

Sylvia Martin
 Program Coordinator
 Cynthia Becker
 Asst. Program Coordinator
 231 Melrose Street
 Winston-Salem, NC 27103
 Phone: 336-724-2155
 Fax: 336-748-2170
 smartin@seniorservicesinc.org
 cbecker@seniorservicesinc.org

Elizabeth & Tab Williams Adult Day Center

Daily Schedule
 7-10 am ... Arrival & Breakfast
 9-10 am.....Opening Activities
 10-11:30 am...Morning Activities
 11:30-1pm.....Lunch
 1:00-1:30 pm...Walk & Exercise
 1:30-2:30 pm...Afternoon Program
 2:30 pm.....Afternoon Snack
 3-4 pm.....Trans-Aid Departs
 4-6 pmExtended Hours



February 2019

Mon	Tue	Wed	Thu	Fri
 Happy Birthday! 	<u>Feb. Birthdays</u> Steve M 2/5 Bob C2/13 Linda W2/21 Gene B.....2/23 Billy F.....2/27		 新年快樂 Happy Chinese New Year	1 Beef BBQ Sand. <i>Weekend Outlook</i> Coffee Break w/ God Tai Chi <i>w/ Catherine</i> Pet Therapy w/ Bella <i>Walking for Good Health</i> Musical Anniversaries <i>w/ Debbie</i> Making Jewelry Afternoon Video
4 Meatloaf <i>Weekend Update</i> Bro Verlie: Fields White to Harvest <i>Wii Bowling</i> <i>Walking for Good Health</i> Bark Point Ramblers @ 1:30 <i>Music & Memory</i> Shake it Up w/ Cylaria	5 Roasted Chicken <i>Gospel Good News</i> Chinese New Year <i>w/ Mary</i> <i>Wall Art w/ Kevin</i> <i>Kevin on the Keys</i> All Things "F" <i>Crafts w/ Kathy</i> Music & Memory "Love" <i>Pet Therapy w/ Ginger</i>	6 Baked Ham Celebrating Black History Month <i>Card Games</i> <i>Walking for Good Health</i> "Hablo Espanol" <i>w/ Joaquin</i> Triple Threat Senior Line Dancers <i>Magical Movement @ 3:30</i>	7 Turkey Tetrazzini <i>Gospel Morning</i> <i>Kindermusik</i> Valentine's Outburst w/ Kevin <i>Kevin on the Keys</i> Heart Art  <i>w/ Johnsie</i> <i>Corn Hole Toss</i> Connect Four	8 Pot Roast <i>Weekend Outlook</i> Coffee Break w/ God Tai Chi <i>w/ Catherine</i>  <i>Trivia</i> <i>Walking for Good Health</i> Crafts w/ Sara <i>Kickball</i> Afternoon Video
11 Hamburger <i>Weekend Update</i> Bro Verlie: Fields White to Harvest <i>Trivia</i> <i>Walking for Good Health</i> Making Valentine Cards w/ Taylor  <i>Music & Memory</i> Puzzle Time	12 Baked Spaghetti <i>Gospel Good News</i> Sign Language  <i>w/ Susie</i> <i>Wii Bowling</i> <i>Kevin on the Keys</i> Tales & Music w/Terry <i>Music & Memory</i> <i>Table Ball Toss</i>	13 Beef Pot Pie <i>Gaither Gathering</i> Music w/ Carol & Friends  <i>Valentine Jewelry</i> <i>Walking for Good Health</i> Music w/ Bob & Sandy Pastor Maurice @ 2:00 <i>Magical Movement @ 3:30</i>	14 Carved Turkey <i>Kindermusik</i> Dance Party w/ WBFJ Radio <i>Wii Bowling</i> <i>Kevin on the Keys</i> Name that Love Song w/ Taylor  <i>UNO</i> Puzzletime	15 Beef BBQ Sand. <i>Weekend Outlook</i> Coffee Break w/ God Tai Chi <i>w/ Catherine</i> <i>Pet Therapy w/ Bella</i> <i>Walking for Good Health</i> Songs w/ Charity @ 1:30 Animal Interpretations <i>w/ Linda</i>
18 Chopped Steak <i>Weekend Update</i> Bro Verlie: Fields White to Harvest <i>Table Corn Hole</i> <i>Walking for Good Health</i> President's Day Trivia w/ Taylor <i>Music & Memory</i> Puzzle Time	19 BBQ Chicken <i>Gospel Good News</i> Making Bird  Houses w/ Kevin <i>Corn Hole Toss</i> <i>Kevin on the Keys</i> Fun w/ Kathy <i>Valentine Cards</i> Music & Memory <i>Pet Therapy w/ Ginger</i>	20 Pot Roast <i>Gaither Gathering</i> Cooking w/ Vicky <i>Card Games</i> <i>Walking for Good Health</i>  <i>w/ Holiday In express</i> February Spelling Bee <i>Magical Movement @ 3:00</i> Table Talk	21 Pork Loin <i>Kindermusik</i> Men's Group For Ladies Only <i>Adult Coloring</i> <i>Kevin on the Keys</i> Karaoke <i>w/ Johnsie & Cynthia</i> Kickball <i>Table Talk</i>	22 Chicken & Dumplings <i>Weekend Outlook</i> Coffee Break w/ God Tai Chi  <i>w/ Catherine</i> <i>Wheel of Fortune</i> <i>Walking for Good Health</i> W-S Community Band Trio @ 1:30 Afternoon Video
25 Stroganoff w/ Noodles <i>Weekend Update</i> Bro Verlie: Fields White to Harvest <i>Trivia</i> <i>Walking for Good Health</i> America.... The Story of Us Pt. 3 <i>Music & Memory</i> Weightlifting	26 Mac & Beef <i>Gospel Good News</i> Let's Go To The Country w/ Kevin <i>Wheel of Fortune</i> <i>Kevin on the Keys</i> Tales & Music w/Terry <i>Music & Memory</i> Table Talk	27 Meatloaf <i>Gaither Gathering</i> Internet Slang <i>w/ Cylaria</i> <i>Walking for Good Health</i> Birthdays w/ Bob & Sandy <i>Kick Ball</i> <i>Magical Movement @ 3:30</i> Table Talk	28 Pork Tips <i>Kindermusik</i> Hymns w/ Vince & Nancy <i>Wii Bowlinng</i> <i>Kevin on the Keys</i> Crafts w/ Sara Mural w/ Kathy	<p>If he sees his shadow, down he'll go Then six more weeks of winter, OH NO!</p> 