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Positive Thought

“Aging is not lost youth, but a new stage of opportunity and strength.” —Betty Friedan

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.

September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.

70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.

39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

**Around the World:
Nations’ Nicknames**

Uncle Sam isn’t the only national nickname. Check out these lands’ alternative monikers.

The Emerald Isle. Ireland’s rich green landscape also inspired the ancient nickname *Ivernia*, Greek for “fertile country.”

The Boot. Italy’s shoe-shaped borders earned its famous moniker, or *Lo Stivale* in Italian.

Land of the Rising Sun. The native name of Japan, *Nihon*, translates to “sun’s origin,” and the Pacific archipelago is one of the most eastern Asian countries.

Gift of the Nile. Egypt got its longtime nickname from ancient Greek historian Herodotus, because ancient Egypt relied on the Nile’s yearly flooding for fertile soil, as well as doubling as the world’s largest moat, protecting the kingdom from foreign conquest.

September 2026

September Notables
Birthstone-Sapphire
Flower-Aster
Zodiac Sign

September 1-September 22-Virgo
September 23-September 30-Libra
Birthday Entertainment
@ 2:00p.m.-PC/DR
Mick Cochran

Happy Birthday

9/6 Larry Schrum



**Happy
Birthday**



September 2026

- AR

Activity Room-400 Hall
- CR

Community Room
- PC

Personal Care
- DR

Dining Room
- CH

Chapel

CB

Club

LB

Lobby

**

Must Sign Up in Binder

BZ

Breezeway

LI

Library

GR

Game Room 600 Hall

CF

CONFERENCE ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 CR Baseball Speaker 2:00 BZ Fox Fitness 3:00 BZ Beltone Cleaning Clinic 3:00 CF Men's Gathering	2 9:00 CR Exercise 11:00 CB Olivia's House project 1:00 CB Activity Mtg. w/Maureen 1:30 DR Bingo 3:15 CR Kangaroo visit	3 9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study	4 “Price Is Right” Day-1972 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Trip to Michael's-LB 1:00 CF Poker 1:30 LI “Book” club	5 9:00 CR Exercise 2:00 PC Bingo-DR 3:30 Penn State vs Marshall-ESPN
6 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie	7 Labor Day 9:00 CR Exercise 9:30 ** Shop Giant-LB 2:00 PC Brad & Bren @ the Piano-DR 3:15 CB “Hearts” card game	8 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	9 Colonel Sanders (1890) 9:00 CR Exercise 1:30 DR Bingo 3:00 CB Afternoon Movie	10 9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study	11 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Trip to Ollies-LB 10:00 AR 911 Remembered 11:30 ** Picnic in the Park 1:00 CF Poker 1:30 LI “Book” club	12 9:00 CR Exercise 12:00 Penn State vs Temple 2:00 PC Bingo-DR
13 Grandparents Day/National Assisted Living Week 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie	14 9:00 CR Exercise 10:15 ** Shop @ Dollar Tree/General-LB 2:00 DR Entertainment w/Pat 3:15 CB “Hearts” card game	15 9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:00 CF Men's Gathering	16 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	17 Tell a “Whopper” Day 9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour/“Two Truths & A Lie” 6:30 CB Bible Study	18 U.S. Air Force (1947) 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Trip to Life Path 12:00 AR Veterans’ Pizza Lunch 1:00 CF Poker 1:30 LI “Book” club	19 9:00 CR Exercise 12:00 Penn State vs Buffalo 2:00 PC Bingo-DR
20 Oktoberfest Thru Oct. 4 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie	21 9:00 CR Exercise 10:15 ** Shop @ Weis Mkts.-LB 12:45 DR Food Comm. Mtg. 2:00 PC Entertainment w/Mark 3:15 CB “Hearts” card game	22 First Day of Fall 9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:00 CF Men's Gathering	23 9:00 CR Exercise 1:30 DR Bingo 3:00 CB Afternoon Movie	24 9:00 CR Exercise 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:15 LB Happy Hour 6:30 CB Bible Study 7:00 DR “Dockenspeillers” entertain-PC	25 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** Trip to Stauffer's Cookie Outlet 1:00 CF Poker 1:30 LI “Book” club	26 9:00 CR Exercise 12:00 Penn State vs Wisconsin-Time to be determined 2:00 PC Bingo-DR
27 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie	28 Good Neighbor Day 9:00 CR Exercise 10:15 ** Shop @ Jerry's-LB 12:45 DR Town Hall Mtg. 2:00 PC “Sweet Life” entertains-DR 3:15 CB “Hearts” card game	29 Teacher's Day 9:00 CR Exercise 10:15 CH Devotions 11:00 BZ Brainbusters 2:00 BZ Fox Fitness 3:00 CF Men's Gathering	30 Frisbee (1958) 9:00 CR Exercise 11:00 CB Frisbee “golf” 1:30 DR Bingo 3:00 CB Afternoon Movie			



Latino Actors on TV

With the hit series "I Love Lucy," Desi Arnaz blazed a trail for Latino actors on television. Tune in to this look back at some other leading men and women.

Year	Actor	TV Show	Character
1951	Desi Arnaz	"I Love Lucy"	Ricky Ricardo
1971	Sonia Manzano	"Sesame Street"	Maria Rodriguez
1974	Freddie Prinze	"Chico and the Man"	Chico Rodriguez
1977	Erik Estrada	"CHiPs"	Frank Poncherello
1989	Mario Lopez	"Saved by the Bell"	A.C. Slater
1995	Benjamin Bratt	"Law and Order"	Rey Curtis
2002	George Lopez	"George Lopez"	George Lopez
2004	Eva Longoria	"Desperate Housewives"	Gabrielle Solis
2006	America Ferrera	"Ugly Betty"	Betty Suarez
2009	Sofia Vergara	"Modern Family"	Gloria Delgado-Pritchett

"This Month In History" SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.