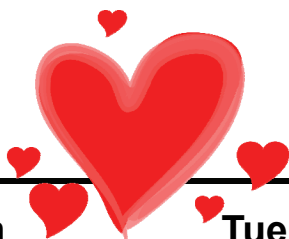


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# Elizabeth & Tab Williams Adult Day Center

Daily Schedule  
 7-10AM Arrival & Breakfast  
 9-10 Opening Activities  
 10-11:30AM Morning Program  
 11:30-1PM Lunch  
 1-1:30PM Walk for Fitness  
 1:30-2:30PM Afternoon Program  
 2:30PM Snack  
 3-4PM Trans-Aid Departs  
 4-6 Extended Activities  
 6PM Center Closed



## February 2017



Mon	Tue	Wed	Thu	Fri
		<b>1</b> Hot Dog <b>My Heart Sings/ Sue Tillman</b> <i>Walk to Valentines</i> <b>Valentine Remembrance/ WFUBMC students</b> <i>Ground Hog Day</i> <b>Senior Line Dance</b> <b>2:30</b>	<b>2</b> Teriyaki Chicken <i>Devotions</i> <b>Music with Carol &amp; Friends</b> <i>Kevin on the Keys</i> Corn Hole Game <b>Black History Experience</b> Valentine Door Art	<b>3</b> BBQ Pork Sandwich <i>Weekend Outlook</i> <b>Pet Therapy/Lennix</b> February Trivia <b>Tai Chi/Catherine</b> <i>Walk to Valentines</i> <b>OPRY GREATS</b> <b>Johnny Cash/ Ernie Ford</b>
<b>6</b> Meatloaf <i>Good Morning</i> <b>Brother Verlie: Fields White to Harvest</b> <i>Walk to Valentines</i> Creative Collage Chocolate Spoons	<b>7</b> Roast Chicken <i>Newsweek</i> <b>Outburst Game</b> <b>Valentine Tree</b> <i>Kevin on the Keys</i> History of the Five and Dime <b>Magic Movement</b>	<b>8</b> Baked Ham <i>Food for Thought</i>  <b>Chinese New Year</b> <i>Walk to Valentines</i> <b>Music with Bob &amp; Sandy</b> Pet Therapy/Priscilla	<b>9</b> Turkey Tetrizzini <i>Coffee Break w/God</i> <b>Ring-a-lings with Jorie</b> <i>Kevin on the Keys</i> Paul Cezanne Still Life Ice Hockey	<b>10</b> Pot Roast <b>Pet Therapy/Lennix</b> Meditations on Love <b>Tai Chi/Catherine</b> <i>Walk to Valentines</i> <b>Our Debbie Sings to us!</b> Kickball
<b>13</b> Hamburger <i>Good Morning</i> <b>Brother Verlie: Fields White to Harvest</b> <i>Walk to Valentines</i> <b>Bark Point Ramblers</b> <b>1:30PM</b>	<b>14</b> Baked Spaghetti <i>Newsweek</i> 1001 Ways to be Romantic <b>WBFJ-FM Valentine's Day</b> <i>Kevin on the Keys</i> <b>Ladies Makeover</b> <b>Tall Tales &amp; Music with Terry</b> <b>Magic Movement</b>	<b>15</b> Beef Pot Pie <i>Coffee Break w/God</i> <b>Ring-a-lings with Jorie</b> Trivia games <i>Walk to Valentines</i> <b>Bingo Party Kickball</b> Pet Therapy/Priscilla/ Norman	<b>16</b> Carved Turkey <i>Stretch in our Seats</i> <b>Brother Verlie: Fields White to Harvest</b> <i>Kevin on the Keys</i> <b>Sing-a-long with Claudia</b> Get Ready for Spring	<b>17</b> Pork BBQ/Bun <b>Pet Therapy/Lennix</b> 1 Picture is Worth a 1000 Words <b>Tai Chi/Catherine</b> <i>Walk to Valentines</i> National Inventors Day Word Games
<b>20</b> Chopped Steak <i>Good Morning</i> <b>Brother Verlie: Fields White to Harvest</b> <i>Walk to Valentines</i> <b>Sing-a-long with Claudia</b>	<b>21</b> BBQ Chicken <i>Newsweek</i> Remember the Presidents <i>Kevin on the Keys</i> Chocolates Hershey vs. Nestles <b>Magic Movement</b>	<b>22</b> Pot Roast <i>Food for Thought</i> February Spelling Bee <b>Devotions/Kathy</b> <i>Walk to Valentines</i> <b>February Birthdays</b> <b>Celebrate with Bob &amp; Sandy</b>	<b>23</b> Pork Loin <i>Stretch in our Seats</i> <b>Brother Verlie: Fields White to Harvest</b> <i>Kevin on the Keys</i> Early History of Clemmons	<b>24</b> Chicken/ <b>Pet Therapy/Lennix</b> First Lady Trivia <b>Tai Chi/Catherine</b> <i>Walk to Valentines</i> Favorite Hymns w/Debbie <b>Music with Lonnie</b>
<b>27</b> Beans/Ham <i>Good Morning</i> <b>Brother Verlie: Fields White to Harvest</b> <i>Walk to Valentines</i> <b>Health Watch: Heart Health</b>	<b>28</b> Macaroni/Beef <i>Newsweek</i> Men's Group For Ladies Only <i>Kevin on the Keys</i> <b>Tall Tales &amp; Music with Terry</b> <b>Magic Movement</b>	<b>February</b> <b>Millie</b> 2/5 <b>Ayds</b> 2/5 <b>Glenda</b> 2/14 <b>Isabelle</b> 2/16	<b>Birthdays</b> <b>Carl</b> 2/22 <b>Ghassan</b> 2/22 <b>Gene</b> 2/23 <b>Geroge</b> 2/25	