



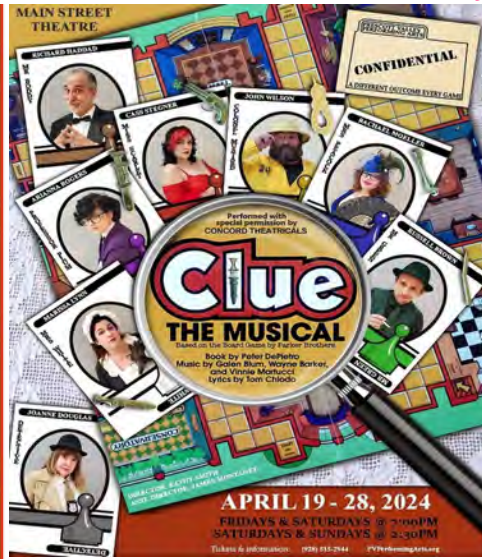
Notable Quotable

“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



Diane B.....3rd
 Kathy P.....12th
 Cliff M.....20th
 Art L.....24th
 Jack B.....27th
 Rolene A.....28th
 Larry F.....30th

The Susan J Rheem Adult Day Center

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April 2024

Our Team

Laura Dreibelbis
 Director

Jane Parnell
 Wellness Nurse

Kerrie Petersen
 Activity Director

Abel Ramirez
 Transportation Director

Lorilynn Porter
 Administrative Assistant

Karensa Bain
 Chef

Chef Assistant
 Angelo

Care Partner Team
 Joy
 John
 Susie
 Linnan

Transportation Team
 David
 Gary
 Dave
 Dan
 Bill
 Steve

Tartan Tales

Scottish American Heritage Month is a time to don kilts, hum to the tunes of bagpipes, and celebrate the rich tapestry woven by Scottish immigrants in the fabric of American history. Rewind to the 17th and 18th centuries, and picture the adventurous Scots sailing across the Atlantic to the promising landscapes of Canada and the United States. They sought refuge from religious persecution, economic hardships, and land scarcity. Political unrest, coupled with the promise of religious freedom and better prospects, were incentives for many Scots to pursue a fresh start in the New World.

The spirited settlers didn’t just plant their flags; they wove their culture into the fabric of their new homes. From Nova Scotia to North Carolina, they created communities that echoed the hills of Scotland. They didn’t leave behind their love for haggis or the skirl of bagpipes; they infused these traditions into the heartbeat of American culture.

Fast-forward to today, and you’ll find echoes of Scottish influence in the very fiber of America. From the lilt

of folk tunes to the thunder of athletes at Highland Games, their legacy lives on. The haunting, soulful whine of the bagpipes and the swirl of the tartans evoke a sense of kinship reminding us of the indelible mark left by these pioneers.

Scottish American Heritage Month isn’t just a nod to history; it’s a celebration of resilience, tradition, and the merging of cultures. From their stories of fortitude to their rich cultural contributions, their legacy transcends time, resonating in the essence of the American spirit. This April, don your tartan, strike up the bagpipes, and celebrate the remarkable journey and enduring impact of the Scottish Americans who made this land their own. Raise a dram of whisky (or your favorite beverage) to salute the spirited Scots who helped shape America. Cheers to a heritage as rich and diverse as the Scottish landscape itself!



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 April Fool's Day 10:00 Ten Minute Moment of Silence 10:10 History's Biggest Pranks & Pranksters 10:30 Shuffle Board / Mindful Memory How to take a Snooze Class 11:30 12 Mile Run 12:45 April Fools Day Guess a Letter 1:15 Ring Toss / Apples to Apples 2:15 Snack & A Fool's Dictionary</p>	<p>2 10:00 Morning Warm Up 10:10 Weekly Chronicles 10:30 Skeet Bowling/ Mindful Memory Bible Study w/ Kerrie 11:30 Sittercise 12:45 Funny Mix-Up 1:15Penny Pitching/ Scrapbooking Three –Peat Dice 2:15Snack & Random Trivia</p>	<p>3 Happy Birthday Jane Goodall 10:00 Wake up Wednesday 10:10 The Amazing Story of Jane 10:30 Putt Putt Golf/ Pokeno Lunch @ Canton Dragon 11:30 Light & Lively 12:45 Chimp Categories 1:15 Magnet Darts / Monkey Dice 2:15Snack & Monkey Idioms</p>	<p>4 10:00 Stretch & Flex 10:10 Tabletop Tidbits 10:30 Can Jam / Mindful Memory Hymns & Devotions 11:30 Rocking Fitness 12:45 April Stickman Words 1:15 Card Hat Toss/ Farkle Adult Coloring 2:15 Snack & Pass the Popcorn</p>	<p>5 10:00 Friday Flexing 10:10 Star of The Month 10:30Ladder Ball/ Shut the Box Short Story Club 11:30 Sittercise 12:45 ABC it How Many can you Guess? 1:15 Bocce Ball / Nix the Six Small Group Sensory 2:15 April EZ Does It</p>
<p>8 Total Solar Eclipse Day 10:00 Monday Moving 10:10 All the Celestial Fun Facts 10:30 Basket Ball /Mindful Memory Walking Club 11:30 Light & Lively 12:45 Changing Colors Puzzle 1:15Horse Shoes / Bonkers Dice Scrap Booking 2:15 Snack & Celestial Themed Trivia</p>	<p>9 10:00 Stretch & Flex 10:10 April Funnies 10:30 Bocce Ball/ Dominoes Bible Study w/ Kerrie 11:30 Rocking Fitness 12:45 Intermission Set Up 1:15 A Special Presentation by the Desert Rose Dancers 2:15 Snack & Famous Sisters Match Up</p>	<p>10 10:00 Wednesday Workout 10:10 Weekly Chronicles 10:30 Cornhole/ Can You Beat That? Dollar Tree Shopping 11:30 Sittercise 12:45 Mixed Up Titanic 1:15 Ladder ball / Crazy 8's Goat Cheese Herb Dip Class 2:15 Snack & Do You Know Scotland?</p>	<p>11 National Pet Day 10:00 Warm up Stretch 10:10 Pet's Are Family Too! 10:30 Pet Show & Tell, Who's Pet?? Mindful Memory 11:30 Light & Lively 12:45Wacky Words 1:15 Musical Merriment Entertainment Brought to you by the Alzheimer's Association 2:15 Snack and Jeopardy Trivia?</p>	<p>12 Spring Fling Celebration "Spring is natures way of saying Let's Party Join us today as we say goodbye to the cold and hello to warmer days ahead. We will enjoy a day of springtime fun. We will be having a Springtime relay and making beautiful bird feeders and of course a delicious spring inspired lunch created by Chef Karensa. Then we will be Dancing the afternoon away with Chuck B.. Get on your shorts and spring colors and get ready for some SPRING FUN.</p>
<p>15 Happy Birthday McDonald's 10:00 Stretch & Flex 10:10 The History of McDonalds 10:30 Bulls Eye Toss/ Mindful Memory Lunch @ McDonalds 11:30 Sittercise 12:45 McDonalds or Burger King Word Game 1:15 Can Jam / Showdown Cards Crafty Hour w/ Linnan 2:15 Snack & Mikki D's Who Am I??</p>	<p>16 10:00 Fitness Minute 10:10 Star of the Month 10:30 Ladder ball/ Adult Coloring Bible Study w/ Kerrie 11:30 Light & Lively 12:45 Growl Categories 1:15 Football Toss/ Bingo Small Group Jeopardy 2:15 Snack and Modern Day Trivia</p>	<p>17 10:00 Fitness Minute 10:10 Brain Building Puzzles 10:30 Big Fish Toss/ Touchdown Dice 11:30 Rocking Fitness 12:45 ABC it How Many can You Guess 1:15 A Special Presentation by the Parrot Man 2:15 Snack & Fact or Fiction</p>	<p>18 Happy Birthday April 10:00 Morning Warm Up 10:10 Happy Birthday's & B-Day Poem 10:30 Pop Toss/ Mindful Memory Hymns & Devotions 11:30Sittercise 12:45 Country Cousins 1:15 Singing & Dancing with the Country Cousins 2:15Snack & Inventive Birthdays</p>	<p>19 10:00 Friday Fitness 10:10 Weekly Chronicles 10:30 Corn Hole / Marinetti Dice Thru the Window 11:30 Light & Lively 12:45 April Stickman Words 1:15Hoy Cards/ Garden Time w/ Susie Bunco Rematch 2:15Snack & Who, What, Where am I?</p>
<p>22 Earth Day 10:00 Gentle Stretch 10:10 Celebrating Earth Day 10:30 Un-Creepy Crawly Scavenger Hunt Mindful Memory/ Walking Club 11:30Rocking Fitness 12:45 Which Earth Day Word ??? 1:15 Penny Pitching / Scrabble Poker Glamour w/ Teddy 2:15 Snack & Wise Gardner Trivia</p>	<p>23 10:00 10 Min Stretch 10:10 Weekly Chronicles 10:30 Foot Ball Toss/ Chase the Ace Dollar Tree Shopping 11:30 Sittercise 12:45 Reduce, Reuse, Recycle Mining 1:15Card Hat Toss/ Rally Roll Group Crossword 2:15 Snack & Giggles in the Garden</p>	<p>24 10:00 Wake Up Wednesday 10:10 Behind the Music: Tree Tunes 10:30 Football Toss/ Round the Clock Dice Honoring our Red Hat Ladies Lunch 11:30 Light & Lively 12:45 Giant Sequoia Mining 1:15 Umbrella Toss/ Poker Dice 2:15Snack & Say What, Quirky Humor</p>	<p>25 10:00 Fitness Minute 10:10 Getting to the Root of Tree Poems 10:30 Basket Ball /Mindful Memory Hymns & Devotions 11:30 Rocking Fitness 12:45 <i>Tree</i>– mendously Mixed– Up 1:15Horse Shoes / Rock Around the Clock Small Group Jeopardy 2:15 Snack & What Tree am I?</p>	<p>26 Arbor Day 10:00 Gentle Stretch 10:10 The History of Arbor Day 10:30Ring Toss/ Tree Needs Game Plant a Bonsai Tree 11:30 Sittercise 12:45 Arbor Day Write Word 1:15Bocce Frisbee / Face Off Dice Patio Social 2:15 Snack & Forest Funnies</p>
<p>29 10:00 Monday Moving 10:10 Weekly Chronicles 10:30 Bocce Ball/ Mindful Memory Black Jack 11:30 Light & Lively 12:45 Loch Ness Monster Mining 1:15 Arrow Shoot / Marinetti Dice 2:15 Snack & Jeopardy Trivia</p>	<p>30 10:00 Simple Stretch 10:10 Monthly Gazette 10:30 Skeet Bowling / Short Story Club Bible Study w/ Kerrie 11:30 Rocking Fitness 12:45 Snail Categories 1:15 Tic Tac Toe Toss /Sticky Wicket Game Crafty Hour w/ Linnan 2:15 Snack & Who, What ,Where Am I?</p>	 <p>2024</p>		