

Horoscopes and Birthdays



Notable Quotable

“The thankful receiver bears a plentiful harvest.”

~ William Blake, poet

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

Burt Lancaster – November 2, 1913
Art Carney – November 4, 1918
Art Garfunkel – November 5, 1941
Alfre Woodard – November 8, 1952
Fuzzy Zoeller – November 11, 1951
Neil Young – November 12, 1945
Prince Charles – November 14, 1948
Danny DeVito – November 17, 1944
Calvin Klein – November 19, 1942
Ken Griffey Jr. – November 21, 1969
Boris Karloff – November 23, 1887
Tina Turner – November 26, 1939
Mark Twain – November 30, 1835

November Birthdays

Warren D.....7th
Wayne M.....10th
Myron S.....10th
Janet H.....14th
Lionel G.....14th
Jim S.....16th
Raquel M.....17th
Joyce B.....19th
Poh K.....20th
Johnnie U.....23rd
Harry F.....25th
Robert M.....28th



The Susan J Rheem Adult Day Center

November
2017



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

Our Team

Laura Dreibelbis
Director

John Shippen
Wellness Nurse

Kerrie Petersen
Activity Director

Margie Jones
Transportation
Director

Kim Bradford
Administrative
Assistant

Jim Holmes
Cook

Lead Activity Asst.
Kim Koranda

Care Partner Team
Brooke
Teresa
Sherry
Cathy

Transportation Team
Vic
Rick
Skip
Mike

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

One Pilgrim named Edward Winslow did keep a chronicle of the colony’s daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans.

These birds were not stuffed with bread-based stuffing, but with onions, herbs and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make pie crust. What is more certain is that shellfish was abundant: mussels, clams, oysters and lobster were stars of the first Thanksgiving.

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 SJRC Food Drive Begins 10:00 Giving Back to our Community</p> <p>10:30 Shuffleboard/ Marinetti Dice/ Devotions</p> <p>11:30 Sittercise 12:45 Outburst 1:15 Floor Yahtzee / Bunco</p> <p>2:15 Snack & Pictionary</p>	<p>2 10:00 Remember When? 10:30 Penny Pitching/ Juka/ Dollar Tree Shopping</p> <p>11:30 B Fit 12:45 Recipe Builder 1:15 Pig Dice/ Blackjack Green Thumbs 2:15 Snack & Rhyme Time</p>	<p>3 10:00 Daily Chronicles/ Horoscopes</p> <p>10:30 Bocce Ball/ Chicago Dice 11:30 Light & Lively</p> <p>12:45 Scattergories 1:15 Putt Putt Golf/ Glamour Marinetti Dice 2:15 Snack & Math minds</p>
<p>6 National Nacho Day 10:00 History of Nachos 10:30 Bell Pepper Nacho Baking/ Ladderball 11:30 Sittercise 12:45 Nacho Recipe Builder 1:15 Piano with Robert/All Boxed In Green Thumbs 2:15 Snack & Hangman</p>	<p>7 10:00 Current Events 10:30 Ring Toss/ Ginger Bread House Walking Club</p> <p>11:30 Light & Lively 12:45 Pictionary 1:15 Lawn Darts/ Ship Captain Crew/ Hand Massages 2:15 Snack & Math Minds</p>	<p>8 10:00 Pictionary 10:30 Seated Soccer/ Crazy 8's Lunch @ Native Grill 11:30 Gentle Stretch 12:45 Spelling Bee 1:15 Ice Breakers/ Penny Ante/ Glamour 2:15 Snack & Scattergories</p>	<p>9 10:00 Outburst 10:30 Floor Yahtzee/ Ginger Bread House/ Devotions 11:30 Zumba</p> <p>12:45 Dancing w/ Country Cousins/ 1:15 LCR Dice/Green Thumbs 2:15 Snack and Let's Make a Deal</p>	<p>10 Veterans Day Today we honor our Veterans. Join us for a very special presentation of "The Story of Old Glory" We will be making patriotic crafts in honor of our brave men and women. Please wear your red, white and blue in appreciation of their service.</p>
<p>13 10:00 Mind Warm Ups 10:30 Hoy Card/ Bingo Veteran Luncheon @ Prescott Resort</p> <p>11:30Gentle Stretch 12:45 Recipe Builder 1:15 Washer Toss/ Sequence Green Thumbs 2:15 Snack & Rhyme Time</p>	<p>14 National Pickle Day 10:00 Pickle Fun Facts 10:30 Card Hat Toss/ Ginger Bread House Walking Club</p> <p>11:30 B Fit 12:45 Trivia 1:15 Corn Hole/ Farkle A Taste of Pickle 2:15 Snack and Scattergories</p>	<p>15 10:00 Current Events 10:30 Horseshoes/ Dice Roulette/ Book Club 11:30 Sittercise 12:45 Pictionary 1:15 Card Hat Toss/ LCR Dice / Ginger Bread House 2:15 Snack & Let's Make a Deal</p>	<p>16 Birthday Celebration 10:00 Famous Birthdays 10:30 Pin the Tail / Card Making/ Bible Study with Ron 11:30 Zumba 12:45 Ball Toss 1:15 Singing & Dancing w/ Phil & Mary Green Thumbs 2:15 Snack & Birthday Celebration</p>	<p>17 10:00 Daily Chronicles/ Horoscopes 10:30 Can Shootout/ Skipbo/ Gingerbread House 11:30 Yoga with Perry 12:45 Balloon Volleyball 1:15 Rocket Birdie / Uno Attack Mellow Yellow Painting 2:15Snack & Humor is the Best Medicine</p>
<p>20 10:00 Current Events 10:30 Lawn Darts/ Jingo/ Dollar Tree Shopping 11:30 Sittercise 12:45 Trivia 1:15 Music w/ Tim Anderson / Cloud 9/ Green Thumbs 2:15 Snack & Scattergories</p>	<p>21 10:00 Mind Warm Ups 10:30 Bean Bag Toss/ Bible Study with Ron Walking Club</p> <p>11:30 Light & Lively 12:45 Word Jumble 1:15 Bocce Ball/ Poker Gratitude Centerpiece Craft 2:15 Snack & Rhyme Time</p>	<p>22 Thanksgiving Celebration Today we give Thanks for all our friends and our SRJC family. Join us for a day of fun filled games, holiday baking and the musical talents of Robert M. We will have a traditional Thanksgiving feast so bring your appetite.</p>	<p>23 CLOSED IN OBSERVANCE OF THANKSGIVING</p> 	<p>24</p>  <p>CENTER CLOSED</p>
<p>27 10:00 Remember When 10:30 Washer Toss/ Flag Down</p> <p>11:30 Light & Lively 12:45 Sticky Ball 1:15 Music Therapy w/ Meg / Green Thumbs 2:15 Snack & Outburst</p>	<p>28 10:00 Daily Chronicles/ Horoscopes 10:30 Spring ball/ Ship Captain Crew/ Walking Club</p> <p>11:30 B Fit 12:45 Hangman 1:15 Hoy Card/ Woodworking// Group Crossword 2:15Snack & Scattergories</p>	<p>29 10:00 Silly Fun Facts 10:30 Seated Soccer/ Cloud 9 Gingerbread Village Outing</p> <p>11:30 Zumba 12:45 Recipe Builder 1:15 Karaoke/ Who What When Life Long Learning 2:15 Snack & Math Minds</p>	<p>30 CRAZY HAT DAY 10:00 Crazy Hat Fun Facts 10:30 Card Hat Toss / Crazy Hat Craft / Bible Study with Ron 11:30 Sittercise 12:45:15 Crazy Hat Fashion Show / LCR Green Thumbs 2:15 Snack & Pictionary</p>	