

Monday

Tuesday

Wednesday

Thursday

Friday



6
9:30 Hang Man
10:00 Sittercise
10:30 Pig Dice/ The Password Is.../
Woodworking / **Palace Trip \$20**
11:30 Good News Network
12:45 Math Minds
1:15 Spring Ball/ Yahtzee/
Green Thumbs
2:15 Snack & Outburst

7
9:30 Rhyme Time
10:00 Tai Chi with Carol
10:30 Mad Science/ Sticky Ball/
Sequence
11:30 Current Events
12:45 Remember When...
1:15 Umbrella Toss/ LCR Dice/
Life Long Learning
2:15 Snack & Laughter is the Best Medicine

1
9:30 Cliché's and Proverbs
10:00 Zumba
10:30 Family Feud/ Short Story Club/
Blackjack
11:30 Good News Network
12:45 Ball Toss
1:15 Ice Breaker/ Penny Ante/
Basketball
2:15 Snack & Recipe Builder

2
Groundhog Day
9:30 The Story of the Groundhog
10:00 B-Fit
10:30 Corn Hole/ Darts/
Jewelry Making
11:30 Current Events
12:45 Scattergories
1:15 Bowling/Stick or Switch/
Green Thumbs
2:15 Snack & Groundhog Mad Lib

3
Big Game Celebration
9:30 Football Bloopers
10:00 Gentle Stretch
10:30 Devotions/Football Toss/
Football Bingo
11:30 This Day In History
12:45 Humor is the Best Medicine
1:15 Cooking "Football Dips"/ Run for It/
Music with Peggy
2:15 Snack & Football Trivia/Games

13
9:30 Laughter is the Best Medicine
10:00 Zumba
10:30 Putt Putt Golf/ Card Making/
Beat the Clock
11:30 This Day in History
12:45 Rhyme Time
1:15 Can Shootout/ Poker/
Green Thumbs
2:15 Snack & Remember When...

14
Valentines Day
9:30 Famous Couples
10:00 Sittercise
10:30 Mad Science/ Cupid's Arrow/
Glowing Pastel Heart
11:30 Good News Network
12:45 Learn The Cupid Shuffle
1:15 Valentine's Dance with Chuck Brown/
Rosebud Kisses/ Keep the Conversation Going
2:15 Snack & Name That Love Song

15
9:30 Outburst
10:00 Gentle Stretch
10:30 Horse Shoes/ Marinetti Dice/
My Life Story
11:30 Current Events
12:45 Hangman
1:15 Karaoke/ Skip-Bo/
Scrapbooking
2:15 Snack & Math Minds

16
9:30 Short Story
10:00 Sittercise
10:30 Baking "Cheesy Almond Crisps"/
Floor Yahtzee /Devotions/ **Dollar Tree**
11:30 This Day In History
12:45 Pictionary
1:15 Music with Phil and Mary/ Up Words/
Green Thumbs
2:15 Snack & Balloon Volleyball

17
February Birthday Celebration
9:30 Mad Libs
10:00 B-Fit
10:30 Birthday Games/Uno Attack/
Time Slips
11:30 Good News Network
12:45 Word Jumble/ Anagram
1:15 Birthday Baking/ Who, What, When/
Music with Tim Anderson
2:15 Snack & Ball Toss

20
President's Day
9:30 Presidential Trivia
10:00 B-Fit
10:30 Food for Thought/ Thru the Window/
Who's Line
11:30 Current Events
12:45 Presidential Pets
1:15 Craft "Cherry Pin"/ Ring Toss/
Green Thumbs
2:15 Snack & Word Pyramid

21
9:30 Math Minds
10:00 Tai Chi with Carol/**Walking Club**
10:30 Mad Science/ Penny Pitching/
Uno
11:30 This Day in History
12:45 Out Burst
1:15 Juka/ Creative Cooking/
Music with Paulette
2:15 Snack & Hangman

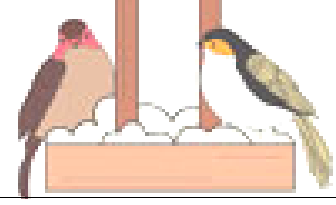
22
9:30 Sittercise
10:00 Library Land with Ted/
Dominoes/ Hand Massages
11:00 Mad Libs
11:30 Good News Network
12:45 Humor is the Best Medicine
1:30 Mile High Review/ Wii Games/
Sensory Stimulation
2:15 Snack & Rhyme Time

23
9:30 Name That Tune
10:00 Zumba
10:30 Pool Golf/ All Boxed In/
The Taste Of Exotic Fruit
11:30 Current Events
12:45 Country Cousins
1:15 Ship Captain Crew/
Green Thumbs
2:15 Snack & Name That Tune

24
9:30 Balloon Volleyball
10:00 Gentle Stretch
10:30 Devotions/ Lawn Darts/
Scrabble/ **Dollar General**
11:30 This Day in History
12:45 Riddle Me This
1:15 Bean Bag Toss/ Easy Weave Bracelet/
Jeopardy
2:15 Snack & Pictionary

27
9:30 Scattergories
10:00 Gentle Stretch/ **Pizza & Bowling**
10:30 Rocket Birdie/ What's in the Box/
Jingo
11:30 Good News Network
12:45 Recipe Builder
1:15 Card Hat Toss/ Bunco/
Green Thumbs
2:15 Snack & Charades

28
Mardi Gras
9:30 Let The Good Times Roll
10:00 Sittercise
10:30 Mad Science/ Throw Me Something/
Cooking "Easy King Cake"
11:30 Current Events
12:45 Mardi Gras Hangman
1:15 Pancake Day Race/ Memory Game/
Craft "Big Easy Bracelet"
2:15 Snack & Word Jumble/ Anagram



Susan J. Rheem
Adult Day Center

(928) 775-3563
3407 N. Windsong Drive
Prescott Valley, AZ 86314
www.adultcareservices.com

February Birthdays

Jake S.....3rd
 John C.....5th
 Floyd W.....21st



Tai Chi For You!

Tuesday February 7th and 21st at 10:00a.m.

This Month we will be having Carol Levine Certified Tai Chi Instructor share with us her knowledge to enhance our physical fitness program. It is Carol's focus to specialize in offering Tai Chi instruction for our participant population. Based in the Yang style form, gentle and fluid movements of this ancient Chinese art serve to relax and energize the mind and body. Carol has been a practitioner of Tai Chi for seven years and earned her instructor certification from Tai Chi Healthways based in San Diego.



The Susan J Rheem Adult Day Center

February
2017



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 Prescott Valley, AZ 86314
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www.adultcareservices.org

Our Team

Laura Dreibelbis
Director

John Shippen
Wellness Nurse

Ken Mac Gregor
Chef Manager

Patricia Roberts
Activity Director

Margie Jones
Transportation
Director

Eric Cook
Administrative
Assistant

Care Partner Team
Kerrie
Sherry
Tania
Brooke

Transportation Team
Henry
Mary
Terri

Life Lived to Its Fullest

Jeanne Louise Calment was born in Arles, in the south of France, on February 21, 1875. Her life was fairly unremarkable, except for her birth date, which was recorded in the Arles birth register. When Calment died in 1997 at 122 years old, she had officially lived longer than any other human.

Theories abound about Calment's extraordinary longevity. Did she live so long because she ate two pounds of chocolate a week, rode a bicycle until she was 100, or had a great sense of humor? It certainly wasn't because she gave up smoking at age 120. Calment didn't even kick the habit for health reasons—it was because she could not see well enough to light her own cigarettes! Jean-Marie Rabine, public health researcher and author of a book about Calment, credits her long life to her "immunity to stress." Calment, after all, married into money and did not have to work. She spent much of her time playing tennis, roller skating, cycling, swimming, and joining her husband's hunting parties. But will any

of us be so lucky as to live such long, full lives?

While there is much press about ever-increasing human longevity, scientists believe

that humans have largely reached the upper limits of our life span, and that limit is 115 years. While the improvements of modern life increase our chances of living longer, no matter how many health advancements and breakthroughs humankind uncovers, we cannot live forever. And scientists are quick to remind us that we do not want to. After all, a full life is better than a long life. A social network, trading white bread for whole grains, moderate exercise, being conscientious, getting enough sleep, and having a sense of a higher purpose—these are the hallmarks of long, full lives. And don't forget a sense of humor. As Calment said, "I will die laughing."

