

May Horoscopes and Birthdays



Notable Quotable

"You can cut all the flowers but you cannot keep spring from coming."

- Pablo Neruda, poet

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity. Those born between May 21–31 are Gemini's Twins. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Jack Paar – May 1, 1918
 Audrey Hepburn – May 4, 1929
 Tammy Wynette – May 5, 1942
 Don Rickles – May 8, 1926
 Irving Berlin – May 11, 1888
 L. Frank Baum – May 15, 1856
 Pope John Paul II – May 18, 1920
 Raymond Burr – May 21, 1917
 Rosemary Clooney – May 23, 1928
 Queen Victoria – May 24, 1819
 Vincent Price – May 27, 1911
 Bob Hope – May 29, 1903
 Clint Eastwood – May 31, 1930

May Birthdays

Eric T.....2nd
 Allan W.....5th
 Loretta D.....15th
 Joyce M.....24th
 Neil D.....29th



The Susan J Rheem Adult Day Center

May 2017

Our Team

Laura Dreibelbis
Director

John Shippen
Wellness Nurse

Patricia Roberts
Activity Director

Margie Jones
Transportation
Director

Kim Bradford
Administrative
Assistant

Jim Holmes
Cook

Care Partner Team
Kerrie
Sherry
Tania
Brooke

Transportation Team
Henry
Mary
Mike
Terri



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Operation Gratitude

May 15th through May 19th is Armed Forces Week and we will be honoring a different branch of the Armed Forces each day at SJRC-Prescott Valley. On May 15th participants will put together care packages to send to deployed soldiers. We will be sending the packages to "Operation Gratitude" who will then distribute the care packages to the soldiers. If you would like to support this effort we will be accepting donations during the first two weeks of May of items from the "Operation Gratitude" wish list below. If it is easier for you to make a monetary donation for these items, we will be happy to shop for the items.

Wish List for Operation Gratitude
 Care Packages and Kits

All wish list items must be new and unopened. All donated items must have a shelf-life/expiration date of at least 6 months from the date of our receipt. Thank you for your understanding of this important requirement.

- Knit or Crocheted Scarves and Hats
- Beanie Babies, Webkinz, Amigurumi, or other Small Plush Toys (6 inches or smaller)
- Hand Sanitizer (1 to 3 ounce size)
- Socks (preferably black, brown, green, tan; not white)
- Drink Mix Packets (single serve, Kool-Aid, Crystal Light, etc.)
- Gum
- Lip Balm (with extra seal)
- Mouthwash – Travel size
- Tissue (individual packets)
- Q-Tips (travel size packets)
- Moist Towelettes (individual packets)
- Sunscreen – Travel size, Non-Aerosol
- Travel-size Toiletries (Shampoo, Body Wash, Lotion)
- Batteries – 4 pk "AA," "AAA"

PLEASE NOTE: Except as stated in the list above, we only accept toiletries from manufacturers

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p>1 9:30 Sittercise 10:00 Pictionary 10:30 Shuffleboard/ Juka/ Paper Mache Bowl 11:30 This Day In History 12:45 Trivia 1:15 Ring Toss/ Scrabble/ Green Thumbs 2:15 Snack & Word Jumble</p> | <p>2 9:30 Name that Tune 10:00 Zumba/ Walking Club 10:30 Umbrella Toss/ Thru the Window/ Hand Massages 11:30 Rhyme Time 12:45 Short Story Building 1:15 Ladderball/ On Cloud 9/ Cranium Crunches 2:15 Snack & Scattergories</p> | <p>3 9:30 Charades 10:00 Outburst 10:30 Bunco/ Penny Pitching/ Paper Mache Bowl Continued 11:30 Rhyming Warm-Up 12:45 Riddle Me This 1:15 Karaoke/ All Boxed In/ Glamour 2:15 Snack & Remember When</p> | <p>4 9:30 Good News Network 10:00 Recipe Builder 10:30 Devotions/ Sticky Ball/ Poker 11:30 Math Minds 12:45 Gentle Stretch 1:15 Bowling/ Sequence/ Green Thumbs 2:15 Snack & Balloon Volleyball</p> | <p>5 Cinco De Mayo Celebration Today we celebrate Cinco de Mayo! We will be making salsa and dip for everyone to share and judge, having a Sombrero Challenge, learning how to do the Macarena, and so much more fun including working on our dance moves with Peggy. Dress in festive bright colors and join us for the fiesta of the year with a fabulous lunch of chicken and cheese enchilada casserole with margaritas.</p> |
| <p>8 9:30 Scattergories 10:00 Name that Tune/ Coffee Trip 10:30 Floor Yahtzee/ Who, What, When 11:30 Zumba 12:45 Rhyme Time 1:15 Can Shootout/ Dominos/ Green Thumbs 2:15 Snack & Short Story Building</p> | <p>9 9:30 Riddle Me This 10:00 Rhyming Warm-Up/ Walking Club 10:30 Ministers Cat/ Ranter-Go-Round 11:30 Charades 12:45 Remember When 1:15 Pig Dice/ Darts/ Glamour 2:15 Snack & Outburst</p> | <p>10 9:30 Good News Network 10:00 Balloon Volleyball 10:30 Putt Putt Golf/ Cho-Han/ Jewelry Making 11:30 Recipe Builder 12:45 Gentle Stretch 1:15 Pool Golf/ Power of Meditation 2:15 Snack & Math Minds</p> | <p>11 9:30 B-Fit 10:00 Humor's the Best Medicine 10:30 Family Feud/ Lunch at Luckys/ Watering Can Gift Box 11:30 Hangman 12:45 Dancing with the Country Cousins 1:15 Green Thumbs 2:15 Snack & Current Events</p> | <p>12 Mothers Day Celebration Today is our day to honor all of the mothers in our lives. We will be pampering the ladies with pedicures, a spot of tea, and some beautiful corsages. We will be learning about women inventors, some great humor, and so much more. Join us in your finest dress, for a day devoted to the very talented and patient women in our lives past and present.</p> |
| <p>15 Saluting the Coast Guard 9:45 Salute to the Coast Guard Program 10:30 Table Hockey/ Operation Gratitude/ Glamour 11:30 Rhyming Warm-Up 12:45 Charades 1:15 Lawn Darts/ Operation Gratitude/ Green Thumbs 2:15 Snack & Remember When</p> | <p>16 Saluting the Army 9:45 Salute to the Army Program 10:00 Walking Club 10:30 Horse Shoes/ Uno Attack/ Support our Troops Keychain 11:30 Balloon Volleyball 12:45 Gentle Stretch 1:15 Life Long Learning/ Spring Ball/ 2:15 Snack & Recipe Builder</p> | <p>17 Saluting the Navy 9:45 Salute to the Navy Program 10:30 Hoy Card/ Ship Captain Crew/ Lunch at Gabby's Grill 11:30 B-Fit 12:45 Humor's the Best Medicine 1:15 Football Toss/ Cross the Ocean/ Support our Troops Keychain 2:15 Snack & Ball Toss</p> | <p>18 Saluting the Air Force 9:45 Salute to the Air Force Program 10:30 Devotions/ Corn Hole/ Bingo 11:30 Sittercise 12:45 This Day In History 1:15 Dancing with Phil and Mary/ Green Thumbs 2:15 Snack & Word Jumble</p> | <p>19 Saluting the Marines 9:45 Salute to the Marines Program 10:30 Presentation by Terri Frankel/ Sensory Stimulation 11:30 Yoga with Perry 12:45 Scattergories 1:15 Music by Tim Anderson/ Run for it /Penny Ante 2:15 Snack & Short Story Building</p> |
| <p>22 9:30 Good News Network 10:00 Recipe Builder 10:30 Bean Bag Toss/ Stick or Switch/ Card Making 11:30 Math Minds 12:45 Gentle Stretch 1:15 Bowling/ Jingo/ Green Thumbs 2:15 Snack & Balloon Volleyball</p> | <p>23 Birthday Celebration 9:30 Humor's the Best Medicine 10:00 B-Fit/ Walking Club 10:30 Birthday Games/ Dice Roulette/ Birthday Baking 11:30 Hangman 12:45 Current Events 1:15 Ice Breaker/ Crazy 8's/ Birthday Baking Continued 2:15 Snack & Ball Toss</p> | <p>24 9:30 Trivia 10:00 Sittercise 10:30 Ladderball/ Chicago Dice/ Scrapbooking 11:30 Word Jumble 12:45 Pictionary 1:15 Chopped Kitchen/ Card Hat Toss/ Chicago Dice 2:15 Snack & This Day In History</p> | <p>25 9:30 Rhyme Time 10:00 Short Story Building/ Dollar Tree 10:30 Shuffleboard/ Alphabet Minute/ Woodworking 11:30 Zumba 12:45 Dancing with the Country Cousins 1:15 Can You Beat That/ Green Thumbs 2:15 Snack & Name That Tune</p> | <p>26 Memorial Day Celebration Today we honor fallen soldiers. We will check our memory about past wars, have a patriotic tribute show, watch a Proud to be and American Presentation, and make some patriotic pinwheels to wear in honor of all. We will be having a good old fashioned BBQ. Don't forget to wear your red, white, and blue today!</p> |
| <p>29 Closed in Observance of Memorial Day</p> | <p>30 9:30 Good News Network 10:00 Balloon Volleyball/ Walking Club 10:30 Arrow Shootout/ Blackjack 11:30 Recipe Builder 12:45 Gentle Stretch 1:15 Ping Pong Toss/ Penny Ante First Fruits Card Game 2:15 Snack & Math Minds</p> | <p>31 9:30 Mad Libs 10:00 Library Land with Ted/ Hand Massages 11:00 Outburst 11:30 Rhyming Warm-Up 12:45 Riddle Me This 1:15 Washer Toss/ Jeopardy/ Basketball 2:15 Snack & Remember When</p> |  | |