Elizabeth & Tab Williams Adulit Day Center

May 2020

May Birthdays
Glenda...........5/1
Sara F...........5/7
Luther B.........5/9
Maxter A........5/10
Alexander B........5/10
Jerry T...........5/18
Fred J...........5/25
Lillie T...........5/28

Table Talk w/ Cylaria
Shake w/ Ashlyn
w/ Cynthia & Cylaria
Morning Music Club
18
Table Talk w/ Paige
Walking for our Heroes
Card Bingo
w/ Cynthia & Cylaria
Gaithers in the AM
4
Pork BBQ. Sand. w/ Kathy
Celebration
Kevin on the Keys
Table Corn Hole Game
w/ Ashlyn
Famous Heroes
Gospel Music Time
27
Meatloaf
Gospel Music Time
Morning Music Club w/ Cynthia & Cylaria
Balloon Volleyball w/ Taylor
Walking for our Heroes
May Trivia w/ Taylor
Adult Coloring
Table Talk w/ Paige

BBQ Chicken
w/ Sylvia & Cylaria
Card Bingo
Walking for our Heroes
Mental Games w/ Taylor
Spring Scatter w/ Taylor
Anniversaries
Musical
Spring Scattering w/ Ashlyn
Afternoon Video
Word Puzzles w/ Paige

Spaghetti
w/ Sylvia & Cylaria
Cornhole
Walking for our Heroes
Spring Wildlife
w/ Ashlyn
Shake-it Up w/ Sylvia
Table Talk

MEAL PLANNING

Mon
Tue
Wed
Thu
Fri

May 10th

1 Chicken Salad
Weekend Outlook
Coffee Break w/ Cylaria
Tai Chi w/ Sylvia
Trivia
Walking for our Heroes
Celebrating Country Music
Friday Matinee
Wheel of Fortune
Table Talk

12 Mac/Cheese &Ham
Gospel Music Time
Clear the Clutter w/ Kevin
Ladder Ball
Kevin on the Keys
Back in the Day w/ Taylor
Arm Chair Travel w/ Kathy

13 Salisbury Steak
Gospel Music Time
Morning Music Club w/ Cynthia & Cylaria
Puzzle Time
Walking for our Heroes
BINGO
Spelling Bee w/ Paige
Table Talk

14 Chicken & Rice
Gospel Music Time
Outburst for May w/ Kevin
Trivia
Kevin on the Keys
By the Numbers
Game w/ Taylor
Spring Flower Trivia w/ Kathy
Table Talk

18 Spaghetti
w/ Sylvia & Cylaria
Cornhole
Walking for our Heroes
Spring Wildlife
w/ Ashlyn
Shake-it Up w/ Sylvia
Table Talk

19 Baked Ham
Gospel Music Time
Give me a Hand w/ Kevin
Table Cornhole
Kevin on the Keys
DIY Chia Pet w/ Taylor
Arm Chair Travel
To Egypt w/ Kathy
Adult Coloring

20 Chopped Sirloin
Gospel Music Time
Morning Music Club w/ Cynthia & Cylaria
Wii Baseball
Walking for our Heroes
Heart Rhythm, Heart Sounds w/ Sylvia
Picture Puzzles
Pictionary w/ Paige

21 BBQ Chicken
Gospel Music Time
A Butterfly’s Life w/ Sylvia
Penni Ante w/ Taylor
Kevin on the Keys
Spring Word Scramble w/ Taylor
Kickball
Table Talk

22 Beef Stroganoff
Coffee Break w/ Cylaria
Tai Chi w/ Sylvia
Trivia
Walking for our Heroes
Sound Scape w/ Ashlyn
Penni Ante
Pictionary w/ Paige

26 Meatloaf
Gospel Music Time
Famous Heroes w/ Ashlyn
Table Corn Hole Game
Kevin on the Keys
Memorial Day Celebration
Arm Chair Travel
To Canada w/ Kathy

27 Chicken Parmesan
Gospel Music Time
Morning Music Club w/ Cynthia & Cylaria
Card Bingo
Walking for our Heroes
The Price is Right w/ Sylvia
UNO
Adult Coloring

28 Sirloin Steak
Gospel Music Time
In the Kitchen w/ Kenny
Wii Games
Kevin on the Keys
How Sweet it is W/ Taylor
Balloon Toss
May Craft w/ Kathy

29 Chicken Salad
Coffee Break w/ Cylaria
Tai Chi w/ Sylvia
Trivia
Walking for our Heroes
Afternoon Dance Party
Friday Matinee
Table Talk

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

Be Safe !
Stay Healthy !