Castle Senior Living
Forest Hills

The Castle Gazette

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

October 2026

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!

How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 FR Morning Devotion w/ St. Joseph	2	3 9:30 CA Exercise Session
4 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	5	6 10:00 MR Terrific Tuesday	7	8 10:00 FR Morning Devotion w/ St. Joseph	9	10 9:30 CA Exercise Session
11 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	Columbus Day 12	13 10:00 MR Terrific Tuesday	14	15 10:00 FR Morning Devotion w/ St. Joseph	16	17 9:30 CA Exercise Session
18 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	19	20 10:00 MR Terrific Tuesday	21 10:30 SR Monthly Mass w/ St. Leo's Church	22 10:00 FR Morning Devotion w/ St. Joseph	23	24 9:30 CA Exercise Session
25 9:30 CA Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	26	27 10:00 MR Terrific Tuesday	28	29 10:00 FR Morning Devotion w/ St. Joseph	30	31 9:30 CA Exercise Session

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.

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