



Notable Quotable

“I firmly believe that respect is a lot more important—and a lot greater—than popularity.”

~ Julius Erving (born February 22, 1950)



Community Events



February Birthdays

Esther R.....	3rd
Reta J.....	7th
Eleanor.....	9th
Julia.....	21st
Debra A.....	3rd
Rusty P.....	28th



The Susan J Rheem Adult Day Center

February 2024

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Our Team

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Care Manager

Lorilynn Porter
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Assistant

Karensa Bain
Chef

Chef Assistant
Angelo

Care Partner Team
Joy
John
Susie

Transportation Team
David
Gary
Dan
John
Bill
Steve
Dave

What's for Breakfast?

February is a month that brings with it an array of breakfast-themed celebrations, making it a time for food enthusiasts to indulge in their morning cravings. Let's take a quick tour of some of these scrumptious occasions.

Hot Breakfast Month in February reminds us of the warmth and comfort that a steaming bowl of oatmeal, a plate of scrambled eggs, or a hearty breakfast burrito can bring to a chilly winter morning. It's a time to appreciate the heartiness of hot breakfast options, even if they take a bit longer to prepare. Bagel and Lox Day (Feb. 9) caters to lovers of this classic combination. With a bagel as the sturdy base and lox (smoked salmon) as the star, this day is all about the savory and satisfying flavors that have become a breakfast staple for many.

Mardi Gras, which is French for "Fat Tuesday," marks the culmination of the festive Carnival season on February 13. While the day is famous for its lively parades and vibrant masks, it's also an opportunity to savor some

delicious breakfast treats. Traditional dishes like beignets and king cakes take center stage, offering a sweet and hearty start to the day.

Fat Tuesday is also Pancake Day, an event celebrated worldwide with fluffy stacks of pancakes drizzled with syrup or piled high with fresh fruits and whipped cream. Observers relish the simple pleasure of this beloved breakfast food. Finally, Muffin Day (Feb. 20) rounds off the month with a celebration of these handheld treats. Whether you prefer blueberry, chocolate chip, or bran muffins, be sure to take this occasion to indulge in a sweet or savory snack on the go.

These breakfast-themed days in February provide an easy way to slow down and enjoy the simple pleasures of a morning meal.



Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY 2024

1
 10:00 Fitness Minute
 10:10 Weekly Chronicles
 Lawn Darts/ Scrapbooking
 Hymns & Devotions
 11:30 Sittercise
 12:45 Punxsutawney's Groundhog Day
 1:15 Ring Toss/ Bunco Challenge
 2:15 Snack & Who What When??

2 **Groundhog Day**
 10.00 Friday Fitness
 10:10 A Well "Grounded" Story
 10:30 Punxsutawney Toss / Royal Snow Pile
 11:30 Light & Lively
 12:45 Hibernation Mining
 1:15 Big Fish Toss / Around the Horn Dice
 Veterans Woodworking Class
 2:15 Groundhog Day Trivia

5 **Make Believe Day**
 10:00 Gentle Stretch
 10:10 Reminiscing Fables
 10:30 The Eagle & The Arrow (Arrow Shot)
 Aesop's Fables Short Story Club
 Ship Captain Crew
 11:30 Rocking Fitness
 12:45 Tales Categories
 1:15 Basket Ball/ Fibber's Dice
 Small Group Sensory
 2:15 Snack & Funny Fabled Headlines

6 **Home Run Day**
 7
 10:00 Stretch & Flex
 10:10 Oh! You, Babe Ruth/ 29 Fun Facts
 10:30 Balloon Baseball/ Short Story Time
 Hymns & Devotions
 11:30 Sittercise
 12:45 Baseball Detective/ B-Ball Slang Terms
 1:15 Bocce Ball/ Homerun Dice
 Remembering Baseball Small Group
 2:15 Snack & Sporty Nicknames

7
 10:00 Wednesday Workout
 10:10 Tuning into Good Morning Music
 10:30 Pool Golf/ Crazy 8's
Lunch @ Backburner
 11:30 Light & Lively
 12:45 Drift Categories
 1:15 Shuffle Board/ Team Yahtzee
 Creative Hour w/ Joy
 2:15 Snack & February IQ

8
 10:00 Gentle Stretch
 10:10 Weekly Chronicles
 10:30 Ladderball/ Small Group Sensory
 Hymns & Devotions
 11:30 Rocking Fitness
 12:45 Wacky Words
 1:15 Card Hat Toss / Farkle
 Small Group Jeopardy
 2:15Snack & Jeopardy Trivia

9 **Chinese New Year**
 Today we Celebrate the year of the Dragon. We will be exploring Chinese traditions for the New Year and seeing how lucky we are with some gambling games (a Chinese tradition). Bring your appetite as Chef Karensa will be creating a spectacular Chinese lunch.



12 **Happy Birthday Lincoln**
 10:00 Monday Moving
 10:10 The History of Abe Lincoln
 10:30 Skeet Bowling/ Dice Roulette
 Red Hat Ladies Caregiver Craft
 11:30 Light & Lively
 12:45 Famous Bearded Men
 1:15 Big Fish Toss/ Jokers Wild
 Glamour
 2:15 Snack & Alphabet Brainstorming

13
 10:00 Warm up Stretch
 10:10 Remembering Love on Film
 10:30Corn Hole/ Shut the Box
Dollar Tree Shopping
 11:30 Rocking Fitness
 12:45 Will you be my Valentine Mining
 1:15 Can Jam/ Bonkers Dice
 Bible Study
 2:15 Snack & Famous Love Letters'

14 **Valentines Day Celebration**
 15
Roses are Red, Violets are Blue. Here at SJRC we are so very Blessed because of all of you. Join us today. We will be playing Cupid inspired games. Testing our Knowledge with Some Valentines Day Family Feud and making Valentines for our loved ones. Oh and you don't want to miss a indulgent sweet heart of a lunch. LOVE TO SEE YOU!!!!

15 **Birthday Celebration**
 10:00 Stretch & Flex
 10:10 Happy Birthday February/ B-day Poem
 10:30 Pop Toss/ Small Group Sensory
 Hymns & Devotions
 11:30 Light & Lively
 12:45 Country Cousins
 1:15 Dancing w/ the Country Cousins
 Veterans Woodworking Class
 2:15 Snack & Deserted for Desert

16
 10:00 Friday Flexing
 10:10 Funny Tidbits
 10:30 Throw Your Hat in the Ring/ Uno
 Red Hat Ladies Caregiver Craft Completion
 11:30 Rocking Fitness
 12:45 "Rithmetic Hexagon
 1:15 Corn Hole / Sticky Wicket
 Zucchini Muffin Baking
 2:15 Snack & Finish the Beatles Song

19 **Presidents Day**
 10:00 7 Min Stretch
 10:10 Can you List our Presidents?
 10:30Horse Shoes/ Flag Down Cards
 Marinetti Dice
 11:30 Sittercise
 12:45 Which President is this?
 1:15 State Plate Game /Unlucky Sevens
 Through the Window
 2:15 Snack & Guess by their Nickname

20
 10:00 Morning Warm Up
 10:10 Weekly Chronicles
 10:30 Horse Shoes/ Nix the Six
 Bible Study
 11:30 Light & Lively
 12:45 Chief Categories
 1:15Basket Ball/ Farkle
 Small Group Jeopardy
 2:15 Snack & Presidential Pets

21 **Frist Ladies Day**
 10:00 Warm Up Stretch
 10:10 1st Ladies Who Am I???
 10:30 Skeet Bowling / Team Yahtzee
Dollar Tree Shopping
 11:30 Rocking Fitness
 12:45 First Ladies, First Name ?
 1:15 Bulls Eye Toss/ Cam You Beat That??
 Life Long Learning 1st Ladies
 2:15 Snack & Presidential Riddles

22 **Tall or Small Day**
 10:00 Fitness Minute
 10:10The Tallest Man on Record Story
 10:30 Tic Tac Toe Toss/ Height Chart Craft
 Hymns & Devotions
 11:30 Sittercise
 12:45 Tall Or Short Guess a Letter
 1:15 Guitar & Singing with Greg A.
 Are You the Tallest or the Shortest?
 2:15 Snack & Smaller Than a Breadbox

23 **Flipping Flapjack Friday**
 10:00 Friday Fitness
 10:10 Where Am I???
 10:30 Flap Jack Toss / Round the Clock Dice
Lunch @ IHop
 11:30 Light & Lively
 12:45 Mixed Up Breakfast
 1:15 Bocce Ball/ Flap (Slap) Jack Cards
 Adult Coloring (Pancake Art)
 2:15Snack & Breakfast Funnies

26
 10:00 Monday Moving
 10:10 Weekly Chronicles
 10:30 Ladderball / Face Off Dice
 Sensory Hour
 11:30 Rocking Fitness
 12:45 Beads Categories
 1:15 Football Toss/ All Boxed In
 Creative Hour
 2:15 Snack & Modern Day Jeopardy Trivia

27
 10:00 7 Min Stretch
 10:10 Star of the Month
 10:30 Magnet Darts / Through the Window
 Bible Study
 11:30 Sittercise
 12:45 Fat Tuesday Clue
 1:15 Penny Pitching/ Bingo
 Group Crossword
 2:15 Snack & Mind Joggers

28
 10:00 Gentle Stretch
 10:10 The Monthly Gazette
 10:30 Hoy Cards / Short Story Club
 Move & Groove Mardi Gras Game
 11:30 Light & Lively
 12:45 Ash Wednesday Mining
 1:15 Can Jam/ Penny Ante
 Who's Got the Baby Cards
 2:15 Snack & Alphabet Brainstorming

29 **Mardi Gras Celebration**
Put on masks, hope your appetite is hearty. Because we are having a Mardi Gras Party! Get ready for some bead tossing , great food and great Music by Chuck B. Wear your purple, green, and Gold and get ready to "Let The Good Times Roll"!!!!

