



1775 Powder Mill Road • York, PA 17403 • (717) 741-0961

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
Virgo/Scorpio
Birthday Entertainer
Mick Cocheran
October 21 @ 3:15



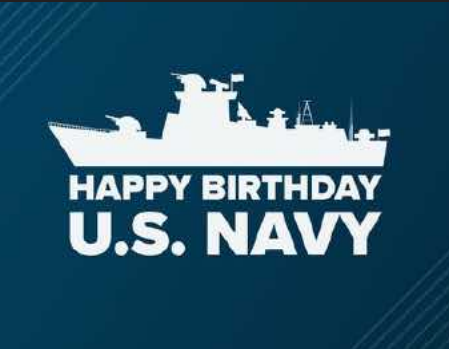
Happy Birthday

Happy Birthday

10/16 Sandy Brenneman
10/18 Gerry Anderson
10/26 Charlie Rineheart



October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Armchair Tour-Alaska 1:15 Fox Fitness w/Lisa 2:00 Food Fun w/Alicia 3:15 Happy Hour	2 9:00 Music Melodies 9:30 Country ride 10:00 Bingo 1:30 Fun w/Noodles 3:15 Snack Time	3 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
4 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	5 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Country ride 3:15 Snack Time	6 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Bean bag toss 1:00 Entertainment w/Mark 1:15 Fox Fitness w/Lisa 3:15 Snack Time 3:30 Williamson/Guitar	7 9:00 Music Melodies 9:30 Hokie Pokie Fun 10:00 Manicures w/Vo-Tech 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Snack Time	8 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Mary Kate @ the Harp 1:15 Fox Fitness w/Lisa 2:00 Fall Craft Fun 3:15 Happy Hour	9 9:00 Music Melodies 9:30 Noodle stretches 10:00 Bingo 1:30 Trip to Dairy Queen-LB 3:00 Snack Time 3:15 Hunter @ the Piano	10 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
11 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	12 Columbus Day 9:00 Music Melodies 9:30 Morning News 10:00 Kristy & Puck visit 10:30 Noodle stretches 2:00 Entertainment w/Pat 3:15 Snack Time	13 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Tabletop cornhole game 3:15 Snack Time 3:30 Williamson/Guitar	14 9:00 Music Melodies 9:30 Hokie Pokie Fun 10:00 A-Z Trivia 1:30 Nerf Games 2:00 Bingo 2:00 Mary Kate @ the Harp 3:15 Snack Time	15 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Armchair Tour-“Unseen Wonders” 1:15 Fox Fitness w/Lisa 2:00 Food Fun w/Alicia 3:15 Happy Hour	16 Happy Birthday Sandy Brenneman 9:00 Music Melodies 9:30 Noodle stretches 10:00 Bingo 1:30 Parachute Fun 3:15 Snack Time	17 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
18 Happy Birthday Gerry Anderson 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	19 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Country ride 2:00 Entertainment w/Joey D 3:15 Snack Time	20 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Entertainment w/Mark 3:15 Snack Time 3:30 Williamson/Guitar	21 9:00 Music Melodies 9:30 Hokie Pokie Fun 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Mick entertains 3:15 Snack Time	22 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Mary Kate @ the Harp 1:15 Fox Fitness w/Lisa 2:00 Fall Craft Fun 3:15 Happy Hour	23 9:00 Music Melodies 9:30 Noodle stretches 10:00 Bingo 3:15 Snack Time	24 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
25 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	26 Happy Birthday Charlie Rineheart 9:00 Music Melodies 9:30 Morning News 10:00 Kristy & Puck visit 10:30 Noodle stretches 1:15 Country ride 3:15 Snack Time 3:30 “Sweet Life” entertains	27 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 3:15 Snack Time 3:30 Williamson/Guitar 6:30 Halloween Fun Night	28 9:00 Music Melodies 9:30 Hokie Pokie Fun 10:15 Nerf Games 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Snack Time	29 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Armchair Tour- Massachusetts 1:15 Fox Fitness w/Lisa 2:00 Cookie decorating 3:15 Happy Hour	30 9:00 Music Melodies 9:30 Country ride 10:00 Bingo 1:30 Noodle stretches 3:15 Snack Time	31 HAPPY HALLOWEEN 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time



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.