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Elizabeth and Tab Williams Adult Day Center

September 2010

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

Mon

Tue

Wed

Thu

Fri

September

Levy 9/3
 Genell 9/5
 Tom 9/8
 Helen B 9/15
 Edna 9/16
 Chuck 9/17
 Bernice 9/17



CLOSED

LABOR DAY

Birthdays

Chris C 9/20
 Edith 9/21
 Mildred C 9/21
 Don 9/24
 Jim 9/24
 Garland 9/29



7 Chicken Patty
 Newsroom

Johnny
 Appleseed
 Applesauce Cake
 Walk for Fitness
 Apple Cinnamon Scenters
 Pin the Worm on the
 Apple Game

1 Roast Turkey
 Food for Thought
 Monthly Trivialities
 Labor Day
 Games / Puzzles
 Choir Practice
 Walk for Fitness
 '7 'the Magic
 Number
 Wii Bowling

8 Chicken Pan Pie
 Food for Thought
 Pet Therapy/Kara
 Health Watch
 'An Apple a Day.....
 Keeps the doctor away!'
 Wii Bowling
 Walk for Fitness
 Afternoon Devotional
 Rev. Lee Strange
 Choir Rehearsal

2 Hot Dog/Chili
 Morning Devotional
 Elsie's Music
 End of Summer
 Walk for Fitness
 Take this Job and
 Shove it!
 Voices of Experience
 Choir
 Ardmore Moravian
 Church/4PM

9 Breaded Fish
 Morning Devotional
 Weight Training
 Old and
 Unusual Day
 'Share your Treasures'
 Walk for Fitness
 Music with Bob,
 Terry and Mary

3 BBQ Chicken
 Weekend Outlook
 Weight Lifting
 ABC's / Types of
 Work
 Walk for Fitness
 Musical
 Anniversaries in
 September
 Baskets

10 Spaghetti
 Weekend Outlook
 Memory Mural with
 Kathy
 Johnny Mathis
 Walk for Fitness
 Story of
 Grandma Moses
 Baskets

13 Chili/Cheese
 Crafts with Brenda
 Pet Therapy
 National
 Honey
 Month
 Honey Bee Cookies
 Walk for Fitness
 Senior-Cize
 Baskets



14 Macaroni/Cheese
 Newsroom
 Fall Wreaths
 Signs of Autumn
 Wii Bowling
 Walk for Fitness
 Piano Music with
 Curtis
 Patterson
 Baskets

15 Baked Chicken
 Food for Thought
 Pet Therapy/Kara
 Celebrate the
 Letter S
 Wear S clothes
 Walk for Fitness
 BINGO PARTY
 Springhill Suites
 by Marriott

16 Meat Loaf
 Morning Devotional
 Elsie's Music
 Fair Time Talk
 Walk for Fitness
 Weight Training
 Music with
 Tadoo Joe &
 Streaker

17 Sliced Ham
 Weekend Outlook
 I've Been
 Working on the
 Railroad
 Walk for Fitness
 All American
 Breakfast Trivia
 Kickball

20 Meatballs
 Crafts with Brenda
 Pet therapy/Adams
 Food Challenge:
 Mushrooms
 Walk for Fitness
 John McPhail
 Sings & Plays
 Guitar

21 Parmesan Chicken
 Newsroom
 Weight Training
 Fowl Language
 Stepping Stones
 Walk for Fitness
 Gospel Music
 with Steve Tucker

22 Fish Sticks
 Food for Thought
 Pet Therapy/Kara
 JC Penney's Stores
 Walk for Fitness
 Stretch in our Seats
 First Baptist
 Singing Seniors
 2PM

23 Hamburger
 Morning Devotional
 Hearts Sounds/
 Heart Rhythms
 Walk for Fitness
 Bingo Party
 Ardmore
 Baptist Church

24 Chicken Tenders
 Weekend Outlook
 'School Days'
 School Days
 Baskets
 Walk for Fitness
 George
 Gershwin



27 Ham Slice
 Crafts with Brenda
 Pet Therapy/Adams
 National Dog
 Week
 Choir Rehearsal
 Walk for Fitness
 Hershey, PA
 Home of Hersheys

28 Beef Mac
 Newsroom
 Weight Training
 Cooking Class
 with Steve &
 Vicky
 Walk for Fitness
 SOUNDS
 LIKE LISA

29 Roast Turkey
 Food for Thought
 Pet Therapy/Kara
 Karaoke with Ray
 Lloyd/10AM
 Walk for Fitness
 September
 Birthdays
 Celebrate with Bob,
 Terry & Mary

30 Hot Dog
 Morning Devotional
 Annette & Vonson
 Sing Gospel
 Favorites
 Walk for Fitness
 High Rollers
 Visiting Vegas

**DENTIST
 comes
 Tuesday, Sept.
 21st**

