Notable Quotable

“Make pumpkin bread as the default gift for everyone. It is cheap, it is beloved, it is carbs.”

~ Karen Bender, novelist

October Birthday

Oscar T__ 4th
Doug W__ 4th
Vern J__ 5th
Jeanette J__ 5th
Susan B__ 7th
Thomas B__ 14th
Doc F__ 24th
Alice B__ 31st
Doug H__ 31st

Groucho Marx – October 2, 1890
Buster Keaton – October 4, 1895
Desmond Tutu – October 7, 1931
Eleanor Roosevelt – October 11, 1884
Paul Simon – October 13, 1941
Lee Iacocca – October 15, 1924
Evel Knievel – October 17, 1938
Mickey Mantle – October 20, 1931
Dizzy Gillespie – October 21, 1917
Minnie Pearl – October 25, 1912
Dylan Thomas – October 27, 1914
Jonas Salk – October 28, 1914
Dan Rather – October 31, 1914

October Horoscopes and Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Our Team

Laura Dreibelbis  
Director

John Shippen  
Wellness Nurse

Kerrie Petersen  
Activity Director

Ed Moore  
Transportation Director

Sharon Michaud  
Administrative Assistant

Jim Holmes  
Cook

Care Partner Team

Teresa  
Cathy

Colleen  
Ken

Hailey

Transportation Team

Skip

Jesse

Leroy

Terry

The Susan J Rheem Adult Day Center

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Prescott Valley, AZ 86314  
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www.adultcareservices.org

October 2018

Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o-lanterns for Halloween. But there’s no need to wait until October 31, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving “jack-o-lanterns” began with an Irish folktale about a man named “Stingy Jack.” The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross.

The Devil had no choice but to agree. However, when Jack did die, God would not allow anyone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of “Jack of the Lantern” from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o’-lanterns.

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Monday
1. 10:00 Mystery Person of the Week
2. 10:30 Shuffle Board/ Cloud 9
3. 11:30 Sittercise
4. 12:45 Fall Flowers Missing Vowels Game
5. 1:15 Short Story Club
6. 2:15 Snack & Outburst

Tuesday
1. 10:00 Remember When?
2. 10:30 Corn Hole/ Bible Study w/ Ron
3. 11:30 B Fit
4. 12:45 Word Jumble
5. 1:15 Arrow Shoot/ Can You Beat That
6. 2:15 Snack & Trivia

Wednesday
1. 10:00 Mind Joggers
2. 10:30 Can Shoot Out/ LCR Dice
3. 11:30 Light & Lively
4. 12:45 Hangman
5. 1:15 Rocket Birdie/ Uno Attack
6. 2:15 Snack & Ball Toss

Thursday
1. 10:00 Finish the Phrase
2. 10:30 Horeseshoes/ Bingo
3. 11:30 The Seated Work Out
4. 12:45 Random Trivia
5. 1:15 Umbrella Toss/ Flag Down
6. 2:15 Snack & Let’s make a Deal

Friday
1. 10:00 Columbus Day Facts
2. 10:30 Pig Dice/ Cross the Ocean
3. 11:30 Sit & Fit
4. 12:45 Columbus Day Elimination Game
5. 1:15 Piano w/ David
6. 2:15 Snack & Trivia

Columbus Day
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3. 11:30 Sit & Fit
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5. 1:15 Piano w/ David
6. 2:15 Snack & Trivia

National Pizza Hut Day
1. 10:00 All the Cheesy Facts
2. 10:30 Ring Toss/ Pizza Snack Baking
3. 11:30 Gentle Stretch
4. 12:45 Recipe Builder
5. 1:15 Washers Toss/ Sequence
6. 2:15 Snack & Shot in a Bottle

Lunch Outing to Pizza Hut
1. 10:00 A White House Tour
2. 10:30 Ice Breakers/ Bible Study w/ Ron
3. 11:30 B Fit
4. 12:45 Five Item What Is It?
5. 1:15 Singing & Dancing w/ Greg
6. 2:15 Snack & Humor is the Best Medicine

World Series Begins
1. 10:00 Greatest Moments in World Series
2. 10:30 Balloon Baseball/ Baseball Dice
3. 11:30 Yoga w/ Perry
4. 12:45 Word Jumble
5. 1:15 Karaoke/ Dice Roulette
6. 2:15 Snack & Country Music Match Up

Birthday Celebration
1. 10:00 Finish the Phrase
2. 10:30 Corn Hole/ Dominos/ Juka
3. 11:30 Upper Body Fit Class
4. 12:45 Word Jumble
5. 1:15 Karaoke/ Dice Roulette
6. 2:15 Snack & Birthday Celebration

FALL BASH
1. 10:00 Remember When
2. 10:30 Music Therapy w/ Meg
3. 11:30 Light & Lively
4. 12:45 Trivia
5. 1:15 Guitar w/ Tim Anderson/ Chicago Dice/ Double Exposure Game
6. 2:15 Snack & Scatctergories

Happy Halloween
1. 10:00 Mind Joggers
2. 10:30 Putt Putt Golf/ Bible W/ Ron
3. 11:30 Light & Lively
4. 12:45 Spelling Bee
5. 1:15 Piano w/ David/ Short Story Club
6. 2:15 Snack & Random Trivia

Halloween
1. 10:00 October IQ
2. 10:30 Ladderball/ Tea Party
3. 11:30 B Fit
4. 12:45 Country Cousins
5. 1:15 Dancing w/ The Country Cousins
6. 2:15 Snack & Laughter is the Best Medicine