

Monday

Tuesday

Wednesday

Thursday

Friday

# JANUARY 2016

Susan J. Rheem Adult Day Center

|   |   |   |  |  |
|---|---|---|--|--|
|    |   |   |  |  |
| 1   | <b>Happy New Year!<br/>Center Closed!!!</b>   |   |  |  |
| <p>10:00 Morning Update <b>4</b></p> <p>10:30 Conductorcise</p> <p>11:00 <b>Town Drive</b><br/>Anagrams/Trivia</p> <p>1:00 <b>Music with Texas Bill</b><br/>Bingo </p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p> | <p>10:00 Morning Update <b>5</b></p> <p>10:30 Sit &amp; Be Fit</p> <p>10:45 <b>Green Thumbs</b></p> <p>11:00 <b>A Capella with John B.</b></p> <p>11:30 Crossword Puzzle</p> <p>1:00 Indoor Volleyball/Cards</p> <p>1:40 Sing-a-long</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p>10:00 Morning Update <b>6</b></p> <p>10:30 Exercise &amp; Weights</p> <p>11:00 <b>Tea Party with Kurstyn</b><br/>Junk Drawer Detective</p> <p>1:00 <b>Birthday Party w/ Paulette</b><br/><b>Green Thumbs</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p> | <p>10:00 Morning Update <b>7</b></p> <p>10:30 Fitter Sitter</p> <p>11:00 <b>Town Drive</b><br/><b>Movie Chat with David</b></p> <p>1:00 Rock 'N Roll Bowling<br/>Bunko </p> <p>1:40 Timeless Trivia</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p> | <p>10:00 Morning Update <b>8</b></p> <p>10:30 Friday Fitness</p> <p>11:00 Getting to Know You</p> <p>11:40 Penny Ante</p> <p>1:00 <b>Music with Sandy Lee</b><br/><b>Green Thumbs</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  |
| <p>10:00 Morning Update <b>11</b></p> <p>10:30 Exercise &amp; Weights</p> <p>11:00 <b>McDonalds 8\$</b><br/>Indoor Basketball</p> <p>11:40 Timeless Trivia</p> <p>1:00 <b>Music with Terri &amp; Joan</b><br/>Cards/Games</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>                           | <p>10:00 Morning Update <b>12</b></p> <p>10:30 Fitter Sitter</p> <p>10:00 <b>Beautiful Signers</b></p> <p>10:45 <b>Green Thumbs</b></p> <p>11:00 Shuffleboard </p> <p>1:00 <b>Participants' Council</b></p> <p>1:40 Sing-a-long</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p> | <p>10:00 Morning Update <b>13</b></p> <p>10:30 Conductorcise</p> <p>11:00 Devotions<br/>Travels Abroad</p> <p>1:00 <b>Green Thumbs</b><br/><b>Name That Tune w/ Beth</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p>10:00 Morning Update <b>14</b></p> <p>10:30 Sit &amp; Be Fit</p> <p>11:00 <b>Craft with Kurstyn</b><br/><b>Town Drive-Countryside</b></p> <p>1:00 Junk Drawer Detective</p> <p><b>Jet Setters with Nikki</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p>10:00 Morning Update <b>15</b></p> <p>10:30 Friday Fitness</p> <p>11:00 <b>Just Friends</b><br/>Bunko</p> <p>1:00 <b>Green Thumbs</b><br/>Sentimental Reflections</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>   |
| <p>10:00 Morning Update <b>18</b></p> <p>10:30 Sit &amp; Be Fit</p> <p>11:00 <b>Sports Talk with Scott</b><br/>Sentimental Reflections</p> <p>1:00 <b>Country Music with Phil</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>   | <p>10:00 Morning Update <b>19</b></p> <p>10:30 Conductorcise</p> <p>10:45 <b>Green Thumbs</b></p> <p>11:00 <b>A Capella with John B.</b><br/><b>Cuppers Bistro 5\$</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p>10:00 Morning Update <b>20</b></p> <p>10:30 Fitness Fun</p> <p>11:00 <b>Music with Maria</b></p> <p>1:00 <b>Side Kicks Band</b><br/><b>Green Thumbs</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p>10:00 Morning Update <b>21</b></p> <p>10:30 Exercise &amp; Weights</p> <p>11:00 <b>Movie Chat with David</b><br/>Cards/Table Games</p> <p>1:00 <b>Music with Tony Baloney</b><br/>Bingo</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>   | <p>10:00 Morning Update <b>22</b></p> <p>10:30 Friday Fitness</p> <p>11:00 Devotions<br/>Time Slips </p> <p>1:00 <b>Piano with Robert</b><br/><b>Green Thumbs</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p> |
| <p>10:00 Morning Update <b>25</b></p> <p>10:30 Fitness Fun</p> <p>11:00 <b>Craft with Shirlee</b><br/>Rock 'N Roll Bowling</p> <p>1:00 <b>Guitar with Tim</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>   | <p>10:00 Morning Update <b>26</b></p> <p>10:30 Exercise &amp; Weights</p> <p>10:45 <b>Green Thumbs</b></p> <p>11:00 Bean Bag Toss</p> <p>11:40 Crossword Puzzle</p> <p>1:00 <b>DJ David Rockir</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p><b>Snow What Fun Celebration!!! 27</b></p> <ul style="list-style-type: none"> <li>❖ Games</li> <li>❖ Food</li> <li>❖ Music</li> <li>❖ Fun!!!</li> </ul>                               | <p>10:00 Morning Update <b>28</b></p> <p>10:30 Conductorcise</p> <p>11:00 <b>Dollar Tree \$</b><br/>Ladder Toss</p> <p>1:00 Trivia Tunes</p> <p>1:40 Humor/Trivia</p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  | <p>10:00 Morning Update <b>29</b></p> <p>10:30 Friday Fitness</p> <p>11:00 Indoor Basketball<br/><b>Arturo's 12\$</b></p> <p>11:40 Word Scramble</p> <p>1:00 <b>Green Thumbs</b><br/><b>Piano with Robert</b></p> <p>2:20 Snack &amp; Social</p> <p>3:00 Afternoon Club</p>  |

Please sign up for all outings. Activities are subject to change.

**We will be celebrating all January birthdays on Wednesday, Jan. 6th.**

Please join us for music and singing with Paulette and birthday cake!

Please RSVP if you plan to attend.

Lewis T.     January 3<sup>rd</sup>

Donald W.   January 8<sup>th</sup>

Gene H.     January 13<sup>th</sup>

David J.     January 15<sup>th</sup>

Lupe C.     January 25<sup>th</sup>

James M.    January 31<sup>st</sup>



**826 Sunset Ave., Prescott, AZ 86305 928-445-6384**

**The Susan J. Rheem Adult Day Center is a  
nonprofit program of Adult Care Services.**

**[www.AdultCareServices.org](http://www.AdultCareServices.org)**

**We also have two other locations in  
Prescott Valley and Cottonwood.**

# ***The Susan J. Rheem Adult Day Center Prescott***

