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Elizabeth & Tab Williams Adult Day Center

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



November 2021



Mon	Tue	Wed	Thu	Fri
<p>1 BBQ Sandwich Morning Music Club w/ UNCSA Are You Smarter Than a 5th Grader? w/ Taylor Undecorating The Center <i>Walking to Thanksgiving</i> Word in a Word w/ Cylaria <i>Cornucopia Collage w/ Sara</i></p>	<p>2 Meatballs & Gravy <i>Gaithers in the Morning</i> Men @ Work w/ Kevin Brain Games w/ Ebony <i>Kevin on the Keys</i> Nat. American Indian Heritage Month w/Sara  <i>How Many...? w/ Cynthia</i></p>	<p>3 Chicken Patty <i>Gospel Morning Music</i> National Days of November w/Cylaria <i>Morning Music Club</i> <i>Walking to Thanksgiving</i> Everything November w/ Ebony Kickball w/ Sylvia November Crafts Puzzle Time</p>	<p>4 Teriyaki Chicken <i>Spiritual Music</i> November Outburst w/ Kevin Balloon Volley Ball <i>Kevin on the Keys</i> Slang... Yesterday & Today w/ Cynthia Corn Hole Picture Puzzles w/ Taylor</p>	<p>5 Chicken Parmesan Morning Music Club w/ UNCSA <i>Coffee Break w/ God....w/ Cylaria</i> Exercise w/ Ebony Wii Bowling <i>Walking to Thanksgiving</i> WADC Karaoke w/ Sylvia & Cylaria <i>Wheel of Fortune</i></p>
<p>8 Pork Loin Morning Music Club w/ UNCSA Old Sayings & Their Meaning w/ Ebony Golf Tournament w/ Taylor <i>Walking to Thanksgiving</i> Because I'm Happy w/ Cylaria <i>Word Puzzles w/ Sara</i> Kickball</p>	<p>9 Meatloaf <i>Gaithers in the Morning</i> Group Art w/ Kevin Dulcimer Music w/ Cynthia & Taylor <i>Kevin on the Keys</i> Tales & Music w/ Terry  <i>Parachute Toss w/ Sara</i> Puzzle Time</p>	<p>10 BBQ Chicken <i>Gospel Morning Music</i> Carol & Friends @ 10:30 Puzzle Time <i>Walking to Thanksgiving</i> Music w/ Bob & Sandy <i>Card Bingo w/ Taylor</i> Would You Rather ??</p>	<p>11 Turkey Pot Pie <i>Spiritual Music</i>  Veteran's Day Celebration w/ Cynthia Wii Bowling <i>Kevin on the Keys</i> Health Watch w/ Marie @ 1:30 Rainbow Painting w/ Taylor Wheel of Fortune</p>	<p>12 Pot Roast Morning Music Club w/ UNCSA <i>Coffee Break w/ God w/ Cylaria</i> Exercise w/ Ebony Balloon Volleyball <i>Walking to Thanksgiving</i> Bill Wilson (W-S Community Band) @ 1:30 Trivia Afternoon Matinee</p>
<p>15 Chicken Sand. Morning Music Club w/ UNCSA Nat. American Indian Heritage Month Part#2 w/Sara Adult Coloring <i>Walking to Thanksgiving</i> Cooking w/ Ebony & Ivory <i>Shake-it-Up w/ Cylaria</i></p>	<p>16 Spaghetti <i>Gaithers in the Morning</i> Men's Group w/ Kevin For Ladies Only w/ Ebony <i>Kevin on the Keys</i> America...The History of a US Thanksgiving w/ Cynthia <i>Word Games</i></p>	<p>17 Chicken Pot Pie <i>Gospel Morning Music</i> Wayne & Freddie @10:30 Puzzle Time <i>Walking to Thanksgiving</i>  Nov. Spelling Bee Balloon Volley Ball w/ Sylvia Table Talk</p>	<p>18 Salisbury Steak <i>Spiritual Music</i> Holiday Door Art w/ Kevin <i>Word Games w/ Ebony</i> <i>Kevin on the Keys</i> Ring-a-Lings w/ Sylvia <i>Hidden Words in a Picture w/ Sara</i> Adult Coloring</p>	<p>19 Chicken Patty Morning Music Club w/ UNCSA <i>Coffee Break w/ God w/ Cylaria</i> Exercise w/ Ebony Trivia <i>Walking to Thanksgiving</i> WADC Karaoke w/ Cynthia & Sara Friday Afternoon Matinee</p>
<p>22 Chopped Steak Morning Music Club w/ UNCSA Arm Chair Travel to Tennessee w/ Taylor Table Corn Hole <i>Walking to Thanksgiving</i> Butter my Biscuit w/ Cynthia <i>Turkey Day Craft w/ Taylor</i> Trivia</p>	<p>23 BBQ Chicken <i>Gaithers in the Morning</i> What are You Thankful for w/ Kevin Corn Hole Toss <i>Kevin on the Keys</i> Tales & Music w/ Terry <i>The Missing Dentures</i> Skit w/ Sara Table Talk</p>	<p>24 Pot Roast <i>Gospel Morning Music</i> How are you Blessed? w/ Taylor Trivia <i>Walking to Thanksgiving</i> Nov. Birthdays w/ Bob & Sandy <i>Afternoon Thanksgiving Matinee</i> Puzzle Time</p>	<p>25 Closed </p>	<p>26 Closed </p>
<p>29 Beef Stroganoff Santa Shop Starts  <i>Morning Music Club w/ Cylaria</i> Wii Bowling <i>Walking for Good Health</i> Name that Theme Song w/ Taylor Kick Ball Table Talk</p>	<p>30 Mac/Cheese w/ Ham <i>Gaithers in the Morning</i> Art in the Park w/ Kevin Soundscape w/ Sylvia <i>Kevin on the Keys</i> Drumming w/ Sara Corn Hole Craft Time</p>	<p>November Birthdays Helga..... 11/3 Faye..... 11/11 William Mc... 11/15 Helen T..... 11/17 G."Brad"..... 11/20 Robbie..... 11/21 Peggy D..... 11/22 Yolande..... 11/26</p>	<p>Adelaide..... 11/26  Happy Birthday!</p>	<p>Hanukkah Begins Nov. 28th </p>