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Notable Quotable

"There is a shade of red for every woman."

~ Audrey Hepburn, actress and humanitarian

Community Events

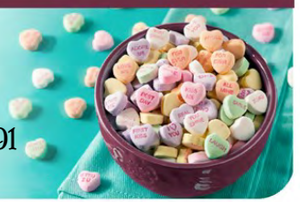
February Birthdays

Janice L.....6th
Reta J 7th
Eleanor R 9th
Kitty A.....14th
Michael O.....15th
Julia R.....21st
Bill P.....23rd
Debbie A.....23rd
Chuck M 25th
Franklin F.....28th

The Susan J Rheem Adult Day Center

February 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

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
Toni
Marty

Transportation Team

David
Dave
Bill
Danielle
Nora
Diane
Paul
Gary

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless passes on the ice or supporting teammates in grueling downhill runs, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. The 2026 Winter Olympics are shaping up to be a heartwarming celebration of skill, spirit, and wintertime joy.

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Ground Hogs Day** 10:00 Warm Up Stretch 10:10 A Rodent by Many Different Names 10:30 Ground Hog Shadow Pop The Groundhog Ate My Garden 11:30 Sittercise 12:45 A Very Mixed Up Ground Hog Day 1:15 Cornhole / Golf Darts Groundhogs Day Mindful Memory 2:15 Snack & Scattergories	3 10:00 Fitness Minute 10:10 Punxsutawney Phil's Retirement Plan 10:30 Axe Throwing/Me & My Shadow Class Bible Study 11:30 Rocking Fitness 12:45 The Weather Forecasting Groundhog 1:15 Ladder Ball / Men's Coffee w/ Kerrie The Groundhog Ate My Garden Round II 2:15 Snack & EZ Does It Trivia	4 10:00 Warm Up Wednesday 10:10Weekly Chronicles 10:30 Family (and Friends) Feud 11:30 Light & Lively 12:45 Alphabetically around the World 1:15 Big Fish Toss / Nix the Six Texas Trash Mix Cooking Class 2:15 Snack & Modern Day Jeopardy	5 10:00 Tone Up Thursday 10:10 Riddle Me This? 10:30 Morning Music with "The Highway Home" 11:30 Sittercise 12:45 Peach Categories 1:15Can Jam / Hymns & Devotions Veterans Wood Working Class 2:15 Snack & Fact or Fiction	6 **National Chopsticks Day** 10:00 Friday Fitness 10:10 The Etiquette of Chop Sticks 10:30 The Chopstick Relay / How to Class. **Lunch @ WZ Bistro** 11:30 Rocking Fitness 12:45 The Mixed-Up Friendship Game 1:15 Corn Hole / Can You Beat That Adult Coloring 2:15 Snack & Pass the Popcorn
9 **Let the Games Begin!!! Winter Olympics** 10:00 Winter Olympic Workout 10:10 The 2026 Winter Olympics 10:30 Winter Olympics Opening Ceremony 11:30 Light & Lively 12:45 Skating For Gold 1:15 Oh Shoot! A Biathlon Challenge. Decathlon Dice 2:15 Snack & What Olympian Am I?	10 10:00 Be Fit & Factual Winter Edition 10:10 Olympic Guess A Sport 10:30 Slippery Slope Competition Bible Study / **Dollar Tree Outing** 11:30 Sittercise 12.45 Olympic Biathlon Mining 1:15 Minute to Win it Olympic Games Let's Play Jeopardy 2:15 Snack & Weekly Chronicles	11 10:00 Wednesday Workout 10:10 Be My Valentine Drama Theater 10:30 Musical Ball / Crazy 8's Green Thumbs 11:30 Rocking Fitness 12:45 Couples of History & Story 1:15 Penny Pitching/ Face Off Dice Ladies Group Remembering Valentines Day	**12 Lincolns Birthday** 10:00 Fitness Minute 10:10 The Gettysburg Address Contest 10:30 Cupids Arrow Shoot / Lollipop Bouquet Hymns & Devotions 11:30 Light & Lively 12:45 Heart Categories 1:15 Penny Pitching / Mr. Lincolns Whiskers Lollipop Bouquet Craft (cont.) 2:15 Snack & Jeopardy Trivia	13 ***Valentines Celebration*** Roses are Red, Violets are Blue…..Our Center is blessed because of you! Join us today as we celebrate this day of LOVE. We will be making heart inspired Valentines for our loved ones. Enjoying a romantic themed lunch and dancing the afternoon away Sky Daddy! Pink Red and White and get ready for a …….. ***" LOVE" LY Day***
16 **Presidents Day** 10:00 Presidential Fitness Trail 10:10 Presidential Riddles 10:30 Basket Ball /Thru the Window Green Thumbs 11:30 Rocking Fitness 12:45 Presidents & First Ladies Clue 1:15 Horse Shoes / Marinetti Dice Mindful Memory 2:15 Snack & Random Trivia	17 10:00 Warm Up Stretch 10:10 First Ladies Who Am I? 10:30 Horse Shoes / Bible Study **Lunch @ Jen's 7th Ave Cafe** 11:30 Light & Lively 12:45 Which President Was It?? 1:15 Music & Laughs with Birgy and the Hig. 2:15 Snack & February IQ	18 10:00 Wake Up Wednesday 10:10 Weekly Chronicles 10:30 Balloon Baseball/ Trinominoes Mindful Memory 11:30 Sittercise 12:45 Beads Categories 1:15 Big Fish Toss/ Adult Coloring Life Long Learning with Kerrie 2:15 Snack & The Silly Sound Off Game	19 **Happy Birthday February** 10:00 Total Body Thursday 10:10 Happy Birthday February 10:30 Pop Toss / Devotions & Hymns Left, Right, Center 11:30 Rocking Fitness 12:45 Country Cousins 1:15 Singing with The Country Cousins Veterans Wood Working 2:15 Snack & Mardi Gras Jeopardy Trivia	20 ***Mardi Gras Party*** Join us today as we Celebrate Mardi Gras and party down the Cajun The beads will be flying and the Jazz will be playing. We will be playing New Orleans inspired games and indulging in a spectacular Cajun lunch prepared by Chef Brian. Get Ready to party down with the Past-Tastics!!! Be sure to wear your purple, green or gold and get ready to… ***LET THE GOOD TIMES ROLL!!!!***
23 10:00 Monday Morning Fitness 10:10 Name That Tune 10:30 Football Toss / Shut the Box 11:30 Sittercise 12:45 Alphabetically Around the World 1:15 Guitar with Tim Anderson 2:15 Snack & Finish the Song Lyrics	24 10:00 Simple Stretch 10:10 Weekly Chronicles 10:30 Bocce Ball / All Boxed In Bible Study 11:30 Rocking Fitness 12.45 Wacky Words 1:15 Big Fish Toss/ Bingo Scrapbooking 2:15 Snack & Scattergories	25 10:00 Wednesday Workout 10:10 What's Your Verdict? 10:30 Mr. Jingles is Missing Drama Club Hoy Cards/ Nix the Six 11:30 Light & Lively 12:45 Begins With….. 1:15 Rocking and Rolling w/ Greg A. 2:15 Snack & Humor is the Best Med	26 10:00 Stretch & Flex 10:10 Who Am I??? 10:30 Horse Shoes/ Hymns & Devotions **Dollar Tree Outing** 11:30 Sittercise 12:45 Whale Categories 1:15 Card Hat Toss/ Touchdown Dice Short Story Club 2:15 Snack & Pass The Popcorn	27 10:00 Fit Friday 10:10 Foxglove Honey Short Story 10:30 Basketball/ All Boxed In 11:30 Rocking Fitness 12:45 Swiss Chocolate Mining 1:15 Umbrella Toss/ Royal Snow Pile 2:15 Snack & Who, What, Where??