



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

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

Birthday Dinner

September 16 @ Noon

Entertainer - Mick Cochran

2:00 p.m. - DR

Notables

Birthstone: Sapphire

Flower: Aster & Morning Glory

Zodiac Sign:

Virgo 8/23-9/22; Libra 9/22-10/22

Happy Birthday

9/1	Betty Hunter
9/6	Marian Dittenhaffer
9/13	Phyllis Eberly
9/22	Ernest Pyles
9/28	Charlotte Tomchik



**Happy
Birthday**



September 2026

- CH

Chapel 300 Hall
- GR

Game Room 600 Hall
- AR

Activity Room 400 Hall
- DR

Dining Room
- CR

Community Room

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Must Sign Up in AR

BZ

Breezeway

P

Porch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 CR Exercise 10:00 CH Devotions 10:15 AR Uno Card Game 1:15 AR Yahtzee 1:30 GR Afternoon Movie 2:00 CR <i>Baseball Speaker</i> 2:45 CR <i>Chair Yoga w/ Fox</i> 3:00 BZ <i>Beltone Cleaning Clinic</i> 3:15 AR Concentration Game	2 9:00 CR Exercise 10:00 AR <i>Activity Mtg. w/Maureen</i> 12:00 ** <i>Chinese Lunch In - AR</i> 2:00 DR Bingo 3:15 CR <i>Kangaroo visit</i>	3 9:00 CR Exercise 10:00 AR “Let’s Roll” Game 10:15 GR <i>Vets’ Coffee/Donuts w/Dominic</i> 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar	4 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Trip to Michaels - LB</i> 10:00 AR Right, Left, Center Game 1:15 ** <i>Country Ride - LB</i> 3:15 AR “Hearts” Card Game	Chocolate Milkshake Day5 9:00 CR Exercise 10:00 AR Coffee & Newspaper 2:00 DR Bingo 3:15 P Chocolate Milkshakes on the Porch
6 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy	7 Labor Day 9:00 CR Exercise 9:30 ** <i>Shop Giant - LB</i> 10:00 AR Pokeno 2:00 DR <i>Brad & Bren @ the Piano - DR</i> 3:15 AR Trivia	8 9:00 CR Exercise 10:00 CH Devotions 10:15 AR “Hoy” Card Game 12:00 AR <i>McDonald’s Lunch In</i> 1:15 AR Rummikub 1:30 GR Afternoon Movie 2:45 CR <i>Chair Yoga w/ Fox</i> 3:00 CH Catholic Mass 3:15 AR Conversation Ball	9 Colonel Sanders (1890) 9:00 CR Exercise 10:00 AR Word in a Word 12:00 AR <i>McDonald’s Lunch In - AR</i> 1:00 DR <i>Town Hall Meeting</i> 2:00 DR Bingo 3:30 AR Manicures***	10 9:00 CR Exercise 10:00 AR Dominoes 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	11 Patriot Day 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Trip to Ollie’s - LB</i> 10:00 AR <i>9/11 Remembered</i> 1:15 AR Fall Craft Fun 3:15 AR “Hearts” Card Game	12 Coffee Ice Cream Day 9:00 CR Exercise 10:00 AR Coffee & Newspaper 2:00 DR Bingo 3:15 P Ice Cream Coffee on the Porch
13 Grandparents Day / National Assisted Living Week 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy	14 9:00 CR Exercise 9:30 ** <i>Shop @ Dollar Tree/General - LB</i> 10:00 AR Pokeno 2:00 DR <i>Entertainment w/Pat</i> 3:15 AR Trivia	15 9:00 CR Exercise 10:00 CH Devotions 10:15 AR Uno Card Game 1:00 DR <i>Food Comm. Mtg.</i> 1:30 GR Afternoon Movie 2:00 DR Bingo 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Cranium Crunches	16 9:00 CR Exercise 10:00 AR Right, Left, Center Game 12:00 CR <i>Birthday Dinner - PC</i> 2:00 DR <i>Mick Entertains</i> 3:30 CR Beanbag Toss	17 Tell a “Whopper” Day 9:00 CR Exercise 10:00 AR “Let’s Roll” Game 1:15 AR 2 Truths & 1 Lie Game 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Happy Hour 5:00 P Williamson/Guitar	18 U.S. Air Force (1947) 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Trip to Life Path - LB</i> 12:00 AR <i>Veterans’ Pizza Lunch</i> 1:15 ** <i>Country Ride - LB</i> 3:15 AR “Hearts” Card Game	19 Biscotti Day 9:00 CR Exercise 10:00 AR Coffee & Biscotti & Newspaper 2:00 DR Bingo 3:15 P Drinks on the Porch
20 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy	21 Oktoberfest Thru Oct. 4 9:00 CR Exercise 9:30 ** <i>Shop @ Weis Mkts. - LB</i> 10:00 AR Pokeno 2:00 DR <i>Entertainment w/Mark</i> 3:15 AR Trivia	22 First Day of Fall 9:00 CR Exercise 10:00 CH Devotions 10:15 AR “Hoy” Card Game 12:00 AR <i>Dominoes Pizza Lunch</i> 1:15 AR Rummikub 1:30 GR Afternoon Movie 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Fall Spelling Challenge	23 9:00 CR Exercise 10:00 AR Fall Hangman 12:00 AR <i>Domino’s Pizza Lunch</i> 2:00 DR Bingo 3:15 CR <i>Guitar Mike Entertainer</i> 3:30 AR <i>Manicures***</i>	24 9:00 CR Exercise 10:00 AR Dominoes 1:15 AR “Oktoberfest” Video 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Pretzels & Dip Social 5:00 P Williamson/Guitar 7:00 DR <i>“Dockenspeillers” Entertainment</i>	25 9:00 CH Catholic Communion 9:00 CR Exercise 9:30 ** <i>Trip to Stauffer’s Cookie Outlet</i> 1:15 AR Fall Craft Fun 3:15 AR “Hearts” Card Game	26 Pop Tart Day-1964 9:00 CR Exercise 10:00 AR Coffee & Pop Tarts & Newspaper 2:00 DR Bingo 3:15 P Drinks on the Porch
27 9:15 CH Church Service 1:00 CH Prayers & Rosary 2:00 GR Weekend Movie 3:00 AR "500" Rummy	28 Good Neighbor Day 9:00 CR Exercise 9:30 ** <i>Shop @ Jerry’s-LB</i> 10:00 AR Pokeno 2:00 DR <i>“Sweet Life” Entertains</i> 3:15 AR Trivia	29 Happy Teacher’s Day 9:00 CR Exercise 10:00 CH Devotions 10:15 AR Uno Card Game 1:15 AR Yahtzee 1:30 GR Afternoon Movie 2:45 CR <i>Chair Yoga w/ Fox</i> 3:15 AR Wacky Wordie Challenge	30 Frisbee (1958) 9:00 CR Exercise 10:00 AR Right, Left, Center Game 2:00 DR Bingo 3:15 CR Frisbee “Golf”			

"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.

Head of the Class

Many of us have known teachers who inspired their students to live, laugh and learn. And some of those teachers were on screen or in the pages of a book! Study this list of fictional teachers to see who made the grade.

<u>Year(s)</u>	<u>Teacher</u>	<u>Book, Movie or TV Series</u>
1975–1979	Gabe Kotter	"Welcome Back, Kotter"
1980	Lydia Grant	"Fame"
1986–2021	Valerie Frizzle	"The Magic School Bus"
1988	Jennifer Honey	"Matilda"
1989	John Keating	"Dead Poets Society"
1993–2000	George Feeny	"Boy Meets World"
1995	Glenn Holland	"Mr. Holland's Opus"
1997	Albus Dumbledore	"Harry Potter"
2003	Dewey Finn	"School of Rock"
2009–2015	Will Schuester	"Glee"
2020–2023	Manish Kulkarni	"Never Have I Ever"

"Then & Now"