Notable Quotable

"As long as the world is turning and spinning, we're gonna be dizzy and we're gonna make mistakes."

~ Mel Brooks, filmmaker

Community Events

December Birthdays

Teresa M.....4th
Olive D.....8th
Kelly A.....10th
Charlene H.....10th
Virginia 14th
Frank K 15th
Aiden B.....16th

The Susan J Rheem Adult Day Center

December 2025

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

Our Team

Laura Dreibelbis
Director

Jane Parnell
Wellness Nurse

Kerrie Wetzel
Activity Director

Justin Cornell
Transportation Director

Heather Schumaker
Administrative Assistant

Brian Perry
Chef

Kitchen Assistant
Debbie

Care Partner Team
John
Janice
Hannah
Kaylee

Transportation Team
David
Dave
Bill
Danielle
Nora
Diane
Paul

Housekeeping
Monica

Christmas the Mexican Way

In Mexico, Christmas is more than just a day—it's a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph's search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic! Decorations also play an important role in the season.

Alongside Christmas trees, you'll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king's ring cake). Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings' Day), when children wake to find gifts left by the Magi. It's a joyful reminder that in Mexico, Christmas is more than just one day—it's a whole sea-

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Monday Movement 10:10 The Monthly Gazette 10:30 Card Hat Toss/ Pokeno Mindful Memory 11:30 Sittercise 12:45 Three Kings Day Mining 1:15Ladderball/ Trash Cards Adult Coloring 2:15 Snack & Jeopardy Trivia	2 10:00 Simple Stretch 10:10 Funny Tidbits 10:30 Rocket Birdie Launch / Bible Study **Ginger Bread House Outing** 11:30 Rocking Fitness 12:45 Double Trouble 1:15 Axe Throwing / Shut The Box Mindful Memory 2:15 Snack & Who ,What ,When?	3 **December Dice Day** 10:00 Warm Up Wednesday 10:10 The Unbelievable History of Dice 10:30 Floor Yahtzee/ Tenzie Dice 11:30 Light & Lively 12:45 Price Categories 1:15 Can Jam / Farkle 2:15 Snack & Fact or Fiction	4 **Naughty or Nice Day** 10:00 Fitness Minute 10:10 Weekly Chronicles 10:30 **Special Presentation by The Highway Home** 11:30 Sittercise 12:45 Give Me Five 1:15 Corn Hole / Holiday Music Bingo 2:15 Snack & Pass the Popcorn	**5 SJRC Annual Tree Lighting** 10:00 Warm Up Stretch 10:10 How the Christmas Tree Came To Be 10:30 Deck the Halls of SJRC Tree Decorating 11:30 Rocking Fitness 12:45 Hanging Up Lights Mining 1:15 Christmas Carol Karaoke/ Sing Along Boxed in for The Holidays 2:15Snack & December IQ
8 10:00 Monday Moving 10:10 The Joy of Handbells 10:30 Hoy Cards / Christmas Carols 11:00 **A Christmas Performance by the High Country Chords Men** 12:45 Expressly Winter Word Games 1:15 Foot Ball Toss/ Stuck in the Mud Dice Ornaments for our Neighbors 2:15 Snack & Scattergories	9 **National Christmas Card Day** 10:00 Stretch & Flex 10:10 The Christmas Car Tradition 10:30 Christmas Card making for our **Dollar Tree Outing** 11:30 Light & Lively 12:45 Cards Categories 1:15 Corn Hole / Hymns & Devotions Ornaments for our Neighbors 2:15 Snack & Weekly Chronicles	10 10:00 Wednesday Workout 10:10 Ugly Meets Cute Short Story 10:30 Ring Toss/ Face off Dice Ornaments for our Neighbors 11:30 Sittercise 12:45 Word Webs 1:15 Ladder Ball / Boxed in for the Holidays Ornaments for our Neighbors 2:15 Snack & Random Trivia	11 **December Birthday Celebration** 10:00 Morning Fitness 10:10 Happy Birthday December 10:30 Pop the Tail Toss/ Hymns & Devotions **Lunch @ Chili's** 11:30 Rocking Fitness 12:45 Birthday Party Builder 1:15 Music & Laughter with Birgy & The Hig Ornaments for our Neighbors 2:15 Snack & Who, What ,Where?	12 10:00 Friday Fitness 10:10 Yes, Virginia, This Editorial Endures 10:30 Horse Shoes/ Boxed in for the Holidays 11:30 Light & Lively 12:45 A Christmas Carol Clue 1:15 Golf Darts / Holiday Music Bingo 2:15 Snack & Weekly Chronicles
15 **Wesolych Swiat** 10:00 Warm Up Stretch 10:10 A Christmas in Poland 10:30 A Game of Serso a Polish Ring Toss Polish Poker 11:30 Light & Lively 12:00 The First Star Tradition 12:45 The Unexpected Guest at the Table 1:15 Pierogi Cooking with Yvonne 2:15Snack & Oplatek Wafer Blessing	16 **Chag Nolad Sameach** 10:00 Gentle Stretch 10:10 Israel & The Story of Hanukkah 10:30 Sufganiyot Social (Jelly Filled Donuts) 11:30 The Hanukkah Workout 12:45 Dreidel I Made it Out of Clay Mining 1:15 Spin the Dreidel a Holiday Tradition The Joy of Candle Making Class 2:15 Snack & Hanukkah Did You Know?	17 **Heri za Kwanzaa** 10:00 Warm Up Wednesday 10:10 Welcome to a Carribean Kwanzaa 10:30 The Tradition of Poetry & Story Telling The 7 Principals of Kwanzaa 11:30 Caribbean Dance Fitness 12:45Can You Guess the Symbols of Kwanzaa 1:15 Song & Dance with Greg A. 15 or 50 A Kwanza Game 2:15 Snack & Kwanza True or False	18 **Frohe Weihnachten** 10:00 Simple Stretch 10:10 Christmas in Germany 10:30 A Game of Gluckhaus Advent Wreath Class 11:30 Zumba 12:45 The Story of the Upside Down Tree 1:15 Singing w/ The Country Cousins Advent Wreath Class (Cont) 2:15 Snack & Holiday in Germany	**19 Los Posada in Mexico** 10:00 Friday Flexing 10:10 A Dazzling Christmas in Mexico 10:30 Sombrero Toss / Polvorones Baking 11:30 Mariachi Movement 12:45 Fiesta Foods Clue 1:15 Los Posada Procession Christmas Carols with Sky Daddy Merry Christmas Around the World 2:15 Snack & Felize Navidad Trivia
22 10:00 Monday Moving 10:10 Holy Jolly Burl Ives Holiday 10:30 The Carol Cut Off Games / **Dollar Tree Outing** 11:30 Light & Lively 12:45 Mirth Categories 1:15 Guitar w/ Tim Anderson Boxed in for the Holidays 2:15 Snack & The Ice Breaker Game	23 **Christmas Party** Join us today for a day full of fun and Joy. We will be playing Holiday games, hosting our cookie exchange and indulging in a special holiday lunch. The afternoon will be full of singing and dancing with Chuck Brown Keeping our fingers crossed that the Big Guy himself will be stopping by for photos, so wear your Christmas best just in case! **Merry Christmas to ALL!!**			26 10:00 Friday Fitness 10:10 Weekly Chronicles 10:30 Lawn Darts/ Shut the Box New Years Popper Craft 11:30 Sittercise 12:45 Word Webs 1:15 Basket Ball / Farkle Popper Craft (Cont.) 2:15 Snack & Scattergories
29 10:00 Morning Fitness 10:10 New Years Full In 10:30 Bowling / Royal Snow Pile Popper Craft 11:30 Rocking Fitness 12:45First Categories 1:15 Corn Hole / Nix the Six Popper Craft Finale 2:15 Snack & New Years Resolutions	30 10:00 Tuesday Tone Up 10:10 What's New in 2026? 10:30 Ring Toss/ Hymns & Devotions Roll a Snow Man 11:30 Light & Lively 12:45 Mixed Up New Years 1:15 Basket Ball /Trash Cards 2:15 Snack & Weekly Chronicles	31 ***Happy New Year Party*** Come dressed in your party best and get ready to ring in the New Year. We will be making New Year resolutions indulging in a decadent meal prepared by Chef Brian and rocking out the afternoon with a Sky Daddy. For the Finale will be sending 2025 off with a blast and a bubbly toast! ***See You Next Year!!!***		