Notable Quotable

"Broadway has been very good to me. But then, I've been very good to Broadway."

~ Singer Ethel Merman, born Jan. 16, 1908

Community Events

January Birthday

Tom G.....17th
Scot D.....23rd
Elmer E.....25th
Sandy F.....29th

The Susan J Rheem Adult Day Center

January 2026

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

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
Michelle
Hannah
Toni
Marty

Transportation Team
David
Dave
Bill
Danielle
Nora
Diane
Paul

North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward more than six decades ago remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska's motto, "North to the Future," captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn't just a historical date; it's an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				2 10:00 Friday Fitness 10:10 New Years Resolutions. 10:30 Can Jam / Putting the Past in Order Adult Coloring 11:30 Light & Lively 12:45 Happy New Year Clue 1:15 Hoy Cards/ 15 or 50 Cards Mindful Memory 2:15 Snack & Jeopardy Trivia
5 10:00 Monday Morning Fitness 10:15 Big Fun Moose Funnies 10:30 Arm Chair Travels Destination: Anchorage , Alaska 11:30 Rocking Fitness 12:45 Silly Shenanigans Mining 1:15 Ring Toss/ Martinetti Dice 2:15 Snack & Jeopardy Trivia	6 10:00 Warm Up Stretch 10:10 Tales From the Last Frontier 10:30 Throw Your Hat in the Ring Nix the Six / Bible Study 11:30 Sittercsie 12:45Stick Moose Word Game 1:15 Bulls Eye Toss/ Collect Four Cards Group Crossword 2:15 Snack & Who, What, When?	7 10:00 Wednesday Workout 10:10 The Majestic Alaskan Moose 10:30 Shuffle Board / Mexican Dice 11:30 Light & Lively 12:45 Month Categories 1:15 Ladder Ball / LCR Dice Mindful Memory 2:15 Snack & Weekly Chronicles	8 **Happy Birthday to the King of Rock** 10:00 Fitness Minute 10:10 How a King Was Made 10:30 Football Toss / Hymns & Devotions **Lunch @ Canton Dragon** 11:30 Rocking Fitness 12:45 Elvis Name That Tune 1:15 Axe Throwing/ Farkle Craft y Hour w/ Aurora 2:15 Snack & Elvis IQ	9 10:00 Friday Flexing 10:10 The Backyard Ghost 10:30 Corn Hole/ Crazy 8's The Ice King Men's Program 11:30 Sittercise 12:45 Alaskan Animals Guess a Letter 1:15 On the Trail of Moose Tracks Social Alaska Moose Trivia 2:15 Snack & Who am I??
12 **National Hot Tea Day** 10:00 Monday Moving 10:10 Tea Time Fun Facts 10:30 Let's have a Tea Party "Spilling the Tea" 11:30 Light & Lively 12:45 Spice Categories 1:15 Lawn Darts / Ship Captain Crew Cup of Tea Lacing Cards 2:15 Snack & Jeopardy Trivia	13 10:00 Simple Stretch 10:10 Weekly Chronicles 10:30 Card Hat Toss/ Bible Study **Dollar Tree Shopping** 11:30 Rocking Fitness 12:45 The Punny Names Game 1:15 Foot Ball Toss/ Bingo 2:15Snack & Pass the Popcorn	14 **Happy Birthday January** 10:00 Warm Up Wednesday 10:10Remebering Childhood Birthdays 10:30 Pop the Tail on the Donkey Say What ?? 11:30 Sittercise 12:45 Chicken Noodle Soup Mining 1:15 Ice Breakers/ Marinetti Dice 2:15 Snack & Scattergories	**15 Winter Wonderland Party** Join us today as we celebrate the joys of Winter! We will be playing fun winter games, enjoying a warm and cozy lunch by Chef Brian, then dancing the afternoon away with the Country Cousins. Wear your favorite Blue and white and don't forget the mitten as we will be having a good ole fashion snowball fight. ***We will have SNOW Much Fun!!!!***	16 10:00 Fitness Friday 10:10 Star of the Month 10:30 Arrow Shoot / Can You Beat That? Asian Chicken Wonton Appetizer Class 11:30 Rocking Fitness 12:45Wacky Words 1:15 Horseshoes / Marinetti Dice Small Group Light Debate 2:15Snack & Fact or Fiction
19 Martin Luther King Day 10:00 Monday Movement 10:10 The Voice Heard around the World 10:30 Hole in One Golf / Shut the Box Adult Coloring 11:30 Light & Lively 12:45 Selma to Montgomery Mining 1:15 Card hat Toss / Zero Difference Dice 2:15 Snack & MLK Trivia	20 10:00 Fitness Minute 10:10 Riddle Me This 10:30 Singing w/ Birgy & The Hig **Lunch @ Casa Perez** 11:30 Sittercise 12:45 Peach Categories 1:15 Card Hat Toss/ Nix the Six Bible Study 2:15 Snack & Who, What ,Where?	21 **Shooting Hoops** 10:00 Wake up Wednesday 10:10 The Syllable Game 10:30 Basketball Tournament March Madness Munchie Mix Cooking 11:30 Rocking Fitness 12:45 Mixed Up Basketball 1:15 Frisbee Bocce/ Go Hoops Dice 2:15Snack & Do you Know B-Ball?	22 **Clashing Clothes Day** 10:00 Simple Stretch 10:10 The History of the Zodiac 10:30 Big Fish Toss/ Cozy Cup Craft Hymns & Devotions 11:30 Light & Lively 12:45 Early Radio Show & Stars 1:15 Rocket Birdie Lunch / Race to Ten Cozy Cup Wrap Craft (cont) 2:15 Snack & Outburst	23 10:00 Fit Friday 10:10 Weekly Chronicles 10:30 Ring Toss / Rock around the Clock 11:30 Sittercise 12:45 Saint Categories 1:15 Penny Pitching/ Home Run Dice Nurse Appreciation Craft 2:15 Snack & Jeopardy Trivia
26 10:00 Monday Morning Fitness 10:10 Who Sang that Song? 10:30 Football Toss / 15 or 50 Cards 11:30 Rocking Fitness 12:45 Football Fill in the Blank 1:15 Guitar w/ Tim Anderson 2:15Snack & Fun with Football Add-Up	27 10:00 Warm Up Stretch 10:10 Movie Characters Guess Who? 10:30 Big Fish Toss / Scrapbooking Bible Study 11:30 Light & Lively 12:45 Word Webs 1:15 Bocce Ball / Trinominoes Mindful Memory 2:15 Snack & Scattergories	28 10:00 Wednesday Workout 10:10 Weekly Chronicles 10:30 Sticky Darts / Bonkers Dice **Dollar Tree Shopping** 11:30 Sittercise 12:45 Calculation Crisscross 1:15 Singing and Dancing/ Greg A. 2:15 Snack & January IQ	29 **National Puzzle Day** 10:00 Fitness Minute 10:10 The Benefits of Doing Puzzles 10:30 Frisbee Bocce / Jewelry Making Hymns & Devotions 11:30 Rocking Fitness 12:45 Shape Categories 1:15 The Great Puzzle Challenge Can Shoot Out 2:15 Snack & Modern Day Jeopardy	*30 **A "Spare" of a Day*** 10:00 Friday Flexing 10:10 Bowling Fun Facts 10:30 Bowling / Mindful Memory Bowling Pin Friend Craft 11:30 Light & Lively 12:45 Strike or Spare 1:15 Horse Shoes/ Dice & Strikes Craft cont. 2:15 Snack & Bowling Trivia