

Don't forget to sign up for outings!
Sign up book located in 2nd FL Cafe M/W/F; 3rd FL Cafe T/TH/S.
Must have 5 people for an outing.



Happy Birthday!

Effie P. 9/4
Jerry B. 9/15
Ursula S. 9/19
Irene L. 9/20
Elizabeth R. 9/29

Birthday Celebration 9/22

Enjoy live entertainment by Dorothy Martin @ 4p.m. in the Parlor, then have cake & ice cream for dessert after dinner.

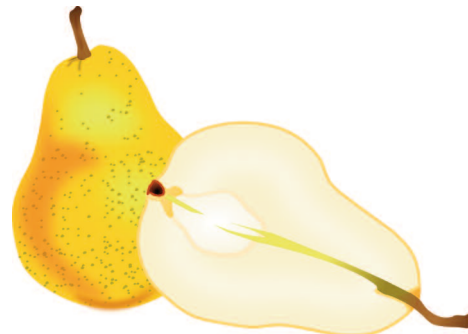
Happy Birthday to all those born in September!

Interesting Pear Facts

By: Brian Rosso RD

I hope you find the following pear facts interesting and informative.

- The first pear tree was planted in 1620 in America.
 - 1 pear is only 100 calories
 - low in fat
 - Good source of Vitamin C and Fiber
 - A fresh pear is ripe when the stem area of the pear is soft when gentle pressure is applied. If the middle of the pear is soft to the touch, the pear is over ripe.
 - Michigan ranks number 5 in regards to harvesting pears. the top 2 pear varieties grown in MI are Bartlett & Bosc.
 - Here is a list of other pear types available...
 - Anjou: sweet with a citrus flavor
 - Comice: sweet with a buttery taste
 - Concorde: crunchy with a vanilla flavor
 - Seckel: small in size and very sweet
- Check the cafe for a fresh pear today!



MOVIES & OUTINGS

Feature Films:

9/2 Valkyrie 6p.m. (2TH)
9/4 Grease 6p.m. (3TH)
9/11 World Trade Center 2p.m. (3TH)
9/16 Remember the Titans 6p.m. (2TH)
9/18 West Side Story 2p.m. (3TH)

9/23 War of the Worlds 6p.m. (2TH)
9/25 The Verdict 2p.m. (3TH)
9/30 Iron Lady 6p.m. (2TH)
Sunday Show: "The Crown" 2p.m (2TH)
Wednesday Show: "Downton Abbey" 2p.m (2TH)

Outings:

9/8 11:30 Lunch Club @ Steve's Backroom*
9/11 2:15 Corn "Picking" Shopping
9/12 10:00 Shopping @ Target
9/29 9:00 Greektown Casino
*Don't forget to sign up for outings

★ THE PATRIOT ★

AmericanHouse.com

Grosse Pointe

September 2017

American House
SENIOR LIVING COMMUNITIES

Grosse Pointe
(313) 228-4090

161 Kercheval Avenue
Grosse Pointe Farms, MI 48236

Your Friendly Staff
(313) 939-2637

Executive Director
Anne Sadler

Assistant Director
Leticia Dusing

Life Enrichment Director
Samantha Osterhout

Culinary Director
Larry Baumgart

Housekeeping Supervisor
Ashley Riley

The Medical Team
(313) 939-2636

Nurse
Lisa Payne



Grandparents Day

Join us on Sunday, September 10th from Noon-2p.m. on the Terrace for our carnival themed event to celebrate Grandparents Day! Families please R.S.V.P to the Front Desk.



Resident Appreciation Week

This year grandparents day will be the kickoff event for our Resident Appreciation Week. During the week of September 11-15 watch for our various themed activities to show our appreciation to all of our residents: milk & cookies night, roasted corn on the cob, eggs your way, ice cream social, residnet appreciation dinner & happy hour with a signature drink served. We hope to see you at all of our fun events for this week!

Resident Meetings

2nd Floor Meetings:

Wednesday, Sept 6 @ 1p.m. - Resident Council (Parlor)

Wednesday, Sept 13 @ 1:15p.m. - Food Meeting (Parlor)

3rd Floor Meetings:

Tuesday, Sept 12 @ 1p.m. - Resident Council (3rd FL Theater)

Wednesday, Sept 13 @ 12:30p.m. - Food Meeting (Dining Room)

iPad & Technology Help

If you have any questions or need assistance with your technology devices, stop by Happy Hour and see one of the Life Enrichment Staff. We will gladly help.

Flu Shot Clinic

We will be offering flu shots this year provided by Henry Ford Health Systems. Flu shots will be given on Wednesday, September 20th from 8a.m.-12p.m. You **must** pre-register at the Front Desk to receive a flu shot by Thursday, September 14th.

You will need to bring a copy of your picture ID and your insurance card when you pre-register for the flu shot. *The Front Desk staff can make a copy if you need them to, just ask

Free Hearing Aid Cleanings

Thursday, September 28th starting @ 9a.m.

They also sell batteries for \$5/pack

Transportation

For Doctor Appointments:

Please fill out a request form and turn into the Front Desk at least 3-4 days prior to your appointment for the complimentary shuttle service.

Appointments must be within a 10-mile radius of our location.

Appointment transportation days: Mondays & Thursdays, between 9:30a.m. - 4:00p.m.



Congratulations Bob A. on your 100th birthday in August

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Grosse Pointe
(313) 228-4090
161 Kercheval Avenue
Grosse Pointe Farms MI
48236



1			2		
10:00	Weighted Exercise	2AR	10:00	Morning Exercise	2AR
10:00	Yarn Crafts	3LG	11:00	Art & Puzzles	PUZ
	w/Barbara \$5/hr		2:00	Bingo! \$1.25/card	3DR
11:00	Name That Tune	3AC	6:00	Evening Movie	2TH
2:00	Bocce Ball	TER			
3:30	Entertainment ft. Patrick Michael	PAR			
8			9		
10:00	Stretch & Strengthen	2AR	10:00	Morning Exercise	2AR
10:00	Yarn Crafts	3LG	11:00	Art & Puzzles	PUZ
	w/Barbara \$5/hr		2:00	Bingo! \$1.25/card	3DR
11:30	Lunch Club	OUT	6:00	Laurie Strachan Entertains	PAR
2:30	Show & Share	PAR			
4:00	Entertainment ft. Dr. Butler	PAR			
15			16		
10:00	Weighted Exercise	2AR	10:00	Morning Exercise	2AR
10:00	Yarn Crafts	3LG	11:00	Art & Puzzles	PUZ
	w/Barbara \$5/hr		2:00	Bingo! \$1.25/card	3DR
11:00	You Be The Judge	3AC	6:00	Evening Movie	2TH
	Resident Appreciation Meal				
2:00	Fall Door Wreath	2AR			
4:00	Happy Hour ft. Dan Bergen	PAR			
22			23		
10:00	Stretch & Strengthen	2AR	10:00	Morning Exercise	2AR
10:00	Yarn Crafts	3LG	11:00	Art & Puzzles	PUZ
	w/Barbara \$5/hr		2:00	Bingo! \$1.25/card	3DR
11:00	30 Second Mysteries	3AC	6:00	Evening Movie	2TH
4:00	Birthday Celebration ft. Dorothy Martin	PAR			
29			30		
9:00	Greektown Casino	OUT	10:00	Morning Exercise	2AR
10:00	Weighted Exercise	2AR	11:00	Art & Puzzles	PUZ
10:00	Yarn Crafts	3LG	2:00	Bingo! \$1.25/card	3DR
	w/Barbara \$5/hr		6:00	Evening Movie	2TH
11:00	Jigsaw Puzzle	3LG			
2:00	Craft: Reversible Scarecrow	2AR			
3:30	Entertainment ft. Jef Fisk	PAR			

2AC 2nd Floor Cafe
2AR 2nd Floor Activity Room
2TH 2nd Floor Theater
PAR 2nd Floor Parlor
TER Terrace
FIT Fitness Room
3AC 3rd Floor Cafe
3DR 3rd Floor Dining Room
3TH 3rd Floor Theater
3LG 3rd Floor Lounge
OUT Outing
PUZ D.I.Y. Puzzle Page Box



Activities are subject to change