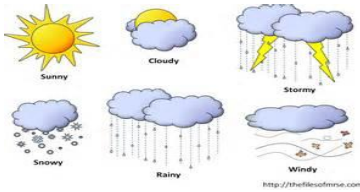
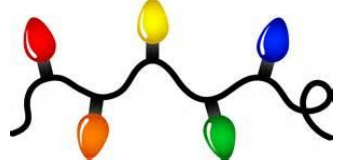





# MT. DIABLO CENTER- ADULT DAY HEALTH CARE - FARSI PROGRAM - **DECEMBER** 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 English Class 1:00 Prayer Time 1:15 Art</p>	<p>2) <b>Farsi Program is closed On Fridays</b></p> 
<p>5) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Word Game &amp; Trivia</p>	<p>6) 9:30 Coffee Social Time 10:00 Ring Toss 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>7) 9:30 Coffee Social Time 10:00 Sit &amp; Be fit 10:30 Reading Poems 11:00 Price is Right 1:00 Prayer Time 1:00 Needle Point / Music</p>	<p>8) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 English Class 1:00 Prayer Time 1:15 Bingo</p>	<p>9)</p>
<p>12) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30-12:00 Support Group / Dr. Marjan  1:15 Crafts / Word Game</p>	<p>13) 9:30 Coffee Social Time 10:00 Toss Game 10:30  11:00 Art 1:00 Bingo</p>	<p>14) 9:30 Coffee Social Time 10:00 Sit &amp; Be fit 10:30 Joke Time 11:00 Cooking Class 1:15 Knitting Club / Music</p>	<p>15) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 English Class 1:00 Prayer Time 1:15 Art</p>	<p>16)</p>
<p>19) 9:30 Coffee Social Time 10:00 Kick Ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo</p>	<p>20) 9:30 Coffee Social Time 10:00 Group Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>21) 9:30 Coffee Social Time 10:00 Sit &amp; Be fit 10:30 Word Game 11:00 Discussion group 1:00 Prayer Time 1:15 Music</p>	<p>22) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 Gardening 1:00 Prayer Time 1:15 Be surprised &amp; N Game</p>	<p>23)</p>
<p>26)  <b>Christmas Day' observed MDC is Closed</b></p>	<p>27) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan  1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>28) 9:30 Coffee Social Time 10:00 Sit &amp; Be fit / Walking 10:30 Jokes Time 11:00 Health Ed 1:00 Bingo</p>	<p>29) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 Cultural Study 1:00 Prayer Time 1:15 Crafts</p>	<p>30)</p>

490 Golf Club Road, Pleasant Hill, CA. 94523 (925) 682-6330

DAILY: Coffee Social 9:30AM Refreshment: 11 AM LUNCH: M-F 12:00PM 2:30PM All Aboard1 It's Bus Time!