

Community Events



Notable Quotable

“With a doughnut in each hand, anything is possible.”

~ Jameela Jamil, British actress



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

June Birthdays

Claudia O.....23rd
Woody O.....27th
Michael B.....29th



The Susan J Rheem Adult Day Center

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



June 2023

Our Team

Laura Dreibelbis
Director

Eileen Trauthwein
Wellness Nurse

Kerrie Petersen
Activity Director

Abel Ramirez
Transportation
Director

Lorilynn Porter
Administrative
Assistant

Chef

Chef Assistant
Angelo

Care Partner Team
Joy
John
Susie

Transportation Team
David
Gary
Dave
Dan
Louise
John

A Holey History

Each year, 10 billion doughnuts are made in the United States. That's 30 doughnuts (and a few extra pounds) for every single person in America. With 13,000 doughnut shops lining America's streets, it should be easy to find one of your favorites on June 2, National Donut Day.

Doughnuts have been a beloved treat in America since the 17th century. It was the Dutch, settling in New Amsterdam (present-day New York), who first fried dough in oil. These first doughnuts were called *olykoeks*, or "oily cakes." Of course, these original *olykoeks* were more fried dough than doughnut and did not yet have their signature hole in the middle. We have to fast-forward almost 200 years until Elizabeth Gregory, the mother of a ship captain, created what we might recognize as the first true doughnut.

Gregory fried her dough with nutmeg, cinnamon, and lemon rind, ingredients undoubtedly borrowed from her son's cargo hold. She also added hazelnuts and walnuts to the doughy center, the spot that might be undercooked. Gregory thoughtfully

called her new recipe a *doughnut*. It was her son, Captain Gregory, who made the doughnut round with a hole in its center. Some claim that the hole allowed the doughnut to be placed on the spoke of the ship's wheel, allowing the captain to steer with both hands. In an interview with the *Boston Post* newspaper, Captain Gregory recollected how he cut the first hole in a doughnut with the top of a round, tin pepper box.

Doughnuts did not become the beloved treat they are today until World War I, when Salvation Army volunteers brought doughnuts to American soldiers in the trenches. And it wasn't until the first Dunkin' Donuts opened in Quincy, Massachusetts, in 1950 that the spelling changed from *doughnut* to *donut*.



Monday

Tuesday

Wednesday

Thursday

Friday



June

2023



			<p>1 10:00 Warm Up Stretch 10:10 The Weekly Chronicles 10:30 Basketball/ Hymns & Devotions 11:30 Sittercise 12:45 Buzz Words 1:15 Ring Toss/ Face Off Dice Group Crossword 2:15 Snack & Jeopardy Trivia</p>	<p>2 I 10:00 Stretch & Flex 10:10 All those Eggy Facts 10:30 Musical Egg Toss / Egg Swap Dice 11:30 Rocking Fitness 12:45 Eggy Recipe Builder 1:15 Football Toss/ Marinetti Dice Penny Ante 2:15 Snack & Egg-cellent Trivia</p>
<p>5 World Environmental Day 10:00 Monday Morning Fitness 10:10 A Day at the Deli 10:30 An Earthly Game of Family Feud Recycled Flower Art/ First Fruits Cards 11:30 Light & Lively 12:45 Globe Categories 1:15 Pine Cone Bocce Ball/ Green Thumbs 2:15 Snack & Who What When?</p>	<p>6 10:00 Warm Up Stretch 10:10 The Weekly Chronicles 10:30 Corn Hole/ Bible Study w/ Joy Through The Window 11:30 Sittercise 12:45 Glazed Donuts Mining 1:15 Under Cover Word Game/ Farkle Small Group Jeopardy 2:15 Snack & Humor in Mugs</p>	<p>7 National Chocolate Ice Cream Day 10:00 Wake Up Wednesday 10:10 Crazy Ice Cream Trivia 10:30 Skeet Bowling/ Dice & Strikes Lunch @ Lindo Mexico 11:30 Rocking Fitness 12:45 Ice Cream Creations Mining 1:15 Chocolate Milk Shake Social Never Have I Ever! 2:15 Snack & June EZ Does It</p>	<p>8 World Ocean Day 10:00 Gentle Stretch 10:10 40 Ocean Clean Up Project 10:30 Big Fish Toss / Hymns & Devotions 11:30 Light & Lively 12:45 Ocean Categories 1:15 Card Hat Toss/ Ocean Bingo Salt Water Egg Experiment 2:15 Snack & Random Trivia</p>	<p>9 Homemade Donuts Day 10:00 Let's work them Donuts Off! 10:10 WWI's Doughnut Girls 10:30 Doughnut Delivery Game / Uno Easy Homemade Donut Baking 11:30 Sittercise 12:45 Donut Categories 1:15 Can Shoot Out / Donut Bingo Green Thumbs 2:15 Snack & Donut Nirvana</p>
<p>12 10:00 Monday Moving 10:10 The History of the Star Spangled Banner 10:30 Ladder Ball / Face Off Dice Creative Hour w/ Linnan 11:30 Rocking Fitness 12:45 Flag Day Pass it On 1:15 Can Jam/ Round the Clock Dice Adult Coloring 2:15 Snack & Jeopardy Trivia</p>	<p>13 10:00 7 Min Stretch 10:10 The Weekly Chronicles 10:30 Penny Pitching/ Crazy 8's Dollar Tree Shopping 11:30 Light & Lively 12:45 Flag Day Pass it On 1:15 Football Toss/ Round The Clock Bible Study w/ Joy 2:15 Snack & Star Spangled Banner History</p>	<p>14 Flag Day 10:00 Warm up Stretch 10:10 It's A Grand Ole Flag! 10:30 Capture The Flag/ Adult Coloring Bandana Flag Art 11:30 Sittercise 12:45 American Flag Mining 1:15 Horse Shoes/ Flag Down Cards Bandana Flag Art Cont. 2:15 Snack & Flag Day Trivia</p>	<p>15 June Birthday Celebration 10:00 Simple Stretch 10:10 Famous June Birthdays 10:30 Pop The Tail on the Donkey Hymns And Devotions 11:30 Simple Singing Exercise 12:45 Country Cousins 1:15 Singing w/ the Country Cousins 2:15 Snack & the Birthday Words</p>	<p>16 Father's Day Celebration "Fathers are a Son's first hero and a Daughters First Love!" Join us today as we celebrate our Fathers both past and present. We will enjoy a morning of donuts with Dad, Fatherly inspired games and a decadent lunch prepared by our Chef. Then we will be enjoying an afternoon of Competitive Horse Shoes & Corn Hole. Join us for a fun filled day! HAPPY FATHER'S DAY!!!</p>
<p>19 10:00 Monday Morning Fitness 10:10 The Weekly Chronicles 10:30 Lawn Darts / Farkle Spiral Sun Catcher Craft 11:30 Sittercise 12:45 The Write Word Father's Day Edition 1:15 Can Shoot Out/ Shut the Box Veteran Wood Working w/ John 2:15 Snack & A Toast to Tv Dad's</p>	<p>20 Gone Fishing Day 10:00 Gentle Stretch 10:10 The Lure of Fishing 10:30 Football Toss/ Ship Captain & Crew Fishing @ Fain Lake 11:30 Imaginary Fishing Trip Exercise 12:45 A Fishy Spelling Bee 1:15 Big Fish Toss/ Bible Study w/ Joy Green Thumbs 2:15 Snack & Gone Fishing Trivia</p>	<p>21 First Day of Summer 10:00 Wake Up Wednesday 10:10 Monthly Gazette 10:30 Umbrella Toss/ Close the Box Painted Cork Buoy Craft 11:30 Light & Lively 12:45 Fishing Lines 1:15 Bulls Eye/ Stuck in the Mud Dice Cork Buoy Craft Cont. 2:15 Snack & 5 Clues What am I?</p>	<p>22 US Open Championship Begins 10:00 Fitness Minute 10:10 40 Completely Random Golf Facts 10:30 9-Hole Tee Toss/ Bible Study w/ Joy Green Thumbs & Patio "Tee—Par-tee" 11:30 Sittercise 12:45 Golf Course Mining 1:15 Guitar w/ Greg / Straight Golf Dice 2:15 Snack & Golf Jokes & Puns "Fore" you!</p>	<p>23 10:00 Stretch & Flex 10:10 Star of the Month 10:30 Floor Uno / Bonkers Dice Penny Ante 11:30 Rocking Fitness 12:45 Automobile Pass It On 1:15 Arrow Shoot/ Bunco Rematch Green Thumbs 2:15 Snack & Modern Jeopardy Trivia</p>
<p>26 10:00 Monday Moving 10:10 Food for Thought 10:30 Throw your Hat in the Ring /Nix the Six Green Thumbs 11:30 Light & Lively 12:45 Hangman 1:15 Guitar w/ Tim Anderson Hand Massages 2:15 Snack & Random Trivia</p>	<p>27 It's A Groovy 60's Party "Let us Dance In the sun wearing Flowers in our hair" Join us for a day of peace and love as we explore all things Tie dyed and groovy. We will be testing our 60's knowledge with some vintage games, trying our hand at Tie Dye and Enjoying a Far Out lunch. Don't forget your boogie shoes as Chuck B will be here rocking all things 60'S. Wear your best "Groovy" gear and..... DON'T' WORRY BE HIPPIE!</p>	<p>28 10:00 Wednesday Workout 10:10 Remembering Wedding Songs 10:30 Match Car Races/ Home Run Baseball Dollar Tree Shopping 11:30 Rocking Fitness 12:45 Stork Categories 1:15 Horse Shoes/ Green Thumbs 1960's Groovy Bingo 2:15 Snack & Who is America's Fav Dad</p>	<p>29 10:00 Gentle Stretch 10:10 The Weekly Chronicles 10:30 Umbrella Toss/ Hymns & Devotions Veteran Wood Working w/ John 11:30 Light & Lively 12:45 Buzz Words 1:15 Hoy Cards/ Mad Libs Story Time w/ Shayla 2:15 Snack & Jeopardy Trivia</p>	<p>30 10:00 Friday Fitness 10:10 Mystery Person of the Week 10:30 Balloon Baseball / Farkle Green Thumbs 11:30 Sittercise 12:45 Web Words 1:15 Lawn Darts / All Boxed In 2:15 Snack & Humor is the Best MED</p>