

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



May 2021

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



Mon	Tue	Wed	Thu	Fri
<p>3 Pork BBQ Sandwich Weekend Update Morning Music Club w/ Cynthia & Cylaria In the kitchen w/ Kenny & Ebony Walk for our Mothers Momma Said... w/ Cynthia Wheel of Fortune Weightlifting w/ Cylaria</p>	<p>4 Lemon Butter Chicken Gospel Good News Wrap the Maypole w/ Kevin Kevin on the Keys For the birds... w/ Taylor Making bird feeders Penny Ante</p> 	<p>5 Baked Ham Music w/ the Gaithers Charades Walk for our Mothers Picking the Winner WADC Derby Racing Dice Game</p> <p>Mother's Day Arts & Crafts</p> 	<p>6 Meatloaf w/ sauce Gospel Morning Mothers Day Craft - paper flowers w/ Kevin Kevin on the Keys All about Mothers: memories, music Music & Memory Picture Puzzles Table Talk</p>	<p>7 Rosemary Chicken Weekend Outlook Coffee Break w/ God Tai Chi w/ Sylvia Walk for our Mothers Mothers Day & Music w/ Cylaria Ozzie & Harriet Weightlifting w/ Cylaria</p>
<p>10 BBQ Chicken Weekend Update Morning Music Club w/ Cynthia & Cylaria Walk for our Mothers Women In the Bible w/ Cylaria Shake it Up w/ Cylaria Uno</p>	<p>11 Baked Mac & Cheese Gospel Good News ABC's of May Adult coloring Kevin on the Keys Pictionary w/ Cynthia Balloon Volleyball Would you rather...</p> 	<p>12 Salisbury Steak Music w/ the Gaithers Timeslips w/ Ebony Walk for Freedom</p>  <p>And other word games</p>	<p>13 Chicken & Rice Cass Gospel Morning Spring Outburst w/ Kevin Adult Coloring Kevin on the Keys May Trivia Card Bingo Connect 4 Puzzletime</p>	<p>14 Meatloaf Weekend Outlook Coffee Break w/ God Tai Chi w/ Sylvia Walk for Freedom Musical Anniversaries w/ Debbie Left, right, center</p>
<p>17 Baked Spaghetti Weekend Update Morning Music Club w/ Cynthia & Cylaria Walk for Freedom What's in a Name? w/ Cylaria Weightlifting w/ Cylaria Table talk</p>	<p>18 Baked Ham Gospel Good News Art in the Park w/ Kevin Blurt Kevin on the Keys M is for... How tall, how wide w/ Kathy Wheel of Fortune Dice Game</p>	<p>19 Chopped Sirloin Music w/ the Gaithers Family Feud Walk for Freedom</p>  <p>May Spelling Bee Wheel of Fortune Corn Hole</p>	<p>20 BBQ Chicken Gospel Morning Card Bingo w/ Ebony Kevin on the Keys Name that theme Song with Taylor Penny Ante + other table games Tic, Tac, Toe</p>	<p>21 Stroganoff w/ Noodles Weekend Outlook Coffee Break w/ God Tai Chi w/ Sylvia Walk for Freedom ABC's of May w/ Cynthia Afternoon matinee</p>
<p>24 BBQ Pork Sandwich Weekend Update Morning Music Club Club w/ Cynthia & Cylaria Walk for Freedom Boy or Girl...? Shake it Up w/ Cylaria Table Talk</p>	<p>25 Meatloaf Gospel Good News Watermelon Garland Craft Kevin on the Keys Musical Bingo Puzzlers w/ Kathy Ladder ball</p> 	<p>26 Chicken Paremsan Music w/ the Gaithers Karaoke</p>  <p>Walk for Freedom Celebrating May Birthdays Picture Puzzles</p>	<p>27 Smothered Sirloin Stk Gospel Morning Scavenger hunt w/ Taylor Kevin on the Keys Sing-Along 'with' Claudia Name that tune w/ Taylor Corn Hole</p>	<p>28 Chicken Salad Weekend Outlook Coffee Break w/ God Tai Chi w/ Sylvia Walk for Freedom Tribute to our Military Hogan's Heroes Uno</p>
<p>31</p> 	<p>May Glenda M.....5/01 Sara F.....5/07 "Luke".....5/09 Maxter A.....5/10 Alexander....5/10 Carl "Bud"....5/13 Jerry T.....5/18 Fred J.....5/25</p>	<p>Birthdays Lillie T.....5/28 Doug J.....5/29</p> 		<p>... Spa And Salon Services Available for Men & Women</p>