

Monday

Tuesday

Wednesday

Thursday

Friday

AUGUST 2017

<p>7 10:00 Current Events 10:30 Corn Hole/ Uno/ Wood Working 11:30 B Fit 12:45 Pictionary 1:15 Arrow Shoot/Chicken Foot / Green Thumbs 2:15 Snack & Word Jumble</p>	<p>8 10:00 Daily Review /Horoscopes 10:00 Walking Club 10:30 Penny Pitching/ Marinetti Dice/ 11:30 Gentle Stretch 12:45 Heads or Tails Race 1:15 Hoy Card/Bingo / Book Club 2:15 Snack & Ball Toss</p>	<p>9 10:00 Ministers Cat 10:30 Bocce Ball /Ship Captain Crew / Cowboy Collage 11:30 Sittercise 12:45 Participants Choice White Board Game 1:15 Rocket Birdie / Crazy 8's / Glamour 2:15 Snack & Hangman</p>	<p>10 10:00 This Day in History 10:30 Pool Golf/ TNT Craft / Lunch @ging Wildflower 11:30 Zumba 12:45 Dancing with Country Cousins 1:15 Scrabble / Green Thumbs 2:15 Snack & Scattergories</p>	<p>11 Wild Wild West Event Dust off your boots and join us for a trip back in time to the wild, wild west. Sit back and enjoy the writings of local Cowboy Poets. Try out your Steer roping and spitoon tossing skills. If that don't tickle your fancy try your luck at a hand of poker in the saloon. Keep your eyes open for the Sheriff in these here parts. YEEHAW</p>
<p>14 10:00 Daily Review/ Horoscopes 10:30 Shuffle Board/Jingo / Devotions 11:30 Sittercise 12:45 Link Words 1:15 Umbrella Toss/ Chicago Dice/ Green Thumbs 2:15 Snack & Outburst</p>	<p>15 10:00 Current Events 10:00 Walking Club 10:30 Card Hat Toss/ Group Crossword 11:30 B Fit 12:45 Recipe Builder 1:15 Lawn Darts/Uno Attack / Chopped Kitchen 2:15 Snack & Laugh out Loud</p>	<p>16 10:00 Remember When 10:30 Spring Ball /Dominoes /Book Club 11:30 Zumba 12:45 Spelling Bee 1:15 Karaoke / Dice Roulette / Hand Massages 2:15 Snack & Ball Toss</p>	<p>17 Birthday Celebration 10:00 Famous Birthdays 10:30 Birthday Games / Penny Ante / Card Making 11:30 Gentle Stretch 12:45 Hangman 1:15 Birthday Games / Bunco/ Green Thumbs 2:15 Snack & Math Minds</p>	<p>18 10:00 The Ministers Cat 10:30 Washer Toss/ Black Jack/ Lunch Trip to Gabby's Kitchen 11:15 Yoga with Perry 12:45 Balloon Volleyball 1:15 Guitar with Tim Anderson/ Skip Bo 2:15 Snack & Scattergories</p>
<p>21 10:00 Current Events 10:30 Umbrella Toss / Jeopardy/ Dollar General Trip 11:30 Gentle Stretch 12:45 Riddle Me This 1:15 Ring Toss/Duck Hunt / Green Thumbs 2:15 Snack & Humor is the Best Medicine</p>	<p>22 10:00 Remember When 10:00 Walking Club 10:30 Horse Shoes/ Farkle 11:30 Zumba 12:45 Spelling Bee 1:15 Pig Dice Juka / Paint to Music 2:15 Snack & Outburst</p>	<p>23 10:00 Daily Review/ Horoscopes 10:30 Bowling / LCR/ Marble Painting 11:30 B fit 12:45 Pictionary 1:15 Frable Hockey/ Bunco / Life Long Learning 2:15 Snack & Rhyme Time</p>	<p>24 10:00 The Ministers Cat 10:30 Ladder Ball / Marinetti Dice / Devotions 11:30 Sittercise 12:45 Music and Dancing with Country Cousins/ Scrabble/ Green Thumbs 2:15 Snack & Scattergories</p>	<p>25 Coffee Break Day Nothing smells better than that-fresh pot of coffee brewing in the morning. But did you know there are many more uses for coffee than simply enjoying that cup of Joe? Join us today and awaken your senses with Java inspired activities, taste testing, coffee creations and a cannot miss coffee inspired meal by our own Chef Jim. Dessert will be a real eye opener!</p>
<p>28 10:00 Remember When 10:30 Ice Breakers / Flag Down Glamour 11:30 Zumba 12:45 Ball Toss 1:15 Bocce Ball/ Jingo/ Green Thumbs 2:15 Snack & Outburst</p>	<p>29 10:00 Daily Review /Horoscopes 10:00 Walking Club 10:30 Bean Bag Toss / Racko 11:30 Sittercise 12:45 Hangman 1:15 Sticky Ball / Chicken Foot/ Group Crossword 2:15 Snack & Pictionary</p>	<p>30 10:00 Library Land with Ted / Mad Libs 11:15 Daily Review 11:30 Gentle Stretch 12:45 Rhyme Time 1:15 Shuffle Board/ Bingo/ Crazy 8's 2:15 Snack & Scattergories</p>	<p>31 10:00 Coffee at Stepping Stones 10:30 Floor Yantzee/ Farkle 11:30 B Fit 12:45 Word Jumble 1:15 Corn Hole/ All Boxed In / Green Thumbs 2:15 Snack & Riddle me This</p>	

Horoscopes and Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. As such, Virgos make perfect humanitarians.

Francis Scott Key – August 1, 1779
 Louis Armstrong – August 4, 1901
 Neil Armstrong – August 5, 1930
 Dustin Hoffman – August 8, 1937
 Allegra Kent – August 11, 1937
 Mae West – August 17, 1893
 Robert De Niro – August 17, 1943
 Connie Chung – August 20, 1946
 Dorothy Parker – August 22, 1893
 Leonard Bernstein – August 25, 1918
 Leo Tolstoy – August 28, 1828
 Ted Williams – August 30, 1918
 Van Morrison – August 31, 1945

August Birthdays

Richard G.....3rd
 James W.....5th
 Marv R.....8th
 Lyle D.....10th
 Gordon V.....12th
 Clem P.....15th
 Bud B.....17th
 Bobbie B.....19th
 Sam C.....5th
 Kathy H.....30th



Notable Quotable

"This is one small step for man, one giant leap for mankind."

~ Neil Armstrong, astronaut

The Susan J Rheem Adult Day Center

August 2017

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



Our Team

Laura Dreibeibis
 Director

John Shippen
 Wellness Nurse

Kerrie Petersen
 Activity Director

Margie Jones
 Transportation Director

Kim Bradford
 Administrative Assistant

Jim Holmes
 Cook

Care Partner Team
 Brooke
 Kim
 Elva

Transportation Team
 Henry
 Mike
 Rick
 Victor

The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument

write, or dance, this is a day to revel in the beauty of art. For centuries, people have asked, "What is art?" Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is beauty, harmony, a revelation of truth, a communication of feeling and self-expression. Truly, art is as diverse as its definition. So what is art? You'll know it when you see it—and may surprise yourself when you make it.

We consume every day: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or construct a makeshift centerpiece out of tissue paper

and empty bottles, your creation will take on a life of its own as a form of creative self-expression. If you're still looking for inspiration as an artist, you can spend the month of August enjoying the work of others, for August is American Artist Appreciation Month. Georgia O'Keeffe painted flowers. Norman Rockwell illustrated idyllic scenes of American life. Aaron Douglas created inspiring murals. And these are just visual artists. There is an endless wealth of writers, singers, and dancers to awe and inspire you. Are you intimidated by art? Does visiting a museum or jazz club scare you? Just as creating art is an individual expression, enjoying art is also a personal experience. There are no right or wrong ways to enjoy art. If you'd rather stay at home, then grab your box of crayons and a coloring book on August 2, Coloring Book Day. For many, this type of artistic expression is just the right fit