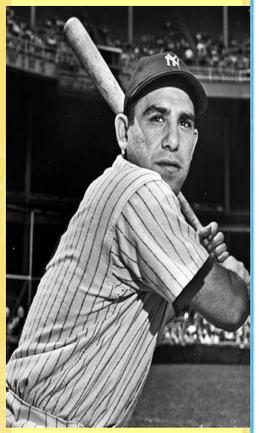

Notable Quotable

"A nickel isn't worth a dime anymore."

~ Yogi Berra, baseball catcher and coiner of Yogi -isms

Prescott Area Special Events

Yavapai County Fair
September 10—13
Prescott Fair Grounds

Hope Fest
September 19
8:00 am– 11:00 pm
Prescott Courthouse Plaza

The Glass Menagerie
September 19—27
Prescott Valley Performing Arts Center

September Birthdays

James J.	09/02
Ted R.	09/04
Jim B.	09/11
Ted R.	09/13
Randy S.	09/21
Walter W.	09/27

The Susan J Rheem Adult Day Center

September 2026

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

Our Team

Laura Dreibelbis, LPN
Director

Paul Elliott
Administrative Assistant

Georgianna Bruso, RN
Wellness Nurse

Kerrie Wetzel
Activity Director

Care Partner Team
Janice
Katie
Toni
Brielle

Justin Cornell
Transportation Director

Transportation Team
David G.
David S.
Gary
Bill
Nora
Paul
Alan

Brian Perry
Kitchen Manager

Debbie Griffin
Kitchen Asst.

Custodian
Monica Murillo

Southern Hospitality

During September in Savannah, Georgia, cooling winds blow away the oppressive, swampy heat of summer, and this "Hostess City of the South" gets to show what its famed Southern hospitality is all about. For non-Southerners, the notion of "Southern hospitality" might seem disingenuous, like a marketing pitch employed by southern businesses. For many Southerners, though, Southern hospitality is truly a way of life.

Southern hospitality is more than welcoming visitors with a neighborly sense of charm. Southern hospitality has six foundational characteristics: 1. *Politeness* and manners matter. When engaging with visitors, polite talk is a sign of respect. 2. Nothing says "Welcome to my home" better than good *home cooking*. Every Southern cook knows a few time-tested recipes that will warm the stomach, heart, and soul, such as peach cobbler, hummingbird cake, fried green tomatoes, or shrimp and grits. 3. *Kindness* extends not just to friends and neighbors but to strangers as well. 4. If someone is lost and needs directions or if a neighbor needs help fixing their lawnmower, one must always offer to *help*. 5. Southern *charm* can be magical. Witty small talk, compliments, and pleasantries put guests at ease and make them feel like old friends. 6. What some might call *charity*, others call the *golden rule*. Do unto others what you would have done unto you, and most importantly, do it freely and without any expectation of reciprocity. These characteristics provide a foundation on which Southern hospitality is built.

For those looking to experience firsthand the best of Southern hospitality, look no further than September in Savannah. The city's marquee event is Jazz Fest from September 23–26. Savannah's jazz scene is as old as that in New Orleans, and Jazz Fest has offered the best local acts for 40 years.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Tuesday Tone Up 10:10 Daily Chronicles/Announcements 10:30 Ladder Ball, Farkle, Devotions 11:30 Sittercise 12:45 Wacky Words 1:15 Shuffleboard, UNO Crochet Circle 2:30 Jeopardy Trivia	2 10:00 Wake Up Wednesday 10:10 Daily Chronicles/Announcements 10:30 Sequence, Horseshoes, Garden Time 11:30 Sittercise 12:45 Did You Know?? Ukulele Facts 1:15 **Group Therapy-Ukulele Band** Participant Choice Game 2:30 Spelling Bee	3 10:00 Fitness Minute 10:10 Daily Chronicles/Announcements 10:30 Football Toss, Hymns & Devotions Cooking Class-No Bake Cookies 11:30 Sittercise 12:45 Fiery Finish Lines 1:15 Bowling, LCR Dice Reminiscing on the Patio w/Cookies 2:30 Brain Quest	4 **Groovy 1970's Celebration** Join SJRC As we celebrate Labor Day 1970's Style. Dig deep in your closet and dress in your 1970's attire. Enjoy 70's era fun, food & games with a Groovy Musical Performance By **THE PASTASTICS**
7 CLOSED LABOR DAY	8 10:00 Stretch & Flex 10:10 Daily Chronicles/Announcements 10:30 Ring Toss, Devotions, Garden Time 11:30 Sittercise 12:45 Scrap Categories 1:15 Shuffle board, Crochet Circle 2:30 20 Questions For Conversation	9 10:00 Work Out Wednesday 10:10 Daily Chronicles/Announcements 10:30 Card Hat Toss, Bunco Food Fun- Healthy Apple Nachos 11:30 Sittercise 12:45 September IQ 1:15 **Singing w/ The Silver Songbirds** Participant Choice Game 2:30 Scattergories	10 10:00 Toning UpThursday 10:10 Daily Chronicles/Announcements 10:30 Corn Hole, Hymns & Devotions, Craft Hour-Jewelry Making 11:30 Sittercise 12:45 Jack's Categories 1:15 Poker, Hoy Cards, Lifelong Learning-Cats vs Dogs 2:30 Fact or Fiction	11 **Patriot Day** 10:00 Fitness Friday 10:10 Daily Chronicles/Announcements 10:30 Hoy Cards, **Outing-Healing Gardens** 11:30 Sittercise 12:45 Brain Fitness 1:15 **Music w/The 5 Chords** Participant Choice Game 2:30 Outburst
14 10:00 Monday Movement 10:10 Daily Chronicles/Annoucements 10:30 Axe Throwing, Don't Go Over! Craft Hour-Apple Windchime Cont. 11:30 Sittercise 12:45 Double Trouble 1:15 Bocce Ball, Bonkers Dice, Crochet Circle 2:30 Brain Quest	15 10:00 Tuesday Tone Up 10:10 Daily Chronicles/Announcements 10:30 State Plate Game, Devotions **Lunch Outing-Culvers** 11:30 Sittercise 12:45 Field Categories 1:15 Capture The Flag, Men's Group-Guy Talk on the Patio 2:30 State Trivia	16 10:00 Wake Up Wednesday 10:10 Daily Chronicles/Announcements 10:30 Putt Putt Golf, Shut The Box 11:30 Sittercise 12:45 Which Word Doesn't Belong 1:15 Corn Hole, Marinetti Dice, Craft Hour-Fall Centerpieces 2:30 Hangman	17 10:00 Rise & Shine Stretch Circle 10:10 Daily Chronicles/Announcements 10:30 Ship Captain Crew, Balloon Volleyball Hymns & Devotions 11:30 Sittercise 12:45 Laughter Exercises 1:15 **Music w/ The Country Cousins** Participant Choice Game 2:30 Scattergories	18 10:00 Good Morning Groove Exercise 10:10 Daily Chronicles/Announcements 10:30 Penny Pitching, Garden Talk w/ Cookies & Tea Rolling a New York Pizza Dice 11:30 Sittercise 12:45 Roll Out the Pizza Pie-Word Mining 1:15 Ladder Ball, Cooking Class-Fruit Pizza 2:30 Brain Quest
21 **Adult Day Center Week Kick Off** 10:00 Gentle Seated Stretching 10:10 Adult Day Proclamation Reading 10:30 Community Gratitude Tree Project 11:30 Sittercise 12:45 **Guest Speaker-Nicole Brandon** 1:15 Circle of Thanks & Gratitude 2:30 Brain Quest	22 **Fall Festival** Celebrate the first day of fall at The Susan J Rheem Adult Day Center Join us in a full day of fall fun. Enjoy a fall photo booth, harvest games & crafts, Your favorite fall flavors and a wonderful fall inspired lunch prepared by Chef Brian.	23 **Celebrate a Hero Today** 10:00 Stretch & Flex 10:10 Daily Chronicles/Who's Your Hero? 10:30 Thank Card Making for Your Heros 11:30 Sittercise 12:45 Superhero Word Mining 1:15 **Cooking Show w/Chef Brian** 2:30 Hero Awards	24 **Aging Well Celebration** 10:00 Fitness Minute 10:10 Daily Chronicles Inspirational Storytime 10:30 Spa Time Craft Hour–Kindness Rock Decorating Hymns & Devotions 11:30 Sittercise 12:45 **Wellness Tips w/ Georgianna** 1:15 Yoga w/ Candace 2:30 Fitness for Your Brain	25 **Family BBQ & Field Day** 10:00 Friday Movement 10:10 Daily Chronicles/Announcements 10:30 Corn Hole, Axe Throwing Horseshoes, & Ladder Ball on the Patio 11:30 Sittercise 12:45 History of SJRC w/ Yvonne 1:15 **Dancing w/ Sky Daddy** 2:30 Closing Remarks for ADC Week
28 10:00 Monday Music & Motion 10:10 Daily Chronicles/Announcements 10:30 Capture the Flag, Bingo, Garden Time What's Your Verdict 11:30 Sittercise 12:45 Wacky Words 1:15 **Guitar w/ Tim Anderson** Participant Choice Game 2:30 Scattergories	29 10:00 Fitness Minute 10:10 Daily Chronicles/Announcements 10:30 Umbrella Toss, Triominoes Devotions 11:30 Sittercise 12:45 Italian Dinner Word Match 1:15 Bunco Men's Group-Make & Model 2:30 Brain Quest	30 10:00 Rise & Shine Morning Stretch 10:10 Daily Chronicles/Facts About Apples 10:30 Corn Hole, Apples to Apples **Dollar Tree Outing** 11:30 Sittercise 12:45 Cranium Crunches 1:15 **Guitar w/ Greg** Cider Social on the Patio 2:30 Modern Jeopardy		