Notable Quotable

"Like family, we are tied to each other. This is what all good musicians understand."

~ Billy Joel, born May 9, 1949

Community Events

May Birthdays

Jona J.....7th
Betty C.....9th
Richard D.....13th
Mike J.....15th
Mary J.....17th

The Susan J Rheem Adult Day Center

MAY 2026

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Prescott Valley, AZ 86314
Phone (928) 775-3563/Fax (928)775-3591
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Our Team

Laura Dreibelbis
Director

Georgianna Bruso
Wellness Nurse

Kerrie Petersen
Activity Director

Justin Cornell
Transportation Director

Wendy Hansen
Enrollment Coordinator

Paul Elliott
Administrative Assistant

Brian Perry
Chef

Care Partner Team
John
Janice
Katie
Toni
Marty

Transportation David
Dave
Nora
Paul
Gary

Housekeeping
Monica

Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in crossing areas, reducing plastic use, and supporting conservation organizations can help turtles remain part of our future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection.

In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **May Day** 10:00 Friday Fitness 10:10 The Symbols of May Day 10:30 Seated Volley Ball / Nine Times May Day Flower Floral Crowns 11:30 Sittercise 12:45 May Day Pass it On 1:15 Hoy Cards / Green Thumbs Floral Crowns (cont.) 2:15 Snack & May EZ Does It
4 **May the 4th Be With You** 10:00 Monday Morning Moving 10:10 Star of the Month George Lucas 10:30 Storm Trooper Target Toss LCR Dice / Mindful Memory 11:30 Light & Lively 12:45 Star Wars Clue 1:15 " Feather the Mark " Arrow Shoot Darth Vader Something Wild Adult Coloring Star Wars Edition 2:15 Snack & Who am I?	5 **Cinco De Mayo** 10:00 Stretch & Flex 10:10 Let's Celebrate Cinco de Mayo! 10:30 Pepper Toss / Bible Study Salsa Making Time 11:30 Mariachi Movement 12:45 Fiesta Categories 1:15 Throw You Sombrero in the Ring Hot Pepper Panic / Pepper Planting 2:15 Snack & Cinco de Mayo Trivia	6 10:00 Wednesday Warm Up Stretch 10:10 Weekly Chronicles 10:30 Shuffle Board/ Ship Captain Crew **Lunch Outing @ Gabby's Grill** 11:30 Sittercise 12:45 Leatherback Mining 1:15 Jumbo Pong Toss / Marinetti Dice 2:15 Snack & May IQ	7 10:00 Seven Minute Stretch 10:10 Mothers in Evolution 10:30 Special Presentation by the " Highway Home" **Dollar Tree Shopping** 11:30 Light & Lively 12:45 Last Letter Up 1:15 Umbrella Toss/ Veterans Wood Working Mothers Day Women's Group 2:15 Snack & Mothers Day Jeopardy	8 **Mother's Day Celebration** **A Mother is like a flower, each one beautiful and unique!** Today we honor all the Mother's in our lives. We will be spoiling our ladies with manicures and hand massages. We will be enjoying mouth watering lunch, then we will have a debut of our new band "The 5 Chords" So join us as we celebrate our mothers both present and past. ***This will truly be a special day.***
11 10:00 Fitness Minute 10:10 Table Top Tidbits 10:30 Card Hat Toss/ Nix The Six Tiropita Baking with Kerrie 11:30 Sittercise 12:45 Metal Categories 1:15 Guitar and Music w/ Anita Mindful Memory 2:15 Snack & Random Trivia	12 10:00 Gentle Stretch 10:10 Weekly Chronicles 10:30 Corn Hole / Mexican Dice Bible Study 11:30 Light & Lively 12:45 Wacky Wordies 1:15 Bulls Eye/ Home Run Baseball Guy Talk on the Patio 2:15Snack & Humor is the Best Med	13 10:00 Wake Up Wednesday 10:10 The Ivy House Short Story 10:30 Foot Ball Toss/ Collect Four Green Thumbs 11:30 Rocking Fitness 12:45 To a "T" 1:15 Ladder Ball on the Patio/ Shut the Box Green Thumbs Prep for the Planting 2:15 Snack & Scattergories	14 **Birthday Celebration** 10:00 Stretch & Flex 10:10 Happy Birthday May Babies 10:30 Pop Toss/ Farkle Tissue Paper Art 11:30 Sittercise 12:45 Split Words 1:15 Lawn Darts/ Tissue Art (Cont.) Hymns & Devotions 2:15 Snack & Pass the Popcorn	15 **Armed Forces Day** 10:00 Left, Left, Left Right Left!!! 10:10 Celebrating Armed Forces Day 10:30 Horse Shoes / Race to Ten Veteran Wood Working 11:30 Light & Lively 12:45 Matching Tattoo Exercise 1:15 Musical Tribute to Our Veterans by The Past- Tastic 2:15 Snack & Military Slang Trivia
18 10:00 Welcome to Our Garden Retreat 10:10 Gardening Nature's Therapy 10:30 Yoga with Pickles Lea 11:30 Let's Reminisce What Springs Brings 12:45 Robin Categories 1:15 "To Plant a Garden is to Dream of Tomorrow." Let's Plant!! 2:15 Snack and Spelling Fresh Blooms	19 10:00 Love Blooms in the Rain Theater 10:15 **Art in the Garden.** Painting , Crafts and More! 11:30 Sittercise 12:45 Poetry Finish the Line 1:15 Salsa with a Twist Cooking With Kerrie 2:15 Snack and Garden Giggles	20 10:00 Gardens, Giggles and The Giant Pan 10:15 **Party in the Garden** Axe Throwing, Corn Hole, Ladder Ball Humor, Reminiscing and Lemonade 12:45 Poetry Finish the Line 1:15 SJRC Proudly Presents : The Silver Song Birds 2:15 Snack & Hello Spring	21 10:00Progressive Relaxation 10:30 Gentle Massage / Sharpen Your Mind Hymns & Devotions on the Patio 11:30 Light & Lively 1:15 Singing and Dancing with the Country Cousins 2:15 Snack & Garden Poems	22 **Memorial Day Celebration** In honor of America's fallen Heroes today we celebrate Memorial Day. Join us for a day of remembrance and thanks. We will be testing our past war recollections, tossing some horse shoes and enjoying a good ole fashion BBQ. Tim Anderson will be here to in the afternoon sing our afternoon away. Have a Great Weekend!
25 	26 10:00 Warm Up Stretch 10:10 What's Your Verdict? 10:30 Basketball/ Bible Study **Dollar Tree Shopping** 11:30 Light & Lively 12:45 Homophone Hotline 1:15 Bocce Frisbee/ Dominoes 2:15 Snack & Modern Day Jeopardy	27 10:00 Simple Stretch 10:10 A Surprise Before Breakfast 10:30 Axe Throwing / Can you Beat That? 11:30 Rocking Fitness 12:45 Last Letter Up 1:15 Guitar with Greg Ariola Remembering High School Ladies Group 2:15 Snack & Fact or Fiction	28 10:00 Fitness Minute 10:10 Weekly Chronicles 10:30 Corn Hole/ Hymns & Devotions **Lunch Outing @ Thai Cafe** 11:30 Sittercise 12:45 Wacky Wordies 1:15 Corn Hole / Farkle Rematch Tough as a Tortoise Mens Group 2:15 Snack & Scattergories	29 10:00 Friday Fitness 10:10 Fast or Slow? 10:30 Golf Darts / Shut the Box Mindful Memory 11:30 Light & Lively 12:45 Ocean Categories 1:15 Hoy Cards / Bonkers Dice 2:15 Snack & Humor is the Best Med