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

* #PAIRI® *

AmericanHouse.com

Grosse Pointe

September 2017



Grosse Pointe (313) 228-4090

161 Kercheval Avenue Grosse Pointe Farms, MI 48236

Your Friendly Staff

(313) 939-2637

Executive DirectorAnne 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 apprecitation to all of our residents: milk & cookies night, roasted corn on the cob, eggs your way, ice cream social, residnet apprectiation 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 raduis of our location.

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



Congratulations Bob A. on your 100th birthday in August

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
American House SENIOR LIVING COMMUNITIES	Grosse Pointe (313) 228-4090 161 Kercheval Avenue Grosse Pointe Farms MI 48236				10:00 Weighted Exercise 2AR 10:00 Yarn Crafts 3LG w/Barbara \$5/hr 11:00 Name That Tune 3AC 2:00 Bocce Ball TER 3:30 Entertainment ft. Patrick Michael	2 10:00 Morning Exercise 2AR 11:00 Art & Puzzles PUZ 2:00 Bingo! \$1.25/card 3DR 6:00 Evening Movie 2TH
3	4 Labor Day	5	6	7	8	9
10:00 Independent Exercise FIT 10:00 Walking Club 11:00 Art & Puzzles PUZ 2:00 Show: The Crown 1 2TH	10:00 Communion & 3TH Rosary Prayer* 11:00 Labor Day Puzzles PUZ 2:00 Prize Bingo! 3DR \$1.25/card 4:00 Happy Hour PAR 6:00 Movie & Popcorn 2TH	10:00 Seated Workout 2AR 10:15 Shopping in the Village 2:00 Floral Creations 2AR 4:00 Happy Hour PAR	9:30 B.P. Check by Henry 2AC Ford 10:00 Chair Yoga 2AR 10:30 St. Paul's Service 2TH 11:00 St. Paul's Service 3TH 11:30 September Trivia 3AC 1:00 2nd FL Resident PAR Council 2:00 Downton Abbey 2TH 4:00 Happy Hour PAR	10:00 Noodle Exercise 2AR 11:00 Sequence 3AC 2:00 Bingo! \$1.25/card 3DR 4:00 Happy Hour PAR	10:00 Stretch & Strengthen 2AR 10:00 Yarn Crafts 3LG w/Barbara \$5/hr 11:30 Lunch Club OUT 2:30 Show & Share PAR 4:00 Entertainment PAR ft. Dr. Butler	10:00 Morning Exercise 2AR 11:00 Art & Puzzles PUZ 2:00 Bingo! \$1.25/card 3DR 6:00 Laurie Strachan PAR Entertains
10	11	12	13	14	15	16
10:00 Independent Exercise FIT 10:00 Walking Club 12:00 Grandparents Day* TER 11:00 Art & Puzzles PUZ	10:00 Communion & 3TH Rosary Prayer 11:00 Book Club 2AC 2:00 Matinee Movie 3TH 2:30 Corn "Picking" OUT Shopping 4:00 Happy Hour PAR 6:00 Milk & Cookies Delivered	Nails by Kim (sign up) 10:00 Sit & Stretch 2AR 10:00 Shopping @ Target OUT Roasted Corn @ Lunch 1:00 3rd FL Resident 3TH Council 2:00 Floral Creations 2AR 4:00 Happy Hour PAR	"Eggs Your Way" 10:00 Exercise 2AR 10:30 St. Paul's Service 2TH 11:00 St. Paul's Service 3TH 11:30 Random Trivia 3AC 2:00 Downton Abbey 2TH 2:30 Fitness Room FIT Education 4:00 Happy Hour PAR	10:00 Morning Stretch 2AR 11:00 Jumbline 3TH 2:00 Bingo! \$1.25/card 3DR 3:30 Ice Cream Social TER 7:00 "The Festival PAR Flutes"	10:00 Weighted Exercise 2AR 10:00 Yarn Crafts 3LG w/Barbara \$5/hr 11:00 You Be The Judge 3AC Resident Appreciation Meal 2:00 Fall Door Wreath 2AR 4:00 Happy Hour ft. Dan PAR Bergen	10:00 Morning Exercise 2AR 11:00 Art & Puzzles PUZ 2:00 Bingo! \$1.25/card 3DR 6:00 Evening Movie 2TH
17	18	19	20	21	22	23
10:00 Independent Exercise FIT 10:00 Walking Club 11:00 Art & Puzzles PUZ 2:00 Show: The Crown 2 2TH	10:00 Communion & 3TH Rosary Prayer 11:00 Cranium Crunchs PAR 2:00 Matinee Movie 3TH 4:00 Happy Hour PAR	10:00 Seated Workout 2AR 10:15 Shopping in the Village 2:00 Floral Creations 2AR 4:00 Happy Hour PAR	8:00 Flu Clinic* 10:00 Chair Yoga 2AR 10:30 St. Paul's Service 2TH 11:00 St. Paul's Service 3TH 11:30 All About 3AC Oktoberfest 2:00 Downton Abbey 2TH 4:00 Happy Hour PAR	10:00 Noodle Exercise 2AR 11:00 Sevens (Cards) 3AC 2:00 Bingo! \$1.25/card 3DR 4:00 Happy Hour PAR	10:00 Stretch & Strengthen 2AR 10:00 Yarn Crafts 3LG w/Barbara \$5/hr 11:00 30 Second Mysteries 3AC 4:00 Birthday Celebration PAR ft. Dorothy Martin	10:00 Morning Exercise 2AR 11:00 Art & Puzzles PUZ 2:00 Bingo! \$1.25/card 3DR 6:00 Evening Movie 2TH
24	25	26	27	28	29	30
10:00 Independent Exercise FIT 10:00 Walking Club 11:00 Art & Puzzles PUZ 2:00 Show: The Crown 3 2TH	10:00 Communion & 3TH Rosary Prayer 11:00 Wheel of Fortune PAR 2:00 Matinee Movie 3TH 4:00 Happy Hour PAR	10:00 Sit & Stretch 2AR 10:15 Shopping in the Village 2:00 Floral Creations 2AR 2:00 Brain Storm PAR Education 4:00 Happy Hour PAR	10:00 Exercise 2AR 10:30 LOAL Dogs Visit 3LG 10:30 St. Paul's Service 2TH 11:00 LOAL Dogs Visit PAR 11:00 St. Paul's Service 3TH 2:00 Downton Abbey 2TH 3:30 AG: Online Safety 4:00 Happy Hour PAR	9:00 FREE Hearing Aid Cleanings 10:00 Morning Stretch 2AR 11:00 Apple Cider & 3AC Donuts 2:00 Bingo! \$1.25/card 3DR 4:00 Happy Hour PAR	9:00 Greektown Casino OUT 10:00 Weighted Exercise 2AR 10:00 Yarn Crafts 3LG w/Barbara \$5/hr 11:00 Jigsaw Puzzle 3LG 2:00 Craft: Reversible 2AR Scarecrow 3:30 Entertainment ft. PAR Jef Fisk	10:00 Morning Exercise 2AR 11:00 Art & Puzzles PUZ 2:00 Bingo! \$1.25/card 3DR 6:00 Evening Movie 2TH

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