



# ElderDay

OLDER ADULT DAY SERVICES

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717.709.4510

## OCTOBER HIGHLIGHTS

Oct. 2, 9, 16, 23, 30 Exercise w/ Carrie

October 2: Park Ranger Evan McLucas

October 7: Member Council Meeting

October 12: Cumberland Valley Relief Center Talk

October 14: Breast Cancer Awareness - Wear Pink!  
Freedom Christian Academy Glee Club Sings

October 16: Wear Autumn Colors  
Harvest Time w/ Charlene

October 19: Octoberfest  
Wear Blue & White

October 20: Music with Mary

October 28: Therapy Dog Visits  
Chaplain Devotions

October 29: National Cat Day - bring a photo of your cat.

October 30: Wear Orange and Black

## SERVICES FOR YOUR CONVENIENCE

- Hair Salon
- Podiatry
- Therapies
- Flu Vaccine

For more information on these services please call: 717-709-4510

## OCTOBER BIRTHDAYS

10/5 George S.  
10/23 Mike B.



## HOLIDAY CLOSURES

**OCTOBER - NONE**  
**NOVEMBER 26 - THANKSGIVING**  
**DECEMBER 24 & 25 - CHRISTMAS**

# ELDERDAY NEWS

SENIOR ADULT DAY CENTER

OCTOBER 2026

## FRIENDS GATHER HERE



**At ElderDay, your loved one isn't just a member - they're family. We offer a vibrant, secure community where we nourish the mind, body, and spirit through social activities and genuine connections. While your loved one enjoys days filled with friendship and purpose, you can take a well-deserved breath for yourself. This essential respite for family caregivers provides the support needed to help your loved one continue residing comfortably at home. Our dedicated team of nurses and care specialists provides expert health monitoring and personalized care, giving you total peace of mind.**

# DINE & SHOP at MENNO HAVEN

## Treasure Chest Thrift Shop

Located at Village Square

Thursday, 9AM-6PM

Friday, 9AM-3PM

Saturday, 10AM-1PM

Donation Day - Thursday 9AM-3PM

(717) 809-2590



Our Mission is to *Brighten the Life and Lighten the Load*

The Auxiliary funds many projects for Menno Haven, including the Eversound Amplification System used by ElderDay, specialty wheelchairs, spa tubs and more!

## CHESTNUT LANDING

DINE IN & TAKE OUT

(717) 217-5410

Orders and reservations due by  
4PM Dinner and 11AM Brunch.

**Wednesday-Saturday Dinner:**

4PM-6:30PM

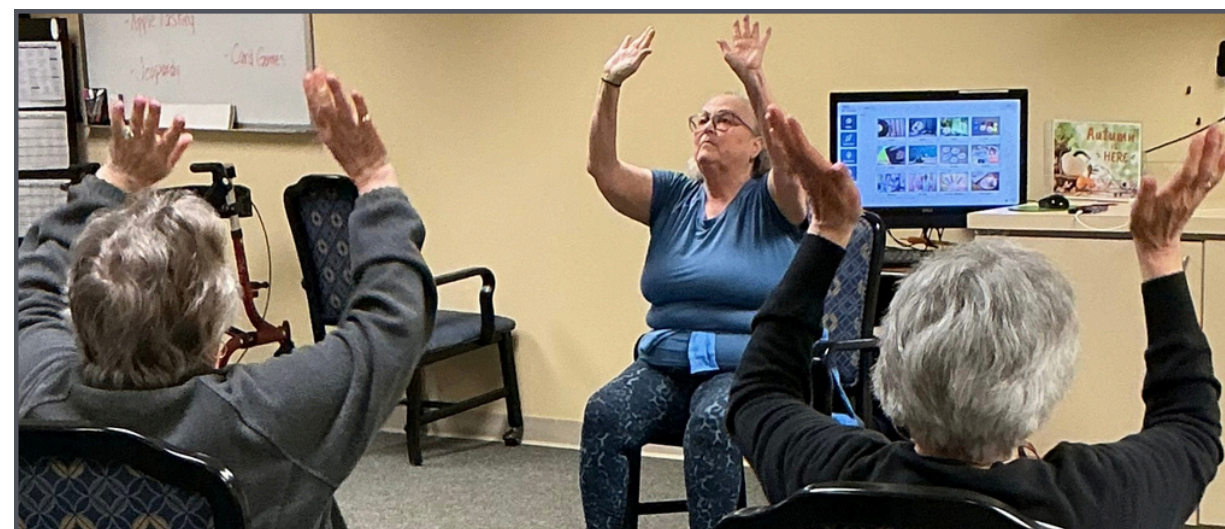
**Sunday Brunch:**

11AM-2PM

**Northgate**

1500 Northfield Drive  
Chambersburg, PA 17201

## REMEMBERING DOLLY PARTON



## SEEING EYE PUPPIES



## BOOMWHACKER MUSIC

## CELEBRATING THE 70'S



## SHOEBOX CHARITY

## CARE PARTNER'S CORNER

### ONLINE CAREGIVER SUPPORT

<https://daughterhood.org>

#### Support for family caregivers

(not just daughters)  
offering the opportunity  
to connect with fellow  
caregivers through free,  
virtual, support group  
circles, a podcast that  
provides practical tools  
from experts, an  
inspirational blog from  
the founder, and helpful  
resources every step of  
the way.  
You are not alone.



#### VIRTUAL & IN PERSON OPPORTUNITIES!

We understand that support is crucial for people living with dementia, especially their loved ones and care partners. Penn State College of Medicine, Division of Geriatric Medicine has an upcoming education series on dementia for the community to join.

#### VIRTUAL OFFERINGS!

##### Session 1: Planning for the Future with Dementia

|                                |                              |                                |
|--------------------------------|------------------------------|--------------------------------|
| <b>OCT 19</b><br>10 - 11:30 AM | <b>OCT 21</b><br>6 - 7:30 PM | <b>OCT 23</b><br>10 - 11:30 AM |
|--------------------------------|------------------------------|--------------------------------|

##### Session 2: Understanding Behaviors as Communication

|                                |                              |                                |
|--------------------------------|------------------------------|--------------------------------|
| <b>OCT 26</b><br>10 - 11:30 AM | <b>OCT 28</b><br>6 - 7:30 PM | <b>OCT 30</b><br>10 - 11:30 AM |
|--------------------------------|------------------------------|--------------------------------|

##### Session 3: Resources for Persons with Dementia & Care Partners

|                               |                             |                               |
|-------------------------------|-----------------------------|-------------------------------|
| <b>NOV 2</b><br>10 - 11:30 AM | <b>NOV 4</b><br>6 - 7:30 PM | <b>NOV 6</b><br>10 - 11:30 AM |
|-------------------------------|-----------------------------|-------------------------------|

##### Session 4: Planning for the Future with Dementia

|                               |                              |                                |
|-------------------------------|------------------------------|--------------------------------|
| <b>NOV 9</b><br>10 - 11:30 AM | <b>NOV 11</b><br>6 - 7:30 PM | <b>NOV 13</b><br>10 - 11:30 AM |
|-------------------------------|------------------------------|--------------------------------|

#### TWO IN PERSON OPPORTUNITIES

##### LEBANON, PA

**145 Heisey Rd,  
Annville, PA 17003**

**OCT 6 3:00 - 5:00 PM**  
**OCT 13 3:00 - 5:00 PM**  
**OCT 27 3:00 - 5:00 PM**  
**NOV 10 3:00 - 5:00 PM**

##### BELLEVILLE, PA

**4702 E Main St,  
Belleville, PA 17004**

**OCT 7 10:00AM-12:00PM**  
**OCT 14 10:00AM-12:00PM**  
**OCT 28 10:00AM-12:00PM**  
**NOV 11 10:00AM-12:00PM**

*Walk-ins are welcome for  
in person sessions*

SCAN TO REGISTER  
FOR ANY OFFERINGS



JOIN WHEN IT WORKS FOR  
YOUR SCHEDULE!

Supported by The Alzheimer's, Dementia and Related Disorders Office

#### OTHER WAYS TO REGISTER:



Visit:  
[engage.ltrc.org/USD](https://engage.ltrc.org/USD)



Email:  
[LivingWithDementia@pennstatehealth.psu.edu](mailto:LivingWithDementia@pennstatehealth.psu.edu)



Call:  
717-531-6747



## CARE PARTNERS SUPPORT MEETING

Registration is strongly encouraged,  
call 717-709-4510

Wednesday, October 21 at 2PM  
Wednesday, November 18 at 2PM  
Chambers Pointe Conference Room

Elder Day at Menno Haven ~ October 2026

| Monday                                                                                                                                                                                                      | Tuesday                                                                                                                                                        | Wednesday                                                                                                                                                                                                 | Thursday                                                                                                                                                                                | Friday                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Daily Routine:</b><br>8:00 AM<br>Social & Individual Pursuits<br>8:45 AM<br>Morning Snack<br>9:15 AM –12:00 PM<br>Exercise, Group Programming & Individual Pursuits                                      | <b>Daily Routine:</b><br>12:15 PM - 1:15 PM:<br>Lunch & Relaxation<br>1:15 PM – 4:00 PM<br>Group Programming & Individual Pursuits                             | <b>Impromptu Tram Rides</b><br>Calendar is Subject to Change                                                                                                                                              | 1<br>9:15 Social Sip<br>10:00 Jeopardy<br>10:30 Ladder Golf<br>11:00 Exercise<br>11:30 Tabletop Tidbits<br>1:15 Kerplunk 3:00 UNO                                                       | 2<br>9:15 Morning Welcome<br>10:15 Park Ranger Evan McLucas<br>11:15 Exercise with Carrie<br>11:45 October Trivia<br>1:15 Chalk Entertainment<br>3:00 Ball Challenge              |
| 5 <b>RIGHT BRAIN/LEFT BRAIN DAY</b><br>9:15 Morning Wake-up<br>10:00 Table Activities & Manicures<br>11:00 Paper Plate Exercise<br>11:30 Brain Facts<br>1:15 BINGOII & Men's Group<br>3:00 Table Games      | 6<br>9:15 Social Sip<br>10:00 Devotions<br>10:30 Ring Toss<br>11:00 Chair yoga<br>11:30 Junk Draw Detective<br>1:15 Make a Scarecrow<br>3:00 Cup Stacking      | 7<br>9:15 Morning Welcome<br>10:00 Fall College/Member Council<br>10:30 Brain Health Exercise<br>11:15 Health Talk<br>1:15 Parachute<br>3:00 Sing Along with Susie                                        | 8<br>9:15 Social Sip<br>10:00 Pool Noodle Maham<br>10:30 Puzzles/Card Games<br>11:00 Bean Bag Exercise<br>1:15 Horseshoe Toss<br>3:00 Tabletop Bocce                                    | 9<br>9:15 What's New?<br>10:00 Basket Soccer/Horseshoes<br>10:30 Keystone State<br>11:15 Exercise with Carrie<br>11:45 IN2L Games<br>1:15 Pumpkin Bowling<br>3:00 Puzzles         |
| 12<br>9:15 Morning Welcome<br>10:00 Cumberland Valley Relief Center Talk<br>11:15 Chair Dance Exercise<br>11:30 Random Trivia<br>1:15 Fall BINGOIII<br>3:00 Card Games                                      | 13<br>9:15 Morning Messages<br>10:00 Parachute & Balloons<br>10:30 Simon Says Exercise<br>11:15 Adult Coloring<br>1:15 Ladder Golf /frisbee<br>3:00 Beach Ball | 14 <b>WEAR PINK - BREAST CANCER AWARENESS</b><br>9:15 Morning Wake-up<br>10:00 PINK Categories<br>10:30 Ball Exercise<br>11:00 Table Games<br>1:30 Freedom Christian Academy Glee Club<br>3:00 IN2L games | 15<br>9:15 Social Sip<br>10:00 Bocce<br>10:30 Fall Reminisce<br>11:00 Pool Noodle Exercise<br>1:15 Nerf Gun Pumpkin Shot<br>3:00 Balloon Circle                                         | 16 <b>WEAR AUTUMN COLORS</b><br>9:15 Social Sip<br>10:00 Table Games<br>10:30 Pumpkin Chunkin<br>11:15 Exercise with Carrie<br>1:15 Harvest Time w/ Charlene<br>3:00 Washer Board |
| 19 <b>OCTOBERFEST WEAR BLUE AND WHITE</b><br>9:15 What's New?<br>10:00 Keg Bowling<br>10:30 Clothes Pin Drop<br>11:00 Roll Out the Barrel Ex.<br>11:30 Balloon Pop<br>1:15 Fall Categories<br>3:00 Checkers | 20<br>9:15 Social Sip<br>10:00 Pumpkin Painting<br>11:00 Drum Circle<br>11:30 Devotions w Dee<br>1:15 Music with Mary<br>3:00 Balloons & Pool Noodles          | 21<br>9:15 Morning Wake-up<br>10:00 Pumpkin Science- Dee<br>10:30 EZ Charades<br>11:15 Seated Exercise<br>1:15 BINGOIII<br>3:00 UNO                                                                       | 22<br>9:15 Social Sip<br>10:00 Leaf Rubbing<br>10:30 Ladder Golf<br>11:00 Paper Plate Exercise<br>11:30 Short Stories<br>1:15 Ring Toss Games<br>3:00 Bouncy Ball                       | 23<br>9:15 What's New?<br>10:15 Nerf Gun Pumpkin Shot<br>11:15 Exercise with Carrie<br>1:15 Karaoke Request<br>3:00 UNO/ Games                                                    |
| 26<br>9:15 What's New?<br>10:00 Jack-O-Lantern Craft<br>10:30 What Do You Hear?<br>11:00 Chair Yoga<br>11:30 Pumpkin Facts/Trivia<br>1:15 Pumpkin Bowling<br>3:00 Card Games                                | 27<br>9:15 Social Sip<br>10:00 Connect 4<br>11:00 Move & Groove<br>11:30 Devotion with Dee<br>1:15 Spider Ring Toss<br>3:00 Checkers                           | 28<br>9:15 Morning Wake-up<br>10:00 Therapy Dog Visit & Table Activities<br>10:30 Exercise with Balls<br>11:15 Chaplain Devotion<br>1:15 Ghost & Candy Corn Toss<br>3:00 UNO                              | 29 <b>NATIONAL CAT DAY</b><br>9:15 Social Sip<br>10:00 Cat Craft/Parachute<br>10:30 Cat Trivia<br>11:00 Hand Weights Exercise<br>11:30 Tabletop Tidbit's<br>1:15 Bocce<br>3:00 Painting | 30 <b>WEAR ORANGE &amp; BLACK</b><br>9:15 What's New?<br>10:15 Poke a Pumpkin<br>10:45 IN2L Games<br>11:15 Exercise with Carrie<br>1:15 Haunted House BINGOI<br>3:00 Parachute    |

| ElderDay OCTOBER 2026 Menu Menno Haven                                                                        |                                                                                             |                                                                                                            |                                                                                                                 |                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| MONDAY                                                                                                        | TUESDAY                                                                                     | WEDNESDAY                                                                                                  | THURSDAY                                                                                                        | FRIDAY                                                                                                          |
|                                                                                                               |                                                                                             |                                                                                                            |                                                                                                                 |                                                                                                                 |
|                                                                                                               |          |                                                                                                            |                                                                                                                 |                                                                                                                 |
| 10/5/2026                                                                                                     | 10/6/2026                                                                                   | 10/7/2026                                                                                                  | 10/8/2026                                                                                                       | 10/9/2026                                                                                                       |
| Diced Pears<br><br>Meatballs                                                                                  | Applesauce<br><br>Swiss Steak w/ Gravy                                                      | Mandarin Oranges<br><br>Hamloaf w/ Pineapple Glaze                                                         | Cantaloupe<br><br>Boneless Pork Chop w/Rosemary Gravy                                                           | Creamy Cucumber & Dill Salad<br><br>Chicken Stir Fry                                                            |
| Spaghetti w/ Marinara<br>Broccoli & Garlin Bread<br>Chocolate Chip Cookie                                     | Parsley Potatoes<br><br>Corn<br><br>Ice Cream Cookie Sandwich                               | Mashed Sweet Potatoes<br><br>Green Beans<br><br>Orange Pineapple Muffin                                    | Sliced Carrots<br><br>House Dessert                                                                             | La Mein Noodles<br><br>Stir Fry Vegetables<br>Peanut Butter Pie                                                 |
| 10/12/2026                                                                                                    | 10/13/2026                                                                                  | 10/14/2026                                                                                                 | 10/15/2026                                                                                                      | 10/16/2026                                                                                                      |
| Orange Cocktail Jell-o Salad<br>Pork Tenderloin w/ Apples<br>Roasted Red Potatoes<br>Green Beans<br>Lemon Bar | Pineapple Tidbits<br>Herb Roasted Chicken<br>Jasmine Rice<br>Pears<br>Chocolate Chip Cookie | Applesauce<br>Pork & Sauerkraut<br>Green Beans<br>Mashed Potatoes<br>Lime Jell-o Cake                      | Cantaloupe<br>Stuffed Peppers<br>Mashed Potatoes<br>Cauliflower<br>House Dessert                                | Red & Green Grapes<br>Chicken Pot Pie<br>Zucchini<br>Banana Cake w/<br>Cream Cheese Icing                       |
| 10/19/2026                                                                                                    | 10/20/2026                                                                                  | 10/21/2026                                                                                                 | 10/22/2026                                                                                                      | 10/23/2026                                                                                                      |
| Cheese & Sweet bologna<br>Crab Stuffed Flounder<br>White Rice<br>Peas                                         | Pickled Beets & Onions<br>Shepherd's Pie<br>Buttered Corn<br>Cheesecake w/<br>Topping       | Pears<br>Hot Dog & Bun<br>Macaroni and Cheese<br>Stewed Tomatoes<br>Apple Crisp                            | Spinach Salad<br>Meatloaf w/ Gravy<br>Scalloped Potatoes<br>Brussel Sprouts<br>House Dessert                    | 7 Layer Salad<br>Pork Stir Fry<br>Lo Mein Noodles<br>Stir Fry Vegetables<br>Key Lime Pie                        |
| 10/26/2026                                                                                                    | 10/27/2026                                                                                  | 10/28/2026                                                                                                 | 10/29/2026                                                                                                      | 10/30/2026                                                                                                      |
| Peaches<br>Veal Parmesan<br>Spaghetti w/ Marinara<br>Peas w/ Pearl Onions<br>Apple Cinnamon Cookie            | Pepperslaw<br>Beef Tips<br>White Rice<br>Broccoli<br>Angel Food Cake                        | Bacon Ranch Potato Salad<br>BBQ Chicken Thigh<br>Mashed Sweet Potatoes<br>Corn<br>Orange Jell-o w/ Oranges | Cranberry Sauce<br>Turkey w/Gravy & Stuffing<br>Mashed Potatoes<br>Green Bean w/Bacon & Onions<br>House Dessert | Watermelon Wedge<br>Battered Cod<br>Steak Fries<br>Sweet & Sour Coleslaw<br>Carrot Cake w/Cream<br>Cheese Icing |

Milk and Bread Available Daily