



### Notable Quotable

“I wasn’t just going to walk, I was going to run. And then, once I stopped running, I was going to dance.”

~ Robert Battle, dancer and choreographer



## Community Events

*A Jazz Journey at The Elks* **JAZZ**

**Jazz Influences in American Culture**  
**Saturday, April 8th @ 7pm**  
 \$26.00 General Admission, \$36.00 at the door if available. Doors open at 6 pm.

**Crystal Hall - Third Floor**  
 117 E. Gurley St. • 928.756.2844  
 Tickets available for sale at [www.PrescottElksTheatre.org](http://www.PrescottElksTheatre.org)

### Memory Cafe



FREE event for those living with Alzheimer’s & other forms of mild cognitive impairment, AND their caregivers.

Free breakfast and a meaningful activity or fun game!

2nd Saturday of every month  
9 AM to 10:30 AM

at the  
**The Susan J. Rheem Adult Day Center**  
 RSVP Candace: 928-441-1039



- Diane B.....3rd
- Rick M.....8th
- Chino A.....9th
- Kathy P.....12th
- Vito P.....15th
- Larry F.....30th
- Jerry P.....30th

# The Susan J Rheem Adult Day Center

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



## April 2023

### Our Team

Laura Dreibelbis  
Director

Eileen Trauthwein  
Wellness Nurse

Kerrie Petersen  
Activity Director

Transportation  
Director

Candace Lea  
Care Manger

Lorilynn Porter  
Administrative  
Assistant

David Haywood  
Chef

Chef Assistant  
Angelo

Care Partner Team  
Joy  
John  
Susie  
Linnan

Transportation Team  
David  
Gary  
Dave  
Dan  
Louise  
John

## Evolution of Dance

April 29 is International Dancing Day, a day that will be greeted with enthusiasm by those who love to dance and perhaps with dread by those with two left feet. The date commemorates the birthday of Jean-Georges Noverre, the French dancer who is credited with creating ballet during the 18th century. While ballet might be considered the ultimate expression of modern dance, dancing has been a part of humanity since the prehistoric era.

Dancing is a pastime of every human society on Earth. Its ubiquity has led scientists to ask whether dancing is more than just an entertaining diversion. Does dancing play a role in our survival as a species? Neuroscientists have mapped the regions of the brain that are activated when we dance. Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics. In the 1800s, sociologist Emile Durkheim

coined the term “collective effervescence,” the feeling that an individual is a part of something larger than themselves. Amongst our prehistoric ancestors, dancing may very well have been a source of collective effervescence. Anthropologists assert that groups that danced well together formed lasting bonds and alliances. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger sense of social bonding. Societies that practice group dancing may have survival advantages over societies that do not dance. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humanity since the dawn of civilization.



Monday

Tuesday

Wednesday

Thursday

Friday

# April 2023

<p><b>3 Oops we Missed April Fools!</b>          10:00 12 Mile Run          10:10 April Fools Around the World          10:30 Corn Hole/ Jokers Wild              Green Thumbs w/ Susie          11:30 Mission Slimpossible          12:45 Cloudy with a Chance of Chuckles          1:15 Only Fool's Rush in Karaoke              Mosaic Eggs Art Class            2:15 Snack &amp; Fact or Foolery</p>	<p><b>4</b>          10:00Stretch &amp; Flex          10:10 Weekly Chronicles          10:30 Bulls Eye Toss/ Bible Study w/ Kerrie              (Easter Scriptures)            11:30 Rocking Fitness          12:45 Buzz Words          1:15 Penny Pitching// Creative Hour w/ Joy              (WR Bunnies)            2:15 Snack &amp; Random Trivia</p>	<p><b>5</b>          10:00 Wednesday Workout          10:10 Mystery Person of the Week          10:30Egg Bowling / Mosaic Eggs Art (Cont.)              <b>Lunch @ Chili's</b>            11:30 Sittercise          12:45 Wacky Words          1:15 Arrow Shoot/Woodworking w/ John            2:15 Snack &amp; Finish the Phrase</p>	<p><b>6</b>          10:00 Warm up Stretch          10:10 Monthly Gazette          10:30 Ladder Ball/ Devotions &amp; Hymns              (Easter Worship Service)          11:30 Light &amp; Lively          12:45 Secret Bunny Quote          1:15 Card Hat Toss/ Egg Swap Dice              Flower Arranging w/ Susie            2:15 Snack and Bunny Funnies</p>	<p><b>7 Easter Celebration</b>          Hippity Hoppity Easter is on it's Way!          Join us for a day full of fun. We will be          dying eggs , Doing the Easter Egg          Scramble and having a good ole' fashion          Easter egg hunt and of course enjoying an          amazing Easter Lunch with all the fixings.          Wear you Sunday best and get ready to          have an " Egg-ceptional" Day!              <b>Happy Easter Everyone</b></p>
<p><b>10</b>          10:00 Monday Moving          10:10 Weather or Not?          10:30 Bocce Ball / Shut the Box              Life Long Learning (Chasing the Storm)            11:30 Sittercise          12:45 Truck Categories          1:15 Lawn Darts / Dominoes              Penny Ante (Get to know your peers)            2:15 Snack &amp; Dance &amp; Weather Trivia</p>	<p><b>11 National Pet Day</b>          10:00 Walking the Dog Exercise          10:10 Pet's are Family Too          10:30 Ladderball/ Bible Study w/ Kerrie            11:30 Light &amp; Lively          12:45 Famous Couples          1:15 Pet Show &amp; Tell/ Match that Pet Game              Let's get ready for Greece Passport class            2:15 Snack and Pet's are Hysterical!!</p>	<p><b>12</b>          10:00 Wake up Wednesday          10:10 The Ringer Short Story          10:30 Balloon Baseball/ Homerun Dice              Card Making w/ Joy            11:30 Rocking Fitness          12:45 Spelling Bee          1:15 Bulls Eye Toss/ Thru The Window              Appetizer Cooking Class            2:15 Snack &amp; Fact or Fiction</p>	<p><b>13 National Dime Store Day</b>          10:00 Full Body 5 &amp; Dime Workout          10:10 Remembering WoolWorths          10:30 Penny Pitching/ Hymns &amp; Devotions              Dollar Tree Shopping            11:30 Sittercise          12:45 Dimes Categories          1:15 Guitar w/ Greg/ Woodworking w/ John              Hand Massages            2:15 Snack &amp; Jeopardy Trivia</p>	<p><b>14</b>          10:00 Friday Fitness          10:10Weekly Chronicles          10:30Toss A Tune/ Shut the Box              Adult Coloring Class            11:30 Light &amp; Lively          12:45 Orbit Categories          1:15 Horse Shoes/Glass Jar Art w/ Linnan            2:15 Snack &amp; Random Trivia</p>
<p><b>17 Happy Herbalist Day</b>          10:00 Stretch &amp; Flex          10:10 All the Herbalicious Facts          10:30 Hoy Card/ Herbal Tea party              Herbal Satche Making          11:30 Rocking Fitness          12:45 Herb Categories          1:15 Ladderball / Herb Sensory Class              Herb Cooking Class w/ Kerrie            2:15 Snack &amp; Herb A Spice Trivia</p>	<p><b>18 Greek Toga Party</b>          Join us today as we sail away to Greece!          We will get our passports stamped as we          tour the Greek Isle with our Tour Guide          Yvonne, try our hand at Discus throwing          and enjoy a magnificent Mediterranean          lunch prepared by Chef David. Don't for-          get to wear your Toga apparel for the fash-          ion show and be prepared to dance the          afternoon away with Chuck B. <b>OPA!!!!</b></p>	<p><b>19</b>          10:00 Fitness Minute          10:10 Weekly Chronicles          10:30 Throw you Hat in the Ring              Drama Club            11:30 Light &amp; Lively          12:45 Musical Miming          1:15The Un- Creepy Crawly Scavenger Hunt              Hoy Cards            2:15Snack &amp; Earth Day Secret Quote</p>	<p><b>20 Birthday Celebration</b>          10:00 7 Min Stretch          10:10 Happy Birthday April          10:30 Pop the Tail on the Donkey              Hymns &amp; Devotions          11:30 Rocking Fitness          12:45 Country Cousins          1:15 Singing w/ The Country Cousins              Group Crossword            2:15Snack &amp; The Earth Write Word Game</p>	<p><b>21 Earth Day</b>          10:00 Friday Fitness          10:10 Celebrating Earth Day          10:30 A Drama Club Performance              An Earthly Game of Family Feud              Cross the Ocean          11:30 Mixed Up Recycling          12:45 Earth Day Jumble          1:15 Big Fish Toss/ Stuck in the Mud              Indoor Water Garden Class            2:15 The Write Word Game</p>
<p><b>24</b>          10:00 Monday Moving          10:10 The Spring Scavenger Hunt Story          10:30 Spring Ball/ Thru the Window              Seated Scavenger Hunt Challenge            11:30 Light &amp; Lively          12:45 Giant Sequoia Mining          1:15 Can Shoot Out/ Marinetti Dice            2:15 Snack &amp; Jeopardy Trivia</p>	<p><b>25</b>          10:00 Simple Stretch          10:10 Weekly Chronicles          10:30 Skeet Bowling /Bible Study w/ Kerrie            11:30 Rocking Fitness          12:45 Mixed up Arbor Day          1:15 Penny Pitching /Sticky Wicket Game            2:15 Snack &amp; What Tree Am ?</p>	<p><b>26</b>          10:00 Wednesday Workout          10:10Star of the Month          10:30 Basketball/ Crazy 8's            11:30 Simply Ballroom          12:45 Tapping Through Time          1:15Let's Reminisce Going Dancing              Group Dance Party            2:15 Snack &amp; What Am I All About Dance</p>	<p><b>27</b>          10:00 Warm Up Stretch          10:10 How Trees Survive Forest Fires          10:30 Ring Toss/ Double Theif              Dollar Tree Shopping            11:30 Sittercise          12:45 Tree-Mendously Mixed-Up          1:15Lawn Darts / Farkle            2:15Snack &amp; Branching Out Trivia</p>	<p><b>28 Arbor Day</b>          10:00 Gentle Stretch          10:10The History of Arbor Day          10:30 Pine Cone Bocce/ Marinetti Dice              Tree- Mendous Apples Painting          11:30 Rocking Fitness          12:45 Birch Categories          1:15 Apples to Apples/ First Fruits            2:15Snack &amp; All About Trees Guesas a Letter</p>