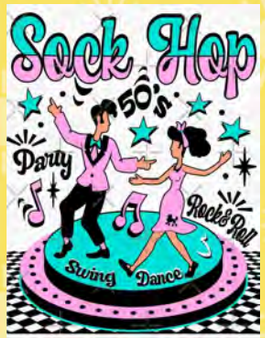
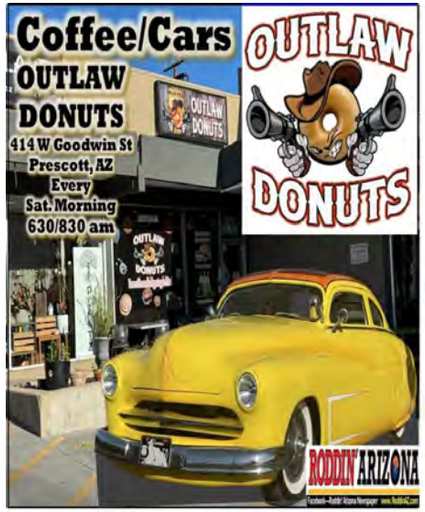


Notable Quotable

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

~ Lucille Ball,
born Aug. 6, 1911

Community Events



August Birthdays

Gerry G.....6th
Alvin K.....12th
Fred K.....16th
Jack K.....21st
Jerry P.....30th

The Susan J Rheem Adult Day Center

August 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

Georgianna Brusso
Wellness Nurse

Kerrie Wetzel
Activity Director

Justin Cornell
Transportation Director

Paul Elliott
Administrative Assistant

Brian Perry
Chef

Chef Assistant
Debbie

Care Partner Team
John
Janice
Katie
Toni
Brielle.

Transportation Team
David
Dave
Nora
Bill
Paul
Alan

Squeeze the Day

August is peak citrus season in more ways than one. While most citrus fruits are harvested in cooler months, their appeal hits full stride in late summer, when heat calls for bright flavors and cold drinks. Lemons, limes, oranges, and grapefruit show up everywhere this time of year—not just in produce bins, but in menus, recipes, and even a few quirky holidays.

The science behind that appeal is simple: Citrus delivers acidity, aroma, and a quick hit of refreshment. A squeeze of lemon can sharpen iced tea, balance grilled foods, or lift a simple glass of water. Limes do the same for marinades and summer desserts while oranges and grapefruit bring a mix of sweetness and bite that works well chilled. There's also a practical side to citrus in summer. Lemon and lime juices are widely used in food safety and preservation, from keeping sliced fruit from browning to adding acidity that helps control bacterial growth in certain dishes.

August's food calendar leans into that versatility. National Creamsicle Day on August 14 highlights the long-running pairing of orange and vanilla, a combination that dates back to early 20th-century soda fountain culture. The next day, National Lemon Meringue Pie Day celebrates a dessert that balances tart citrus curd with sweet topping—a contrast that has kept it popular for generations. Later in the month, National Lemon Juice Day (August 29) and National Grapefruit Juice Day (August 31) shift the focus to drinks, where citrus continues to dominate.

In a season defined by heat, citrus stands out for doing exactly what people want: cutting through it. Whether it's a cold glass of lemonade, a slice of pie, or a simple wedge on the rim of a glass, citrus continues to earn its place as one of summer's most reliable flavors.

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Get Moving Monday 10:10 The Weekly Chronicles 10:30 Penny Pitching / Can You Beat That? Mindful Memory—Mind Joggers 11:30 Light & Lively 12:45 Art Museum Mad Libs 1:15 Throw Your Hat in the Ring /Bonkers 2:15Snack & Fruits & Vegetables Game	4 **Coast Guard Day** 10:00 Boot Camp Workout 10:10 History of the Coast Guard & Anthem 10:30 How Would You Prepare If You Were LOST AT SEA ? 11:30 Sittercise 12:45 Coast Guard Clue 1:15 Corn Hole / Ship, Captain, Crew Life Long Learning– What Am I? 2:15 Snack & 1950 Trivia	5 10:00 Wake Up Wednesday 10:10 The Cantankerous Margaret & Ed 10:30 Ladder Ball / Turmeric Sun Prints (pt.1) Veterans Wood Working 11:30 Rocking Fitness 12:45 Buzz Words. 1:15 Bowling / Shut the Box Reading Club w/ Brielle 2:15 Snack & Fetch Categories	6 10:00 Thriving Thursday 10:10 Funny Tidbits 10:30 The Highway Home Band Green Thumbs—Flower Milk Shake Decor 11:30 Light & Lively 12:45 Draft Categories 1:15 Ring Toss / Green Thumbs Cont. Conversations - Reminiscing the Decades 2:15 Snack & Modern Jeopardy	7 **Rocking the 50"s Party** **Shake , Rattle & Roll—We're Going Back to The Fabulous Fifties! Put on your Poodle Skirts, Leather Jackets and Saddle Shoes and get ready for a Rocking Day! Try you luck at Name that Rock Tune, 50's Rock & Roll Clue and Rock Around the Clock Dice. Then get ready to party and "Twist & Shout" with Sky Daddy!** ***SEE YOU AT THE HOP***
10 **Remembering The King** 10:00 Monday Morning Moving 10:10 King of Rock Fun Facts 10:30 Musical Ball Toss / Garden Walk Elvis Presley's Fried PBJ Cooking Class 11:30 Rocking Fitness 12:45 Which Elvis Song is it? 1:15 All Shook Up Karaoke - Sing A-long Elvis Bingo / Where Am I Slide Show Class 2:15 Snack & Elvis IQ	11 10:00 Warm Up Stretch 10:10 Weekly Chronicles 10:30 Can Jam / Bible Study **Dollar Tree Shopping** 11:30 Light & Lively 12.45 Wacky Words 1:15 Horse Shoes / Marinetti Dice Green Thumbs-DIY Sun Tea Bags 2:15 Snack & Pass the Popcorn	12 **Shooting Stars Day** 10:00 Warm Up Stretch 10:10 NASAs Science Perseid 10:30 Star Struck Arrows/ Garden Walk Meteor Shower Galaxy Craft 11:30 Sittercise 12:45 Meteor Shower Mining 1:15 Rocket Birdie Launch / Farkle Life Long Learning Perseids Meteor Showers 2:15 Snack & Scattergories	13 10:00 7 Min Stretch 10:10 Star of the Month 10:30 Cornhole / Hymns & Devotions Veterans Woodworking 11:30 Rocking Fitness 12:45 Walk in the Park Rhyme Time 1:15 Capture the Flag / Collect 4 Mindful Memory– What Belongs? 2:15 Snack & Find the Fakes	14 **Navajo Code Talkers Day** 10:00 Stretching to Native Music 10:10 Code Talkers the Hero's of WW II 10:30 Native Words Native Warriors Gods Eye Weaving 11:30 Light & Lively 12:45 Where Am I?? 1:15 Dancing with The 5 Chordsmen Reading with Brielle– Native Stories 2:15Snack & World War II Trivia
17 **Women's Right to Vote Day** 10:00 Monday Movement 10:10 The 19th Amendment 10:30 Basketball , Garden Walk Ladies Group/ Powerful Women in History 11:30 Sittercise 12:45 Women Categories 1:15 Bulls Eye Toss / Mindful Memory Apples to Apples Voting Game 2:15 Snack & Fact or Fiction	**18 Cowboys & Cowgirls Wanted** **Saddle up to the SJRC Ranch for a Rootin-Tootin Good Time. We will be trying our hand at some western inspired games. Then Two Steppin with the afternoon away with the Psychedelic Cowboy " . Don't forget your appetite , Chef Brian will be Whipping up a hearty cowboy lunch. Dust off your hat & boots and mosey on in for a for wild good time.** **So Come on in Y'all !!!**	19 ***National Lemonade Day*** 10:00 Wednesday Workout 10:10 Cheers to Lemonade 10:30 Lemonade Social with Sunshine Songs Lemonade Trivia 11:30 Light & Lively 12:45 Sunny Days Clue 1:15 Lawn Darts/ Lemon & Limes Cards Men's Group– You be The Verdict 2:15 Snack & Sun Shine & Citrus Trivia	20 **Birthday Celebration** 10:00 Move & Groove 10:10 Happy Birthday August Babies 10:30 Pop Toss / Hymns & Devotions Citrus Stamping w/ Aurora **Lunch @ Salt & Pepper Café** 11:30 Sittercise 12:45 Country Cousins 1:15 Singing & Dancing w Country Cousins Wellness Program the Sunny Side of Health 2:15 Snack & Birthday Pictionary	21 **Keep Your Face to the Sun Day** 10:00 Friday Fitness 10:10 Sunflower Fun Facts 10:30 Ladder Ball/ Sunflower at Sunset Art Green Thumbs—Sunshine & Sunflowers 11:30 Rocking Fitness 12:45 Sun Flowers Word Mining 1:15 Can Jam / Sunshine Bingo Sunflower at Sunset art (cont.) 2:15 Snack & Weekly Chronicles
24 **Isn't it Peachy on Peach Pie Day** 10:00 Monday Morning Fitness 10:15 All The Juicy Facts 10:30 Frisbee Bocce / Guy Talk in the garden Peach Pie in a Jar Cooking Class 11:30 Light & Lively 12:45 Peach Categories 1:15 Penny Pitching / Peach Pit Shakedown Peaches & Cream Beauty Soap Making 2:15 Snack & Humor is the Best Med	25 10:00 Tuesday Tone Up 10:10 The Cantankerous Margaret & Ed 10:30 Bulls Eye Toss / Hymns & Devotions Men's Group - Cars & Bond "***James Bond***" 11:30 Sittercise 12:45Guess the Leading Man 1:15 Balloon Volley Ball / Touchdown Dice Group Crossword 2:15 Snack & Fact or Fiction	26 10:00 Fitness Minute 10:10 Weekly Chronicles 10:30 A Friendly Game of Family Feud Turmeric Sun Prints (pt.2) 11:30 Rocking Fitness 12:45 Fruit and Vegetable Game 1:15 Guitar W/ Greg Ariola Mindful Memory -Mind Joggers. 2:15 Snack & Random Trivia	27 **National Putting Around Day** 10.00 Simple Stretch 10:10 Home on Masters - Not Selling. 10:30 Putt Putt Golf / Hymns & Devotions **Dollar Tree Shopping** 11:30 Light & Lively 12:45 Golf Pass it On 1:15 Putting Green Challenge / LCR Dice Green Thumbs - Putting Green Grass Heads 2:15 Snack & Golf Bloopers	28 **Happy Birthday United States Air Force** 10:00 Friday Flexing 10:10 History of the Air Force 10:20 Recognition and Anthem The Amazing Flying Aces Film 11:30 Sittercise 12:45 United Sates Airforce Clue 1:15 Axe Throwing / Reverse War Cards Men's Group—Air plane Photo Quiz 2:15 Snack & Shelf Categories
31 10:00 Move it Monday 10:10 Weekly Chronicles 10:3 Big Fish Toss / Nix the Six **Lunch @ WZ Asian Bistro** 11:30 Rocking Fitness 12:45 Buzz Words 1:15 Guitar with Tim Anderson Nailed it ! - Men's Group 2:15 Snack & Scattergories				

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