Notable Quotable

"We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry."

~ E.B. White, writer

Community Events

July Birthdays

Mimi A.....6th
Jerry B.....7th
Mary B.....12th
Roman B.....6th
Tom D.....17th
Jerry S.....24th

The Susan J Rheem Adult Day Center

July 2026

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Phone (928) 775-3563/Fax (928)775-3591
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Our Team

Laura Dreibelbis
Director

Georgianna Brusso
Wellness Nurse

Kerrie Wetzel
Activity Director

Justin Cornell
Transportation Director

Paul Elliot
Administrative Assistant

Brian Perry
Chef

Chef Assistant
Debbie

Care Partner Team
John
Janice
Katie
Toni
Brielle

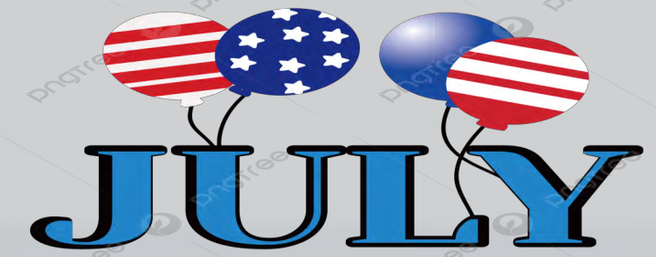
Transportation Team
David
Dave
Bill
Nora
Paul
Alan

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and community.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance. The rhythms of life 250 years ago highlight a resilience that feels both distant and familiar. Colonists adapted constantly to weather, to shortages, to uncertainty. This anniversary offers a chance to consider what endures. While the tools and technologies of daily life have evolved, the underlying values resourcefulness, cooperation, and persistence remain recognizable.



2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Wellness Wednesday 10:10 Remembering Local Parades 10:30 Basket Ball / Apples to Apples Green Thumbs—Plants that Live in Water 11:30 Sittercise 12:45 Patriotic Color Game 1:15 Seated Capture the Flag / LCR Mindful Memory Color a Patriotic Tune 2:15 Snack & Weekly Chronicles	2 ***Independence Day Celebration*** **Join us today to celebrate the Birthday of the USA! We will be singing and Dancing with our friends from The Highway Home Band. Followed by a lunch hot off the grill. Then get ready for a good ole game of Horseshoes, making patriotic crafts and celebrating America's 250th Birthday. Wear your Red, White & Blue and let's party.**	3 **Closed in Observance Of Independence Day!** **Have a Happy 4th of July**
6 **Colonial Spirit in July** 10:00 Monday Morning Fitness 10:10 What Am I & Who Am I?? 10:30 Axe Throwing/ Garden Walk Celebrating Colonial Foods while Making our own Butter 11:30 Colonial Exercise Routine 12:45 The American Revolution Clue 1:15 Name the Founding Father or Colony Classic Checkers (Teams) 2:15Snack & A Semiquincentennial Journey	7 10:00 Tap & Tone Tuesday 10:10 Hear Ye, Hear Ye Colonial News 10:30 Can Shoot Out/ Garden Walk Bible Study w/ Katie 11:30 Sittercise 12:45 Peach Categories 1:15 Singing & Dancing with Burgey & The Hig 2:15 Snack & Weekly Chronicles	8 **Drink a Coca Cola Day** 10:00 Wednesday Workout 10:10 The Unusual Uses for Coca-Cola 10:30 Coke vs Pepsi Challenge Soda Match Frenzy Coca Cola Chocolate Cake Baking 11:30 Rocking Fitness 12:45 Coca-Cola Match it Up 1:15 Can Jam / Homerun Baseball Dice Veterans Wood Working 2:15 Snack & Modern Day Jeopardy	9 10:00 Thriving Thursday 10:10 Animal Idioms - What does it mean? 10:30 Ladder ball / Green Thumbs Herbal Hour **Dollar Tree Shopping** / Garden Walk 11:30 Light & Lively 12:45 Crust Categories 1:15 Golf Darts / Crafty Hour w/ Aurora Hymns & Devotions / Book Club w/ Brielle 2:15 Snack & Random Trivia	10 **Frankfurter Friday** 10:00 Friday Fitness 10:10 Hot Diggity Dog 10:30 Football Toss/ Shut the Box Mindful Memory Reminiscing Summer 11:30 Sittercise 12:45 What's Your Hot Dog Name?? 1:15 Chicken vs Hotdog The Hilarious Game Uno /Mini Pigs in a Blanket Baking 2:15 Snack & July EZ Does it.
13 10:00 Monday Momentum 10:10 Name That 60's Tune 10:30 Corn Hole /Face Off Dice/ Garden Walk Life Long Learning Some Good New in 2026 11:30 Rocking Fitness 12:45 Don't Go Over 1:15 Bocce Ball / Unlucky Sevens Veterans Wood Working 2:15 Snack & Jeopardy Trivia	14 **MLB Allstar Game** 10:00 Sit & Be Fit 10:10 Take Me out to the Ball Game Who's On First? 10:30 SJRC Annual Allstar Baseball Game Base Ball Pillow Craft / Mindful Memory 11:30 Light & Lively 12:45 Talkin Baseball 1:15 Homerun Baseball Dice(/ Craft cont.) Men's Baseball Trivia Group 2:15 Snack & When, What, Where?	15 10:00 Wake up Wednesday 10:10 Weekly Chronicles 10:30 Corn Hole/ Crazy **8's** **Lunch @ Canton Dragon** 11:30 Sittercise 12:45 Word Webs 1:15 Basketball / Rally Roll Green Thumbs Slow & Steady Snake Plants	16 **Birthday Celebration** 10:00 Flex & Thrive 10:10 Happy Birthday July Babies 10:30 Pop Toss/ Birthday Card Making Hymns & Devotions 11:30 Rocking Fitness 12:45 Country Cousins 1:15 **Singing with the Country Cousins** Veterans Wood Working 2:15Snack & Who, What, Where?	17 10:00 Move It , Shake It, Sit It 10:10 The Laughter Exercise 10:30 Axe Throwing /Garden Walk Ladies Group-Remembering High School 11:30 Light & Lively 12:45 Double Dip Words 1:15 Horse Shoes / Bunco Challenge Book Club with Brielle 2:15 Snack & Scattergories
20 **Oops we forgot National Ice Cream Sundae Day.!** 10:00 Weekend Reset 10:10 What am I ??? 10:30 Rocket Birdie Launch / Triominos Mindful Memory Reminiscing Ice Cream 11:30 Sittercise 12:45 Mixed Up Ice Cream Flavors 1:15 ***ICE CREAM SOCIAL with*** A Game of Never Have I Ever 2:15 Snack & Ice Cream Party Clue	21 10:00Tuesday Tune Up 10:10 Weekly Chronicles 10:30 A Friendly Game of Family Feud **Dollar Tree Shopping** / Reminiscing Hour 11:30 Rocking Fitness 12:45Games of Summer Write Word 1:15 Throw Your Hat in the Ring / Poker Game Bible Study w/ Katie 2:15 Snack & Scattergories	22 10:00 Mid Week Motion 10:10 Invention or Imagination? 10:30 Rocket Birdie Launch/ Garden Walk Lifelong Learning What's Your Verdict? 11:30 Light & Lively 12:45 Wacky Words 1:15 Ring Toss/ Ship Captain Crew Green Thumbs—Uncreepy Crawly Class 2:15 Snack & Fact or Fiction	23 **Gorgeous Granny Day** 10;00 Sit & be Fit 10:10 The History of Gorgeous Grandma Day 10:30 Axe Throwing Competition Gorgeous Granny Make Overs & Photos 11:30 Sittercise 12:45 Alphabet Brainstorming 1:15 Corn Hole / Veterans Wood Working Gorgeous Granny Wrap Up and Parade 2:15 Snack & Pass the Popcorn	24 **Cruising to the South Pacific Island** 10:00 Fiji Flexing 10:10 Destination South Pacific with a Taste of the Islands 11:30 Rocking Fitness 12:45 Cruise Ship Buffet Mining 1:15 **Concert on the Lido Deck with Sky Daddy** 2:15Snack & July IQ
27 10:00 Monday Power Up 10:10 Funny in Fuji 10:30 Shuffle Board / Shut the Box Life Long Learning Take a Cruise on the Love Boat! 11:30 Light & Lively 12:45 Name 10 1:15 The Guitar Voyage with Tim Anderson Veterans Wood Working 2:15 Snack & Humor is the Best Med	28 10:00 Stretch & Breath 10:10 Reader's Theater Escaping the Heat 10:30 Seated Soccer / Black Jack Bible Study w/ Katie 11:30 Sittercise 12:45 Jacks Categories 1:15 Harmony on the Seas with The Silver Song Birds 2:15 Snack & Fact or Fiction	29 10:00 Restore & Stretch 10:10 Jeopardy Trivia 10:30 High Seas Hilarity Comedy Club "The Tides High, but the Punch Lines are Higher" Mindful Memory What's That Island Sound 11:30 Rocking Fitness 12:45A Day at the Beach Clue 1:15 Rocking in the Riviera with Greg Green Thumbs Taste of the Islands	30 10:00 Posture & Peace 10:10 Talking Tidbits 10:30 Volley Ball / Porthole Décor Craft Hymns & Devotions **Lunch @ The Backburner** 11:30 Light & Lively 12:45 Space Categories 1:15 Arrow Shoot/ Porthole Décor Craft Magnificent Island Creature Bingo 2:15 Snack & Random Trivia	31 10:00 Friday Flexing 10:10 Weekly Chronicles 10:30 Penny Pitching /Nix the Six Mindful Memory—Which Singer Is It? 11:30 Sittercise 12:45 The Syllables Game 1:15 Hoy Cards / Marinetti Dice Book Club with Brielle 2:15 Snack & The Movie of You