

June Horoscopes and Birthdays



In astrology, those born between June 1–20 are Twins of Gemini. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Those born between June 21–30 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

Marilyn Monroe – June 1, 1926
 Allen Ginsberg – June 3, 1926
 Tom Jones – June 7, 1940
 Frank Lloyd Wright – June 8, 1867
 Jacques Cousteau – June 11, 1910
 Venus Williams – June 17, 1980
 Roger Ebert – June 18, 1942
 Chet Atkins – June 20, 1924
 Meryl Streep – June 22, 1949
 Jack Dempsey – June 24, 1895
 Pearl S. Buck – June 26, 1892
 Mel Brooks – June 28, 1926
 Mike Tyson – June 30, 1966

Notable Quotable

“The cure for anything is salt water: sweat, tears, or the sea.”

~ Isek Dinesen, author

June Birthdays

Phyllis.....3rd
 Marian S.....12th
 Fred S.....13th
 Joe C.....22nd
 Ayla A.....23rd
 Michael B.....29th



The Susan J Rheem Adult Day Center

June
2017



3407 N. Windsong Drive
 Prescott Valley, AZ 86314
 Phone (928) 775-3563/Fax (928)775-3591
www.adultcareservices.org

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
Mike
Rick
Victor

The Deep Blue Sea

When you consider the massive size and global influences of the oceans on our planet, you realize that there is much to celebrate in June during Oceans Month. It is a commonly cited statistic that 71% of Earth's surface is ocean. It is less known that anywhere from 50–80% of all life on Earth is found under the ocean's surface. After all, the ocean constitutes 99% of Earth's living space and, amazingly, humans have explored only 10% of these vast depths. Some say that we know more about the moon than these uncharted reaches.

The majority of the ocean is the “deep sea,” a cold, dark, and pressurized area 1,000 meters below the surface. Light cannot penetrate to these depths, yet this part of the ocean is home to an abundance of life. The fish and organisms that live here depend on the organic matter that sinks down from above, falling like a life-giving snow. Many deep-sea fish are bioluminescent, which means that they can create light with their bodies. Deep-sea fish also conserve as

much energy as possible and do not move much, lying in wait for their food rather than hunting for it. The deep sea is a harsh environment where only the most perfectly adapted organisms can survive. Humans have only ventured to these reaches in advanced submarines. Yet it is not impossible to witness these amazing creatures up close. June is also Aquarium Month, and aquariums have finally developed technologies that mimic deep-sea habitats. Scientists have created the “abyss box,” a tank that mimics the punishing conditions of the deep sea: absence of light, harsh cold, and crushing pressure the likes of carrying the weight of a jumbo jet. The tiny, highly pressurized tank has six-inch-thick walls, holds only five gallons of water, and weighs 1,300 pounds. In it we can now see deep-sea crabs and shrimp, angler fish, and other mysterious creatures of the deep blue sea.

Monday

Tuesday

Wednesday

Thursday

Friday

June 2017

				<p>1 9:45 Remember When 10:30 Devotions/ Can Shootout/ Wind Chime Craft Part 1 11:30 B-Fit 12:45 Heads or Tails Race 1:15 Green Thumbs/ Bingo/ Shuffleboard 2:15 Snack & Humor's the Best Medicine</p>	<p>2 Doughnut Day 9:45 This Day In History 10:30 Family Feud/ Juka/ Baking "Easy Doughnuts" 11:30 Zumba 12:45 Math Minds 1:15 Dancing with Peggy/ Glamour/ Beat the Clock 2:15 Snack & Riddle Me This</p>
<p>5 9:45 Current Events 10:30 Washer Toss/ All Boxed In/ Woodworking 11:30 Sittercise 12:45 Ball Toss 1:15 Bowling/ Marinetti Dice/ Green Thumbs 2:15 Snack & Hangman</p>	<p>6 9:45 Good News Network 10:00 Walking Club 10:30 Sticky Ball/ Skip-Bo/ Woodworking 11:30 Gentle Stretch 12:45 Balloon Volleyball 1:15 Card Hat Toss/ Cranium Crunches/ Crazy 8's 2:15 Snack & Outburst</p>	<p>7 9:45 Remember When 10:30 Rocket Birdie/ Duck Hunting/ Scrapbooking 11:30 B-Fit 12:45 Recipe Builder 1:15 Moon Light Howlers Perform/ Scrabble/ Glamour 2:15 Snack & Word Jumble</p>	<p>8 9:45 This Day in History 10:30 Scenic Drive/ Putt Putt Golf/ Wind Chime Craft Part 2 11:30 Zumba 12:45 Country Cousins 1:15 Green Thumbs/ Ranter-Go-Round 2:15 Snack & Math Minds</p>	<p>9 9:45 Short Story Builder 10:00 Dollar Tree Shopping 10:30 Pig Dice/ Darts/ Devotions 11:30 Yoga with Perry 12:45 Name That Tune 1:15 Ladderball/ Green Thumbs/ Can you Beat That 2:15 Snack & Scattergories</p>	
<p>12 9:45 Good News Network 10:30 Spring Ball/ Thru the Window/ Jewelry Making 11:30 Gentle Stretch 12:45 Balloon Volleyball 1:15 Green Thumbs/ Lawn Darts/ Who, What, When 2:15 Snack & Outburst</p>	<p>13 9:45 Remember When 10:00 Walking Club 10:30 Karaoke/ Juka/ Green Thumbs 11:30 B-Fit 12:45 Rhyme Time 1:00 Story of Old Glory/ Short Story Club 2:15 Snack & Humor's the Best Medicine</p>	<p>14 Flag Day 9:45 This Day in History 10:30 Umbrella Toss/ Flag Down/ Life Long Learning 11:30 Zumba 12:45 Ball Toss 1:15 Dancing with the Sidekicks Band/ Waving the White Flag 2:15 Snack & Hangman</p>	<p>15 9:45 The Minister's Cat 10:30 Lunch Outing @ Plaza Bonita/ Penny Pitching/ Devotions 11:30 Rhyming Warm-Up 12:45 Name that Tune 1:15 Dancing with Phil and Mary/ Racko/ Green Thumbs 2:15 Snack & Scattergories</p>	<p>16 Father's Day Celebration 9:45 Current Events 10:30 Football Toss/ Uno/ "Tie One On" Card Game 11:30 Sittercise 12:45 Pictionary 1:15 Guitar with Tim Anderson/ Woodworking /Blackjack 2:15 Snack & Trivia</p>	
<p>19 9:45 Remember When 10:30 Horseshoes/ Dominoes/ Making Marbled Paper 11:30 B-Fit 12:45 Rhyme Time 1:15 Table Hockey/ Run for it/ Green Thumbs 2:15 Snack & Humor's the Best Medicine</p>	<p>20 9:45 This Day in History 10:00 Walking Club 10:30 Floor Yahtzee/ Green Thumbs/ Jeopardy 11:30 Zumba 12:45 Riddle Me This 1:15 Ring Toss/ Chopped Kitchen/ Darts 2:15 Snack & Math Minds</p>	<p>21 9:45 Short Story Builder 10:30 Pool Golf/ Time Slips/ Crazy 8's 11:30 Rhyming Warm-Up 12:45 Balloon Volleyball 1:15 Karaoke/ Penny Ante/ Basketball 2:15 Snack & Outburst</p>	<p>22 Birthday Celebration 9:45 Current Events 10:00 Family Dollar Shopping 10:30 Birthday Games/ Birthday Baking/ Apples to Apples 11:30 Sittercise 12:45 Country Cousins 1:15 Green Thumbs/ Birthday Baking Continued 2:15 Snack & Trivia</p>	<p>23 9:45 Good News Network 10:30 Devotions/ Chicago Dice/ Ice Breaker 11:30 Yoga with Perry 12:45 Word Jumble 1:15 Bean Bag Toss/ My Life Story/ Glamour 2:15 Snack & Recipe Builder</p>	
<p>26 9:45 This Day in History 10:30 Putt Putt Golf/ Cloud 9/ Glamour 11:30 Zumba 12:45 Math Minds 1:15 Shuffle Board/ Uno/ Green Thumbs 2:15 Snack & Riddle Me This</p>	<p>27 9:45 Minister's Cat 10:00 Walking Club 10:30 Spring Ball/ Ship Captain Crew/ Green Thumbs 11:30 Rhyming Warm-Up 12:45 Name that Tune 1:15 Corn Hole/ Sequence/ Woodworking 2:15 Snack & Scattergories</p>	<p>28 9:45 Daily Review 10:00 Library Land with Ted/ Mad Libs 11:00 Current Events 11:30 Sittercise 12:45 Trivia 1:15 Penny Pitching/ Dice Roulette/ Hand Massages 2:15 Snack & Pictionary</p>	<p>29 9:45 Good News Network 10:30 Sticky Ball/ Yahtzee/ Devotions 11:30 Gentle Stretch 12:45 Recipe Builder 1:15 Music Therapy with Meg/ Green Thumbs 2:15 Snack & Word Jumble</p>	<p>30 1950'S PARTY Pull your poodle skirt and dancing shoes out of the closet! Today we will be having 50's inspired fun with your favorite soda shop sweets, a game of Sundae Cherry Pitch, a little drag racing, and our day could never be complete without a sock hop with our favorite Elvis singer Chuck Brown! There will be surprises around the corner so come join us for the party that will be remembered for years!</p>	