

Mary Brady
 Program Coordinator
 231 Melrose St.
 Winston-Salem, NC 27103
 Phone: 336-724-2155
 Fax: 336-748-2170
 Email:
 mbrady@seniorservicesinc.org

ELIZABETH AND TAB WILLIAMS ADULT DAY CENTER MARCH 2015

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
<p>2 Spaghetti Good Morning March Winds Blow March Trivia Walk to Spring Bark Point Ramblers 1:30PM</p>	<p>3 Beef Chili Newsweek Men's Group / Kevin For Ladies Only Kevin on the Keys March Mind Games Calvary Baptist Juniors Visit</p>	<p>4 Chicken Pot Pie Food for Thought Women's History Month Pistachio Cakes Walk to Spring Chair Yoga Singing Seniors 2:30 1st Baptist Church Pet Therapy/Willie</p>	<p>5 Pot Roast Devotions Devotional with Rev Zella Johnson Music with Carol & Latelle Kevin on the Keys Bible Trivia Refrigerator Magnets</p>	<p>6 Baked Chicken Weekend Outlook Pet Therapy/Lennix Karaoke with Ray & Sue Walk to Spring Lonnie & his Guitar</p>
<p>9 Chicken Parmesan Good Morning Lots of Limericks Walk to Spring Music with Synthia & Tom/1:30PM</p>	<p>10 Meatballs/Gravy Newsweek Cooking Class with Steve & Vicky Kevin on the Keys Terry on the Accordion</p>	<p>11 Hot Dog Food for Thought Ring-a-lings /Jorie Health Watch: Vaccinations Walk to Spring Music & Jokes with Rich Pet Therapy/Willie</p>	<p>12 Bourbon St. Chicken Devotions Here's to Your Health Shamrock Bowling Kevin on the Keys Kids Say the Darndest Things Easter Jewelry</p>	<p>13 BBQ Beef Weekend Outlook Pet Therapy/Bella Women in Music Tai Chi/Catherine Walk to Spring Shamrock Soda Serenade</p>
<p>16 Meatloaf Good Morning Women's History Trivia Weight Lifting and Exercise Walk to Spring Arrival of the Scotch-Irish in NC Kickball</p>	<p>17 Roast Chicken Newsweek WEAR GREEN TODAY  St. Patrick's Day 50 Shades of Green Kevin on the Keys Green in Words, Songs & Fun</p>	<p>18 Baked Ham Food for Thought Ring-a-lings with Jorie Walk to Spring BINGO PARTY Microtel Inn Games Pet Therapy/Willie</p>	<p>19 Carved Turkey Devotion Spiritual Wellness Spring Art Kevin on the Keys Music with Tadoo Joe Price is Right Game Furniture Fix-up</p>	<p>20 Pot Roast Weekend Outlook Pet Therapy/Lennix Popular & Favorite Canines Tai Chi/Catherine Walk to Spring Name that Tune Sing-a-long with Claudia</p>
<p>23 Hamburger Good Morning Women's History Trivia Welcome to Spring Walk to Spring Essence Singers 1:30PM</p>	<p>24 Spaghetti Newsweek Outburst for Spring With Kevin Shamrock Bowling Kevin on the Keys Terry Plays the Accordion</p>	<p>25 Beef Pot Pie Food for Thought March Spelling Bee Devotions/Kathy Walk to Spring March Birthdays Celebrate with Rich & Debbie Pet Therapy/Willie</p>	<p>26 Carved Turkey Devotions Devotions with Harold Preparation for Holy Week Kevin on the Keys The Irish Potato Stories, Jokes & Fun</p>	<p>27 Beef BBQ Weekend Outlook Pet Therapy/Bella Springtime Floral ABC's Tai Chi/Catherine Walk to Spring Sarah Jane Plays her Flute</p>
<p>30 Chopped Steak Good Morning What's in a Name? Walk to Spring Bark Point Ramblers 1:30PM</p>	<p>31 BBQ Chicken Newsweek Signs of the Cross  Kevin on the Keys Name That Tune Sing-a-long with Claudia</p>	<p>March Shirley 3/9 Gwen 3/12 Mr Beres 3/18 Lewis 3/19 Andree 3/20 William S 3/24</p>	<p>Birthdays Gladys 3/28 Bobby H 3/30 Patsy 3/31</p> 	<p>When Irish eyes are smiling, they're usually up to something.</p>