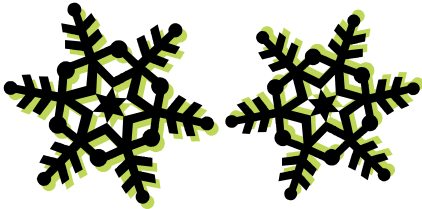


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# Elizabeth and Tab Williams Adult Day Center JANUARY 2012

Daily Schedule  
 7-10AM Arrival and Breakfast  
 9-10AM 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  
 4-6PM Extended Hours  
 6PM Center Closed



Winter



Mon	Tue	Wed	Thu	Fri
<p>2  <b>CLOSED</b>    <b>New Year's Day Celebrated</b></p>	<p>3 <i>Pinto Beans/Ham</i>  <i>Newsroom</i>            Pet Therapy/Merlin            'Stone Soup'            New Year's Celebrations  <i>Kevin on the Keys</i>            Start the New Year Off with a Laugh</p>	<p>4 <i>Salisbury Steak</i>  <i>Food for Thought</i>  <b>WEAR PAJAMAS</b>            Celebrate Beds, Pj's &amp; Pillows  <i>Walk to Jerusalem</i>            Importance of SLEEP            Kickball </p>	<p>5 <i>Meatloaf</i>  <i>Devotions</i>  <b>Elsie's Music Devotions with Rev Zella Johnson</b>  <i>Kevin on the Keys</i>            Jeopardy Game            Wii Bowling            Pet Therapy/Willie</p>	<p>6 <i>Hamburger</i>  <i>Weekend Outlook</i>            Life and Times of Hank Williams            Sing-a-long  <i>Walk to Jerusalem</i>            Pet Therapy/Belle            Wheel of Fortune</p>
<p>9 <i>Beef Chili</i>  <i>Good Morning</i>            Pet Therapy/Adams            Birds in Winter            Tai Chi /Alan 11:15AM  <i>Walk to Jerusalem</i>            Warm Up to Winter </p>	<p>10 <i>BBQ Chicken</i>  <i>Newsroom</i>            Pet Therapy/Merlin            Elvis Sandwich            'All Shook Up' With Elvis   <i>Kevin on the Keys</i>            Weight Training</p>	<p>11 <i>Meatloaf</i>  <i>Food for Thought</i>  <b>Cooking Class with Steve and Vicky</b>  <i>Walk to Jerusalem</i>            Afternoon Devotional            Rev. Lee Strange            Angels All Around</p>	<p>12 <i>Turkey</i>  <i>Devotions</i>            Martin Luther King Celebrated  <i>Kevin on the Keys</i>  <b>Bark Pointe Ramblers</b>  <b>Bluegrass Band 1:30</b>            Pet Therapy/Willie</p>	<p>13 <i>Chicken Patty</i>  <i>Weekend Outlook</i>            Currier and Ives            Winter Pictures            Wii Bowling  <i>Walk to Jerusalem</i>            Exercise and Weight Lifting </p>
<p>16  <b>CLOSED</b>  <b>Martin Luther King's Birthday</b> </p>	<p>17 <i>Mac &amp; Beef</i>  <i>Newsroom</i>            Pet Therapy/Merlin            'Stone Soup'            Outburst Game            Wii Bowling  <i>Kevin on the Keys</i>  <b>Steve Tucker Sings Gospel</b></p>	<p>18 <i>Meatloaf</i>  <i>Food for Thought</i>  <b>Karaoke with Ray</b>  <i>Walk to Jerusalem</i>  <b>Bingo Party</b>  <b>Holiday Inn Express</b></p>	<p>19 <i>Salisbury Steak</i>  <i>Devotions</i>  <b>Elsie's Music</b>            Winter Bird Feeder George            Washington Carver  <i>Kevin on the Keys</i>  <b>Music with Tatoo</b>  <b>Joe and Streaker</b>            Pet Therapy/Willie</p>	<p>20 <i>Fish Patty</i>  <i>Weekend Outlook</i>            Winston-Salem: Past, Present &amp; Future  <i>Walk to Jerusalem</i>  <b>Pet Therapy/Belle</b>            Country Music Legends</p>
<p>23 <i>Turkey</i>  <i>Good Morning</i>            Pet Therapy/Adams            Time for New Calendars &amp; Almanacs  <i>Walk to Jerusalem</i>            Smooth Jazz            Relaxation            Wii Bowling </p>	<p>24 <i>Beef Chili</i>  <i>Newsroom</i>            Pet Therapy/Merlin            'Stone Soup'  <b>Annette and Vonson Share Christian Music</b>  <i>Kevin on the Keys</i>            Spelling Bee            Kickball</p>	<p>25 <i>Ham/Mac/Cheese</i>  <i>Food for Thought</i>  <b>Health Watch: Heartbreak of Psoriasis</b>  <b>Devotions/Kathy</b>  <i>Walk to Jerusalem</i>  <b>January Birthdays</b>  <b>Celebrate with Bob, Rich, Mary and</b></p>	<p>26 <i>Meatloaf</i>  <i>Devotions</i>  <b>Kathy's Mural Art</b>            Valentine Door Art  <i>Kevin on the Keys</i>            Let's Remember our First Ladies            ***Men's Group            Pet Therapy/Willie</p>	<p>27 <i>Turkey</i>  <i>Weekend Outlook</i>            Musical            Anniversaries in January  <i>Walk to Jerusalem</i>            W-S Community Band Trio(?)            1:30PM</p>
<p>30 <i>Spaghetti</i>  <i>Good Morning</i>            Pet Therapy/Adams  <b>WEAR WHITE TODAY</b>            Let's think WHITE  <i>Walk to Jerusalem</i>            Food Challenge: Warm &amp; White</p>	<p>31 <i>Pinto Beans/Ham</i>  <i>Newsroom</i>            Pet Therapy/Merlin            'Stone Soup'            Vinegar/a Good Thing            Millionaire Pies  <i>Kevin on the Keys</i>            Who want to be a Millionaire?</p>	<p><b>January Birthdays</b>  <b>Bruce 1/11</b>  <b>Lillie 1/21</b>  <b>Bonnie 1/21</b>  <b>Clara 1/23</b>  <b>Grace 1/27</b></p>	<p><b>Birthdays</b>  <b>Elbert 1/31</b>  <b>Mary J 1/31</b>  </p>	<p><b>Stay Alert for Wintery Weather!</b>  </p>