Castle Senior Living
Forest Hills

The Castle Gazette

108 25 Horace Harding Expressway • Forest Hills, NY 11368 • (718) 760-4600

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

Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

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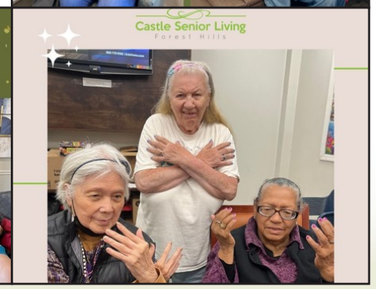
September 2026

JR Jewel Room
CA Common Area
MR Media Arts Room
FR Family Room
SR Sitting Room
PA Patio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	2 10:00 MR Wonderful Wednesday 11:00 MR Wellness Wednesday 2:00 JR Bingo	3 10:00 FR Morning Devotion w/ St. Joseph 11:15 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	4 10:00 MR Fantastic Friday 11:00 MR Healthy Aging Workshop 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	5
6 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	Labor Day 7 10:00 MR Marvelous Monday 11:00 MR Motivational Monday 12:00 PA Labor Day BBQ 1:00 SR Virtual Prayer & Devotion W/ Chaplain Toles	8 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:15 SR FOOD COMMITTEE MEETING 4:00 SR Table Game	9 10:00 MR Wonderful Wednesday 11:00 MR National Assisted Living Week Gathering 2:00 JR Bingo	10 10:00 FR Morning Devotion w/ St. Joseph 11:15 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	Rosh Hashanah Begins 11 10:00 MR Fantastic Friday 11:00 MR Feel Good Friday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	Rosh Hashanah 12
Rosh Hashanah Ends 13 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	14 10:00 MR Marvelous Monday 11:00 MR Grandparents Day Celebration 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 MR Arts and Crafts 4:00 SR Table Game	15 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 3:30 CA Exercise Time 4:00 SR Table Game	16 10:00 MR Wonderful Wednesday 10:30 SR Monthly Mass w/ St. Leo's Church 11:00 MR Wellness Wednesday 2:00 JR Bingo	17 10:00 FR Morning Devotion w/ St. Joseph 11:15 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	18 10:00 MR Fantastic Friday 11:00 MR HIV/ AIDS Awareness Workshop 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	19
Yom Kippur Begins 20 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	Yom Kippur Ends 21 10:00 MR Marvelous Monday 11:00 MR Motivational Monday 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 MR Pretty Nails / Appointment only 4:00 SR Table Game	22 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:15 SR RESIDENT COUNCIL MEETING 4:00 CA Let's Talk	23 10:00 MR Wonderful Wednesday 11:00 MR Wellness Wednesday 2:00 JR Bingo	24 10:00 FR Morning Devotion w/ St. Joseph 11:15 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	Sukkot Begins 25 10:00 MR Fantastic Friday 11:00 MR Feel Good Friday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	Sukkot 26
Sukkot 27 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	Sukkot 28 10:00 MR Marvelous Monday 11:00 MR National Good Neighbor Day Gathering 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 MR Arts and Crafts 4:00 SR Table Game	Sukkot 29 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 SR Table Game	Sukkot 30 10:00 MR Wonderful Wednesday 11:00 MR Wellness Wednesday 2:00 JR Bingo			

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