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Tomorrow, Together

“Let us put our minds together and see what life we can make for our children.”
—Sitting Bull

Health Literacy How-To

October is Health Literacy Month, and it means more than just being able to read the prescription. Health literacy means you’re able to find reliable sources, understand medical instructions and confidently ask your doctor questions. Here are a few tips to improve health literacy online and in the doctor’s office:

Online. Prioritize websites that end in .edu or .gov, especially prominent universities and government organizations. Be sure to verify information generated online by websites or artificial intelligence with a trusted health care provider.

In office. Write your questions down ahead of time, take notes and repeat back what you heard the medical provider say. This reduces the risk of assumptions or misunderstandings during the appointment.

Card Game Corner: Onze

Onze (pronounced “oh-nz”) is a trending rummy-style card game where the goal of the game is to get rid of cards as quickly as possible without earning penalties. Three to seven players can play onze — which is French for 11 — in about a half hour with just two decks and pen and paper for keeping score. Simply search online for a quick tutorial, and *amuse-toi* ... have fun!

October 2026

October Notables
Birthstone-Opal
Flower-Marigold
Zodiac Sign

October 1-23-Virgo October 24-31-Scorpio
Birthday Entertainment
October 21 @ 2:00p.m.-PC/DR
Mick Cochran



Happy Birthday

Happy Birthday

10/8 Michele Larson
10/24 Shirley Grim



October 2026

- AR

Activity Room-400 Hall
- CR

Community Room
- PC

Personal Care
- DR

Dining Room
- CH

Chapel

CB

Club

LB

Lobby

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Must Sign Up in Binder

BZ

Breezeway

LI

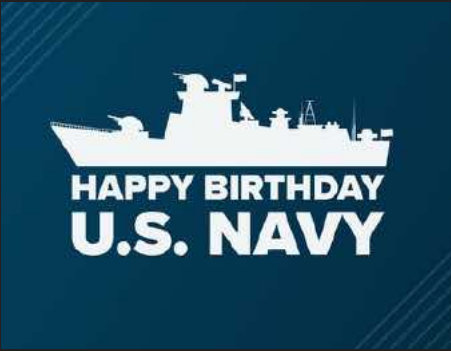
Library

GR

Game Room 600 Hall

CF

CONFERENCE ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4	 5	 6	 7	1 9:00 CR Exercise 11:00 CB Activity Mtg. w/Maureen 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study	2 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Shop Giant-LB 11:00 AR Town Hall Mtg. 1:00 CF Poker 1:30 LI "Book" club	3 9:00 CR Exercise 2:00 PC Bingo-DR
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 4	9:00 CR Exercise 9:30 ** Shop Giant-LB 2:00 PC Brad & Bren entertain 3:15 CB "Hearts" card game 5	9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 1:15 AR Voting Info 2:00 BZ Fox Fitness 3:00 CF Men's Gathering 6	9:00 CR Exercise 10:00 AR Manicures w/Vo-Tech 11:00 CB Olivia's House project 1:30 DR Bingo 3:00 CB Afternoon Movie 7	Happy Birthday Michele Larson 9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study 8	9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Trip to Stauffer's Cookie Outlet-LB 1:00 CF Poker 1:30 LI "Book" club 2:00 DR Hunter @ the Piano-PC 9	9:00 CR Exercise 2:00 PC Bingo-DR 10
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 11	Columbus Day 9:00 CR Exercise 10:15 ** Shop @ Price Rite 2:00 PC Adelynn Sings-DR 3:15 CB "Hearts" card game 12	9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:00 CF Men's Gathering 5:00 DR Dinner w/Maureen 13	9:00 CR Exercise 1:30 DR Bingo 3:00 CB Afternoon Movie 3:15 CR Guitar Mike entertainer 14	9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study 15	9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Shop @ Dollar Tree/General-LB 12:00 AR Veterans' Pizza Lunch 1:00 CF Poker 1:30 LI "Book" club 16	9:00 CR Exercise 2:00 PC Bingo-DR 17
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 18	9:00 CR Exercise 10:15 ** Shop @ Weis Mkts.-LB 11:30 ** Lunch to Lion's Pride 12:45 DR Food Comm. Mtg. 2:00 PC Ed entertains-DR 3:15 CB "Hearts" card game 19	9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 2:00 CR York's History w/Trains-Speaker 3:00 CF Men's Gathering 20	9:00 CR Exercise 12:00 CR Birthday Dinner-PC 1:30 DR Bingo 2:00 PC Mick entertains-DR 3:00 CB Afternoon Movie 21	9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study 22	9:00 CH Catholic Communion 9:00 CR Exercise 1:00 CF Poker 1:30 LI "Book" club 1:30 ** Trip to Dairy Queen-LB 23	Happy Birthday Shirley Grim 9:00 CR Exercise 2:00 PC Bingo-DR 24
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 25	9:00 CR Exercise 10:15 ** Shop @ Lidl's Grocery-LB 12:45 DR Town Hall Mtg. 2:00 PC "Sweet Life" entertains-DR 3:15 CB "Hearts" card game 26	9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:00 CF Men's Gathering 6:30 LB Halloween Fun Night 27	9:00 CR Exercise 1:30 DR Bingo 3:00 CB Afternoon Movie 28	9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study 29	9:00 CH Catholic Communion 9:00 CR Exercise 1:00 CF Poker 1:30 LI "Book" club 1:30 ** Trip to Shrewsbury Mkts.-LB 2:00 CR "History of the Mystery" speaker 30	HAPPY HALLOWEEN 9:00 CR Exercise 2:00 PC Bingo-DR 31



Costumes

Take a trip down memory lane with favorite costumes by decade.

Decade	Costumes
1960s	The Beatles, Barbie, the Addams Family and astronauts
1970s	Elvis, Willy Wonka, the Brady Bunch, Charlie's Angels, disco dancers and "Star Wars" characters
1980s	Indiana Jones, Madonna, Ghostbusters, Beetlejuice and the California Raisins
1990s	Marty McFly or Doc Brown of "Back to the Future," the Terminator, Power Rangers, Teenage Mutant Ninja Turtles and The Spice Girls
2000s	Harry Potter, Spider-Man, SpongeBob SquarePants and "Pirates of the Caribbean" characters
2010s	Minions from "Despicable Me," Elsa from "Frozen," the Avengers and zombies

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1950: American novelist William Faulkner wins the 1949 Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery.

2006: The U.S. population reaches 300 million.

2021: "No Time to Die," the 25th film in the "official" James Bond series, premieres in the U.S.