3:00p Prize Bingo MPR 6:00p Put & Take Game with Don MPR 7:30p Rummikub with Friends AC			10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 10:30a Coffee & Conversation AC 2:00p Halloween Costume Party DR 6:00p Games with Friends AC			8:00a Cheri's Salon 1FL 10:00a Chair Exercise MPR 10:30a Puzzle Fun w/Friends AC 6:00p Put & Take Game with Don MPR 6:00p Boo Bash-Majik Mike MPR 7:30p Rummikub with Friends AC					