Notable Quotable

"The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else."

~ E.E.. cummings (born October 14, 1894)

Community Events

Fall Fest in the Park
Yavapai Courthouse Square
October 3 & 4

Watson Lake Cruise to the Pines Car Show
Watson Lake, Prescott, AZ
October 3

Happy Birthday To You!!

Greg	10/02
Gilbert	10/07
Richard	10/09
Janet	10/12
Bob	10/15
Jose	10/20
Alan	10/20
Leonard	10/30
Alice	10/31

The Susan J Rheem Adult Day Center

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

October 2026

Our Team

Laura
Director

Georgianna
Wellness Nurse

Paul
Admin. Asst.

Life Enrichment Team
Janice
Katie
Toni
Brielle
Amie

Justin
Transportation Director

Transportation Team
David
Dave
Bill
Gary
Nora
Paul
Alan

Brian
Kitchen Manager

Debbie
Kitchen Assistant

Monica
Custodian

Night Flyers

As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face many threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **Happy Birthday Julie Andrews** 10:00 Warm Up Stretch 10:10 The Fascinating facts of Julie 10:30 Axe Throwing / Scrapbooking Bible Study 11:30 Light & Lively 12:45 Who's that Academy Award Winner 1:15 Ladder Ball / Jokers Wild Cards Reminiscing Julie Andrews Songs 2:15 Snack & What are your favorite things?	**2 All Hail Kale Day** 10:00 Wednesday Workout 10:10 The Amazing Benefits of Kale 10:30 Shuffle Board/ Apples to Apples 11:30 Rocking Fitness 12:45 Pictionary 1:15 Golf Darts/ All Boxed In Kale Chip Baking Class 2:15 Snack & Kale Green Trivia	3 10:00 Gentle Stretch 10:10 Weekly Chronicles 10:30 Music with the **Highway Home** 11:30 Sittercise 12:45 Claws Categories 1:15 Card Hat Toss/ Rock around the Clock Hymns & Devotions 2:15 Snack & Who What When?	4 10:00 Stretch & Flex 10:10 Message in a Bottle 10:30 Bocce Ball/ LCR Dice Mindful Memory w/ Kerrie 11:30 Light & Lively 12:45 Sunflowers Mining 1:15 Badminton/ Chicago Dice Adult Coloring 2:15 Snack & October EZ Does It
7 **Frost on the Punkin Day** 10:00 Monday Moving 10:10 Remembering the Pumpkin Patch 10:30 Bocce Ball / Corky Pumpkin Craft **Walking Club** *(In our new garden)* 11:30 Rocking Fitness 12:45 Double Trouble 1:15 Ladder ball Royal Snow Pile Biscuit Pumpkin Loaf Baking 2:15 Snack & 10 Clue What is it?	8 10:00 Stretch & Flex 10:10 Weekly Chronicles 10:30 Putt Putt Golf / Bible Study **Dollar Tree Shopping** 11:30 Sittercise 12:45 Who Am I? Guess a Letter 1:15 Penny Pitching/ Face Off Dice Mindful Memory w/ Kerrie 2:15 Snack & Laughter is the Best Med	9 10:00 Wake Up Wednesday 10:10 The Monthly Gazette 10:30 Bulls Eye Toss/ All Boxed In 11:30 Light & Lively 12:45 The Fun Days of Autumn Mining 1:15 Bucket Pong / Round the Clock Fall Planting and Decorate Garden 2:15 Snack & Random Trivia	10 10:00 Fitness Minute 10:10 Which Singer is it? 10:30 Lawn Darts / Small Group Word Search Hymns & Devotions in the Garden 11:30 Rocking Fitness 12:45 Wacky Words 1:15 Frisbee Golf/ Marinetti Dice Pressed Flowers Preserves Craft 2:15 Snack & Funny Tidbits	11 ***FALL FEST*** "Leaves are falling and Autumn is calling" Wear your favorite fall colors and join us as we welcome in Fall. We will be "Bobbing" for apples, hosting a Scarecrow workshop, enjoying some good ole fashion apple cider and tying our luck at cornhole in our beautiful new garden. Bring your dancing shoes as Chuck B will be here to rock the afternoon away! **So Long Summer, Welcome Fall**
14 **Columbus Day** 10:00 Ten Min Stretch 10:10 1942 Columbus Sailed the Ocean Blue 10:30 Big Fish Toss / Cross the Ocean Compass Experiment Class 11:30 Light & Lively 12:45 Ocean Categories 1:15 Axe Throwing/ Ship Captain Crew Fall Planting/ Decorate Garden 2:15 Snack & What happened to the Ships?	15 **It's Pizza Hut Day** 10:00 Fitness Minute 10:10 The History of Pizza Hut 10:30 Ring Toss / Bible Study in the Garden **Lunch @ Pizza Hut** 11:30 Rocking Fitness 12:45 Pizza Party Recipe Builder 1:15 Basketball /Deep Dish Pizza Puzzle Pizza Party Chex Mix Baking 2:15 Snack & Name That Country Artist	16 **Celebrating Indigenous People Day** 10:00 Wednesday Workout 10:10 What is Indigenous People Day 10:30 Crow Nation & Native Poetry Hoy Cards 11:30 Sittercise 12:45 First Peoples Mining 1:15 Make the Stick Jump /Shut the Box Mindful Memory w/ Kerrie 2:15 Snack & Indigenous People Trivia	17 **Birthday Celebration** 10:00 Warm Up Fitness 10:10 Famous Birthdays 10:30 Pop Toss / B-Day Card Making Hymns & Devotions in the Garden 11:30 Light & Lively 12:45 Country Cousins 1:15 Singing w/ The Country Cousins Small Group Jeopardy 2:15 Snack & Jeopardy Trivia	18 **Wear it Pink Day** 10:00 Friday Flexing 10:10 Stories from the Wear it Pink Ladies 10:30 Bowling / Can you Beat That? Wear it Pink Lapel Craft 11:30 Rocking Fitness 12:45 The Think Pink Game 1:15 Tic Tac Toe Toss/ Farkle Cider Social on the Patio 2:15 Snack & The Big Pink Quiz
21 **National Chemistry Week** 10:00 Gentle Stretch 10:10 What is Chemistry? Famous Chemist 10:30 Frisbee Toss/ Unlucky Sevens **Walking Club** *(In our new garden)* 11:30 Sittercise 12:45 The Write Word Game 1:15 Arrow Shoot / Crazy 8"s Crystal Magic Experiment Class 2:15 Snack & 50 Chemistry Puns & Jokes	22 10:00 Ten Min Stretch 10:10 Trash or Treasure a Baseball Story 10:30 Horse Shoes / Water Color Painting Bible Study on the Patio 11:30 Light & Lively 12:45 Pinch Categories 1:15 Football Toss / Nine Times Cards Balloon Marvel Experiment Class 2:15 Snack & Modern Jeopardy	23 10:00 Wake Up Wednesday 10:10 Weekly Chronicles 10:30 Bocce Ball / Round The Clock Butter in a Jar Edible Science 11:30 Rocking Fitness 12:45 Who is that Famous Ball Player? 1:15 Can Shoot Out/ Bonkers Dice Ginger Bread House 2:15 Snack & Who, What, Where?	24 10:00 Simple Stretch 10:10 Musical Baseball 10:30 Big Fish Toss /Hymns & Devotions **Dollar Tree Shopping** 11:30 Sittercise 12:45 Great Categories 1:15 Corn Hole/ Bunco Challenge Apple Oxidation Experiment Class 2:15 Snack & Bases Loaded Laughs	25 **World Series Begins** 10:00 Friday Fitness 10:10 Bopping at the Ball Game 10:30 Balloon Baseball/ Grand Slam Shuffle Small Group Sensory 11:30 Light & Lively 12:45 Designated Hitter Mining 1:15 Throw your Hat in the Ring Homerun Baseball Dice 2:15 Snack & Going Batty Baseball Trivia
28 10:00 Monday Morning Workout 10:10 The Allure and Mystery of Bats 10:30 Basket Ball / Scabby Queen Cards Believable or Batty? 11:30 Rocking Fitness 12:45 Spelling Country Cooking 1:15 Guitar w/ Tim Anderson Ginger Bread House 2:15 Snack & A World without Bats	29 10:00 Warm Up Stretch 10:10 History of the Jack-o'-Lantern 10:30 Golf Putting Green / Hand Massages Bible Study on the Patio 11:30 Sittercise 12:45 Bones Categories 1:15 Card Hat Toss / Witch Bingo Ginger Bread House 2:15 Snack & Ghoulishly Funny Riddles	30 10:00 Fitness Minute 10:10 The History of Classic Monster Movies 10:30 Corn Hole / Uno Challenge **Lunch @ Thai Cafe** 11:30 Light & Lively 12:45 ABC IT Let's Get Physical 1:15 Singing & Dancing w/ Greg A. Terra Cotta Pumpkin Face Craft 2:15 Snack & Twenty Ten Words	31 ***Happy Halloween*** When black cats prowl and pumpkins gleam, luck will be yours if you join us this Halloween. Dress in your favorite costume and get ready for some fun. Lot's of Spooktacular games and treats. Get ready to boogey as Sky Daddy will be here and we will be monster mashing the afternoon away! **Don't miss it. It will be Fa- Boo -Lus**	**2024**