

Community Events



Notable Quotable

“When you are a mother, you are never really alone in your thoughts. A mother always has to think twice—once for herself and once for her child.”

~ Sophia Loren,



24 hand over, please

The coolest after-hours event in Prescott!

After Dark at the Park

Enjoy a Spring evening as you sip and stroll through the park for a unique after-hours experience.

Saturday, May 20, 2023 • 5:30pm - 8:30pm

INDIVIDUAL ADMISSION + 2 drinks - \$40 • COUPLE'S ADMISSION + 2 drinks each - \$60
Drink tickets include beer/wine/soft drinks

Pre-purchase your admission at www.HeritageParkZoo.org or at the gate the night of the event

SAVE \$5 with Pre-Registration Coupon Code FID

Live Music • Games • Food Trucks
Animal Feedings • Keeper Talks

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

May Birthdays

Betty C.....9th
Gary G.....16th
Marilyn S.....21st



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



May
2023

Our Team

Laura Dreibelbis
Director

Eileen Trauthwein
Wellness Nurse

Kerrie Petersen
Activity Director

Abel Ramirez
Transportation
Director

Loriynn Porter
Administrative
Assistant

David Haywood
Chef

Chef Assistant
Angelo

Care Partner Team
Joy
John
Linnan
Susie

Transportation Team
David
Gary
Dan
Dave
Louise
John

An Inventive Month

May is Inventors Month, a good time to consider where we would be without the ingenuity of inventors. Our everyday life is filled with innovative products. Thanks to internet connectivity, we can speak to smart assistants that both turn on our coffee makers and dial our loved ones for a video chat. In many ways, it seems as if the future is already here, but there are plenty more mindboggling innovations just over the horizon.

One of the hottest technological buzzwords of the moment is *metaverse*. What is the metaverse? It is an alternate online virtual world. Using elements of virtual reality and augmented reality, people will use digital avatars to “live” in an online environment where they can interact, communicate, work, and play. Imagine going on a virtual trip to a faraway country with some friends or attending a virtual meeting in a digital boardroom. You can even visit digital clothing stores to buy expensive new clothes for your virtual self. These are just small examples of the burgeoning metaverse. One arena of invention we often forget about is food. It is becoming more common for food to be grown in labs, and scientists are currently replicating milk, ice cream, cheese, and eggs. With the dairy industry responsible for more carbon

emissions than air travel and shipping combined, these lab-grown innovations offer a green alternative.

Concrete is the second-most-consumed material on Earth after water. Scientists have invented a living concrete made of sand, gel, and bacteria. They envision an environmentally friendly concrete that can heal its own cracks, absorb dangerous toxins from the air, and glow on command. While your vision of the future might be filled with flying cars and vacations to outer space, a more accurate version might be one filled with lab-grown food, living buildings, and an expansive virtual world



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 Monday Moving 10:15 May Day Around the World 10:30 Bringing in the May Day Basket Scavenger Hunt / First Fruits Cards Flower Trivia 11:30 Light & Lively 12:45 Mixed Up May Day Fun 1:15 Bocce Ball / Apples to Apples 2:15 Snack & What is Jack-in-the Green?</p>	<p>2 10:00 7 Min Stretch 10:15 The Monthly Gazette 10:30 Magnet Darts/ Adult Coloring Bible Study w/ Kerrie 11:30 Sittercise 12:45 Fiesta Categories 1:15 Can Shoot Out/ Farkle Veterans Wood Working Class w/ John 2:15 Snack & Jeopardy Trivia</p>	<p>3 10:00 Wake Up Wednesday 10:15 The Weekly Chronicles 10:30 Smiling our Way to Health/ Hoy Card Petite Paper Purse Making Craft 11:30 Rocking Fitness 12:45A Spelling Challenge 1:15 Lawn Darts/ Marinetti Dice Paper Purse Craft (Cont) 2:15 Snack & May IQ</p>	<p>4 10:00 Fitness Minute 10:15 The History of Mariachi 10:30 Shuffle Golf /Thru the Window Hymns & Devotions 11:30 Light & Lively 12:45 Cinco De Mayo Guess a Letter 1:15 Card Hat Toss / Bunco Creative Hour W/ Linnan 2:15 Snack & What Am I??</p>	<p>5 Cinco Day Mayo 10:00 Jumping Bean Stretch 10:10 Let's Celebrate Cinco de Mayo 10:30 Seated Soccer/ Mexican Dice 11:30 Sittercise 12:45 Mixed UP Mexican Cuisine 1:15 Pass The Sombrero/ Salsa Making w/ Joy 2:15 Snack & Cinco Day Mayo Trivia</p>
<p>8 National Run for the Roses Day 10:00 Morning Trotting 10:10 What Am I???? 10:30 Kentucky Derby Horse Races Fancy Hat Making Class 11:30 Rocking Fitness 12:45 A Horse's "Neigh" 1:15 Horse Basketball/ Horse Race Cards Fancy Hat Class Continued 2:15 Snack & Fancy Hat Fashion Show</p>	<p>9 10:00 Fitness Minute 10:10 The Weekly Chronicles 10:30 Bulls Eye Toss/ Jewelry Making Bible Study w/ Kerrie 11:30 Light & Lively 12:45 Name that Horse Race Term 1:15 Horse Shoes/ Bonkers Dice Green Thumbs w/ Susie 2:15 Snack & Talk Derby to Me</p>	<p>10 10:00 Wednesday Workout 10:10 The Golden Prince ...a Horse story! 10:30 Can Shoot Out /Can you Beat That? Lunch @ Denny's 11:30 Sittercise 12:45 Mixed Up Book Titles 1:15 Cornhole/ Double Thief Cards Card Making w/ Joy 2:15 Snack & Horsey Trivia</p>	<p>11 10:00 Warm up Stretch 10:10 Remembering Songs about Mothers 10:30 Skeet Bowling / Hymns & Devotions Dollar Tree Shopping 11:30 Rocking Fitness 12:45 Mother's Day Riddle Jumble 1:15 Penny Pitching/ Bunco Rematch Creative Hour w/ Linnan (pt.2) 2:15 Snack & The Mother of all Humor</p>	<p>12 Mother's Day Celebration A Mother is like a flower, each one beautiful and unique! Join us today as we honor our Mother's both present & past.. We will be enjoying some Motherly Humor, a Mothers Day Tea Party and beautiful light lunch prepared by Chef David. In the afternoon we will be spoiling our Mother's with a Spa Manicure! Come Help us celebrate all the amazing women in our lives!</p>
<p>15 10:00 Monday Moving 10:10 The Weekly Chronicles 10:30 Lawn Darts/ Round the Clock Scrap Booking 11:30 Sittercise 12:45 Buzz Words 1:15 Throw you Hat in the Ring / Pair Race Adult Coloring 2:15 Snack & Random Trivia</p>	<p>16 10:00 Fitness Minute 10:10 Star of the Month 10:30 Can Jam/ Bible Study w/ Kerrie 11:30 Light & Lively 12:45 Crowd Categories 1:15 Football Toss / Marinetti Dice Group Crossword 2:15 Snack & Who, What, When?</p>	<p>17 Plant a Veggie Garden Day 10:00 Wake Up Wednesday 10:10 Giggles in the Garden 10:30 Planting the Garden w/ Susie Roll a Garden Dice 11:30 Rocking Fitness 12:45 Alphabetical Veggies Name 10 1:15 Hoy / Don't get stuck with the Dandelion Outdoor Lemonade Social / Planting (Cont.) 2:15 Snack & That's Berry Punny Humor!</p>	<p>18 Happy May Birthday's 10:00 7 Min Stretch 10:10 Famous May Birthdays 10:30 Pop the tail on the Donkey/ Penny Ante Hymns and Devotions 11:30 Sittercise 12:45 Country Cousins 1:15 Singing w/ The Country Cousins Paint to Music 2:15 Snack & Riddle Me This</p>	<p>19 Celebrating Armed Forces Day 10:00 Stretch & Flex 10:15 Armed Forces Day Fun Facts 10:30 Bulls Eye Toss Competition Veterans Wood Working Class w/ John 11:30 Rocking Fitness 12:45 Mixed Up Arm Forces 1:15 Can Jam / Ship, Captain, Crew Wood Working (Continued) 2:15 Snack & How well do you Know????</p>
<p>22 Victoria Day 10:00 Monday Moving 10:10 Who AM I? 10:30 Card Crown Toss/ Crazy 8's 11:30 Rocking Fitness 12:45 Crown Categories 1:15 Can Jam/ Scabby Queen Cards Green Thumbs w/ Susie 2:15 Snack & Victorian Slang</p>	<p>23 10:00 Warm Up Stretch 10:10 The Ministers Cat 10:30 Bullseye Toss/ Ship Captain Crew Lunch @ Lindo Mexico 11:30 Sittercise 12:45 63-Year Reign 1:15 Putt Putt Golf /Uno Box Bible Study w/ Kerrie 2:15 Snack & The Secret Language of Fans</p>	<p>24 African Safari Day Break out those Passports again we are on the move! We're heading to Africa for a Safari. We will be testing out our Safari skills, with fun and games, indulging in a day full day of Authentic cuisine prepared by Chef David and then armchair traveling to Africa with our own personal tour guide Yvonne! Be sure to wear your khakis and Safari hats and away we go!</p>	<p>25 10:00 7 Min Stretch 10:15 The Weekly Chronicles 10:30 Umbrella Toss/ Scrapbooking Hymns & Devotions 11:30 Rocking Fitness 12:45 The Write Word Game –Memorial Day 1:15 Guitar w/ Greg/ Swap Dice 2:15 Snack & Which War was it?</p>	<p>26 Memorial Day Celebration In honor of America's fallen Heroes today we celebrate Memorial Day. Join us for a day of remembrance and thanks. We will be testing our past war recollections, tossing some horse shoes , enjoying a good ole fashion BBQ and dancing away the afternoon with Chuck Brown. Join us as we kick off the Memorial weekend in Style.</p>
<p>29</p> 	<p>30 10:00 Stretch & Flees 10:15 The Weekly Chronicles 10:30 Floor Yatzee/ Sensory Group Bible Study w/ Kerrie 11:30 Light & Lively 12:45 Vegetarian Diet Mining 1:15 Card Hat Toss/ Shut The Box. Green Thumbs w/ Susie 2:15 Snack & Modern Jeopardy Trivia</p>	<p>31 10:00 Wednesday Workout 10:15 Racing Paul Newman 10:30 Matchbox 500 Car Race Dollar Tree Shopping 11:30 Sittercise 12:45 Words Categories 1:15 Ladderball/ Unlucky Sevens 2:15 Snack & Famous Georges</p>		