



Notable Quotable

“You’re only as good as the people you hire.”

- Ray Kroc, founder of McDonald’s Hamburg-ers

Horoscopes and Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep ways. Resourceful and determined, Scorpios give their all when they follow their hearts

Julie Andrews – October 1, 1935
Chubby Checker – October 3, 1941
Ray Kroc – October 5, 1902
Jesse Jackson – October 8, 1941
Luciano Pavarotti – October 12, 1935
E. E. Cummings – October 14, 1894
Evel Knievel – October 17, 1938
Mickey Mantle – October 20, 1931
Johnny Carson – October 23, 1925
Pablo Picasso – October 25, 1881
Sylvia Plath – October 27, 1932
Bill Gates – October 28, 1955
John Candy – October 31, 1950

October Birthdays

Oscar T.....4th
Doug W.....4th
Jeanette J.....5th
Susan B.....7th
Thomas B.....14th
Dr. Lee F.....24th
Sara G.....29th
Alice B.....31st



The Susan J Rheem Adult Day Center

October 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

Kerrie Petersen
Activity Director

Margie Jones
Transportation
Director

Kim Bradford
Administrative
Assistant

Jim Holmes
Cook

Lead Activity Asst.
Kim Koranda

Care Partner Team
Brooke
Teresa
Sherry
Cathy

Transportation Team
Vic
Rick
Skip
Terry

Go Nuts for Squirrels in October

Squirrels will be busy throughout October burying nuts in the ground in preparation for the long, cold winter. No wonder October is both Squirrel Awareness Month and Nut Month. Nuts such as acorns, hickory, pecans, and black walnuts are the most important part of a squirrel’s diet, for they give the squirrel the protein and fatty acids they need to survive. But the truth is that squirrels, like humans, require a balanced diet to stay healthy. They may love nuts, but they also need to eat berries, seeds, young plants, and even insects to get the nutrition they need. Like humans, squirrels also sometimes don’t realize that too much of a good thing could make them sick. Many squirrels adore peanuts, but peanuts can harbor a fungus in their shells that is poisonous to squirrels. North America’s eastern gray squirrel, play an important role in forest regeneration.

The gray squirrel often eats damaged seeds and nuts first and stores the best seeds to eat later. Burying these seeds gives hardwood trees a greater chance to thrive. With a 17-inch body and a 20-inch tail, the Indian giant flying squirrel is impressive for its size and has the ability to soar up to 300 feet. These squirrels do not really fly but glide on thin membranes of skin that are attached to their front and hind legs like a parachute. Ground squirrels, including marmots, woodchucks, and prairie dogs have evolved to live outside the forest, instead digging vast underground burrows in the mountains and grasslands. These species, unlike their tree dwelling cousins, are also highly social and communicative. The ingenious squirrel has been able to find success in habitats all over the world.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 10:00 This Day in History 10:30 Bocce Ball/ All Boxed In/ Hand Massages 11:30 Light and Lively 12:45 Trivia 1:15 Bean Bag Toss/ Racko Green Thumbs 2:15 Snack & Hangman</p>	<p>3 10:00 Current Events 10:30 Ladderball/ Devotions Walking Club 11:30 Gentle Stretch 12:45 Ball Toss 1:15 Hoy Card/ Dice Roulette/ Jewelry Making 2:15 Snack & Outburst</p>	<p>4 10:00 Daily Chronicle/ Horoscopes 10:30 Ring Toss/ Cloud 9/ Penny Ante 11:30 Sittercise 12:45 Recipe Builder 1:15 Floor Yahtzee / Bingo Glamour 2:15 Snack & Pictionary</p>	<p>51 10:00 Remember When? 10:30 Can Shoot Out/ Juka/ Dollar Tree Shopping 11:30 B Fit 12:45 Charades 1:15 Rocket Birdie / Bunco/ Green Thumbs 2:15 Snack & Rhyme Time</p>	<p>6 10:00 Daily Chronicles/ Horoscopes 10:30 Shuffle Board/ Black Jack Group Crossword 11:30 Light & Lively 12:45 Scattergories 1:15 Singing and Dancing with Peggy/ Marinetti Dice 2:15 Snack & Math minds</p>
<p>9 10:00 Daily Chronicles/ Horoscopes 10:30 Football Toss/ Baseball Darts Lunch @ Culver's 11:30 Sit & Fit 12:45 Humor is the Best Medicine 1:15 Piano with Robert/Pig Cards Green Thumbs 2:15 Snack & Riddle Me This</p>	<p>10 10:00 Remember When? 10:30 Card Hat Toss/ Farkle/ Walking Club 11:30 Light & Lively 12:45 Pictionary 1:15 Pig Dice/ Ship Captain Crew Computers 101 2:15 Snack & Math Minds</p>	<p>11 National Sausage Pizza Day 10:00 Current Events 10:30 Arrow Shoot/ A Taste of/ Skip Bo 11:30 Zumba 12:45 Spelling Bee 1:15 Singing with The Antique Parts / Chicago Dice 2:15 Snack & Scattergories</p>	<p>12 10:00 Outburst 10:30 Penny Pitching/ Crazy 8's Devotions 11:30 Sittercise 12:45 Dancing w/ Country Cousins/ 1:15 LCR Dice/Green Thumbs 2:15 Snack and Hangman</p>	<p>13 Fall Ball with Paulette!!! Come join us for Fall Fun! We will be indulging in fall inspired food, crafts and games..Then dancing the afternoon away to the musical styling's of Paulette. So Long Summer , Hello Fall !!</p>
<p>16 10:00 Mind Warm Ups 10:30 Seated Soccer/ Devotions/ Dollar Tree Shopping 11:30Gentle Stretch 12:45 Recipe Builder 1:15 Washer Toss/ Sequence Green Thumbs 2:15 Snack & Rhyme Time</p>	<p>17 10:00 Mad Libs 10:30 Ice Breakers/ Uno Attack Walking Club 11:30 B Fit 12:45 Out Burst 1:15 Spring Ball/ Jeopardy/ Centerpiece Masterpiece Craft 2:15 Snack and Scattergories</p>	<p>18 10:00 Current Events 10:30 Corn Hole/ Dominoes/ Chopped Kitchen 11:30 Sittercise 12:45 Word Jumble 1:15 Dancing to the Sidekicks/ Can you Beat That? 2:15 Snack & Riddle Me This</p>	<p>19 Birthday Celebration 10:00 Famous Birthdays 10:30 Pin the Tail / Card Making 11:30 Zumba 12:45 Ball Toss 1:15 Desert Rose Dancers/ Green Thumbs 2:15 Snack & Birthday Celebration</p>	<p>20 10:00 The Ministers Pig 10:30 Table Hockey/ Bingo Lunch @ Haunted Hassayampa 11:30 Light & Lively 12:45 Balloon Volleyball 1:15 Bocce Ball, Oktoberfest Craft 2:15Snack & Humor is the Best Medicine</p>
<p>23 10:00 Remember When 10:30 Pool Golf/ Jingo/ Cranium Crunches 11:30 Sittercise 12:45 Trivia 1:15 Music w/ Tim Anderson / Woodworking/ Green Thumbs 2:15 Snack & Scattergories</p>	<p>6 OKTOBERFEST " Prost " (Cheers) Fall is in the air, that means it is time for a Oktoberfest celebration. Join us for a day of decadent German cuisine, lively games and singing & dancing with Meg. Great Food, Fun and Friends!</p>	<p>25 10:00 Library Land w/ Ted / Mad Libs 11:15 Daily Chronicle 11:30 Light & Lively 12:45 Recipe Builder 1:15 Bowling/ Uno Attack/ Life Long Learning 2:15 Snack & Outburst</p>	<p>26 10:00 Mind Warm Ups 10:30 Umbrella Toss/ Who, What, When/ Devotions 11:30 B- Fit 12:45Dancing w/ Country Cousins/ 1:15 Dominoes/Green Thumbs 2:15 Snack & Hangman</p>	<p>27 10:00 Current Events 10:30 Horseshoes / Farkle 11:15Yoga with Perry 12:45 Outburst 1:15 Singing & Dancing with Texas Bill / Mummy Baking 2:15 Snack & Rhyme Time</p>
<p>30 10:00 Everybody's "Boo"-tiful 10:30 Jack O Lantern Toss/ LCR Creepy Crawly Craft 11:30 Light & Lively 12:45 Sticky Ball 1:15 Karaoke & Dancing / Dem Bones Dice / Green Thumbs 2:15 Snack & Riddle me This</p>	<p>31 HALLOWEEN BASH Come one, come all to our spooktacular ball. Come dressed in your favorite costume, prizes will be awarded for the best dressed. We will be dancing w/ DJ Dave, enjoying hauntingly good treats and even Trick or Treating. See you there!</p>	<p>October 2017</p>		