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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
Birthday Dinner
October 21 @ Noon
Entertainer - Mick Cochran
2:00 p.m. - DR
Notables
Birthstone: Opal
Flower: Marigold
Zodiac Sign:
Libra Oct 1-22 Scorpio Oct. 23-Oct. 30



Happy **Birthday**

Happy Birthday

10/7	Bob Shimmel
10/13	Mary Guide
10/17	Paul Young
10/20	Russ Bufflap
10/21	Gene Dyke
10/22	Mabel Rittenhouse
	Victor Cole
10/31	Bill Boone



October 2026

- CH

Chapel 300 Hall
- GR

Game Room 600 Hall
- AR

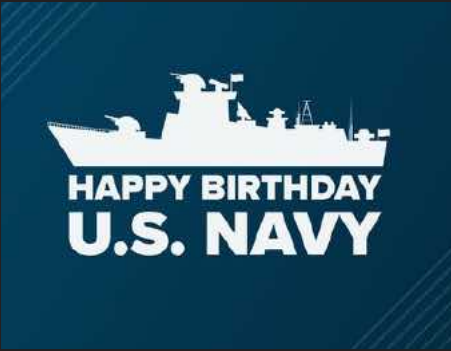
Activity Room 400 Hall
- DR

Dining Room
- CR

Community Room
- **

Must Sign Up in AR
- P

Porch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4	 5	 6	 7	1 9:00 CR Exercise 10:00 AR "Let's Roll" Game 10:15 GR <i>Vet's Coffee/Donuts w/Dominic</i> 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar	2 9:00 CH Catholic Communion 9:00 CR Exercise 10:00 AR Left, Right Center game 1:00 AR <i>Activity Mtg. w/Maureen</i> 1:30 ** <i>Country ride-LB</i> 3:15 AR "Hearts" card game	3 9:00 CR Exercise 10:00 AR Coffee & News 2:00 DR Bingo 3:15 P Drinks on the Porch
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy 4	9:00 CR Exercise 9:30 ** <i>Shop Giant - LB</i> 10:00 AR Pokeno 2:00 DR <i>Brad & Bren entertain</i> 3:15 AR Trivia 5	9:00 CR Exercise 10:00 CH Devotions 10:15 AR "Hoy" Card Game 1:15 AR <i>Voting Info</i> 1:30 GR Afternoon Movie 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Fall Concentration 6	9:00 CR Exercise 10:00 AR <i>Manicures w/Vo-Tech</i> 12:00 ** <i>McDonald's Lunch In-AR</i> 2:00 DR Bingo 3:30 AR Fall Spelling Challenge 7	9:00 CR Exercise 10:00 AR "Let's Roll" Game 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar 7:00 CH Baptist Church Service 8	9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Trip to Stauffer's Cookie Outlet</i> 10:00 AR Dominoes 2:00 DR <i>Hunter @ the Piano</i> 3:15 AR "Hearts" card game 9	9:00 CR Exercise 10:00 AR Coffee & News 2:00 DR Bingo 3:15 P Drinks on the Porch 10
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy 11	Columbus Day 9:00 CR Exercise 9:30 ** <i>Shop @ Price Rite - LB</i> 10:00 AR Pokeno 1:30 ** <i>Country ride-LB</i> 2:00 DR <i>Adelynn Sings-DR</i> 3:15 AR Travel Video-"Unseen Wonders" 12	HAPPY BIRTHDAY U.S. NAVY 9:00 CR Exercise 10:00 CH Devotions 10:15 AR Uno Card Game 1:15 AR "Hoy" card game 1:30 GR Afternoon Movie 2:45 CR <i>Chair Yoga w/ Fox</i> 3:00 CH Catholic Mass 13	9:00 CR Exercise 10:00 AR Scattergories 1:00 DR <i>Town Hall Meeting</i> 2:00 DR Bingo 3:15 CR <i>Guitar Mike entertainer</i> 14	9:00 CR Exercise 10:00 AR Left, Right Center game 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar 15	9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Shop @ Dollar Tree/General-LB</i> 10:00 AR Craft Time 12:00 AR <i>Veterans' Pizza Lunch</i> 1:30 ** <i>Country ride-LB</i> 3:15 AR "Hearts" card game 16	9:00 CR Exercise 10:00 AR Coffee & News 2:00 DR Bingo 3:15 P Drinks on the Porch 17
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy 18	9:00 CR Exercise 9:30 ** <i>Shop @ Weis Mkts.-LB</i> 10:00 AR Pokeno 11:30 ** <i>Lunch to Lion's Pride</i> 2:00 DR <i>Ed entertains-DR</i> 3:15 AR Trivia 19	9:00 CR Exercise 10:00 CH Devotions 10:15 AR "Hoy" Card Game 1:00 DR <i>Food Comm. Mtg.</i> 1:30 GR Afternoon Movie 2:00 CR <i>York's History w/Trains-Speaker</i> 2:45 AR <i>Chair Yoga w/ Fox</i> 3:15 AR Yahtzee 20	9:00 CR Exercise 10:00 AR Word in a Word Challenge 12:00 CR <i>Birthday Dinner - PC</i> 2:00 DR <i>Mick Entertains</i> 3:15 AR Fall Hangman 21	9:00 CR Exercise 10:00 AR "Let's Roll" Game 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar 22	9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Shop @ Aldi's-LB</i> 10:00 AR Craft Time 2:00 DR Bingo 3:15 AR "Hearts" card game 23	9:00 CR Exercise 10:00 AR Coffee & News 2:00 DR Bingo 3:15 P Drinks on the Porch 24
9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy 25	9:00 CR Exercise 9:30 ** <i>Shop @ Lidyl Grocery-LB</i> 10:00 AR Pokeno 2:00 DR <i>"Sweet Life" Entertains</i> 3:15 AR Trivia 26	9:00 CR Exercise 10:00 CH Devotions 10:15 AR "Hoy" Card Game 1:15 AR Yahtzee 1:30 GR Afternoon Movie 2:45 CR <i>Chair Yoga w/ Fox</i> 27	9:00 CR Exercise 10:00 AR Brainbusters 12:00 AR <i>Domino's Pizza Lunch</i> 2:00 DR Bingo 3:30 AR Cookie decorating 28	9:00 CR Exercise 10:00 AR Left, Right Center game 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar 29	9:00 CH Catholic Communion 9:00 CR Exercise 10:00 AR Uno Card Game 1:30 ** <i>Trip to Shrewsbury Mkts.-LB</i> 2:00 CR <i>"History of the Mystery" speaker</i> 3:15 AR "Hearts" card game 30	HAPPY HALLOWEEN 9:00 CR Exercise 10:00 AR Coffee & News 2:00 DR Bingo 3:15 P Drinks on the Porch 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.