

# MT. DIABLO CENTER – SENIOR RESPITE PROGRAM – MARCH 2017

## MONDAY

Happy Birthday



Paul W 3/03

## TUESDAY



March 20

## WEDNESDAY

## THURSDAY

## FRIDAY

6  
9:30 Coffee Social  
10:00 Target Toss  
10:30 Exercise Raven  
11:00 Angel and her Harp  
1:00 Social Time/ Reading  
1:30 Coloring/ Games

7  
9:30 Coffee Social  
10:00 Volleyball  
10:30 Exercise Joann  
11:00 Word Play with Easel  
11:30 Trivia  
1:00 Social Time/ Reading  
1:30 Watercolors/ Games  
2:00 Basket Ball

8  
9:30 Coffee Social  
10:00 Flying Frisbees  
10:30 Exercise Irina  
11:00 Muzeke  
1:00 Social Time/ Reading  
1:30 Bingo  
International Women's Day!!

9  
9:30 Coffee Social  
10:00 Bowling Challenge  
10:30 Exercise w Elena  
11:00 Music w/ Lori  
1:00 Social Time/ Reading  
1:30 Artists' Workshop/Games

10  
9:30 Coffee Social  
10:00 Exercise  
10:30 Paddle Ball  
10:30 Garden Group  
11:00 Word Play with Easel  
11:30 The Chat room  
1:00 Social Time/ Reading  
1:30 Craft / Games

13  
9:30 Coffee Social  
10:00 Target Toss  
10:30 Exercise Raven  
11:00 The Chat Room  
11:30 Question of the Day  
1:00 Social Time/ Reading  
1:30 Coloring/ Games

14  
9:30 Coffee Social  
10:00 Volleyball  
10:30 Exercise Joann  
11:00 Word Play with Easel  
11:30 Trivia  
1:00 Social Time/ Reading  
1:30 Watercolors /Games  
2:00 Basket Ball



15  
9:30 Coffee Social  
10:00 Flying Frisbees  
10:30 Exercise Irina  
11:00 Word Play with Easel  
11:30 Paddle Ball  
1:00 Social Time/ Reading  
1:30 Bingo

16  
9:30 Coffee Social  
10:00 Bowling Challenge  
10:30 Exercise w Elena  
11:00 Music w/Lori  
1:00 Reading/ Free choice  
1:30 Artists' Workshop/Games



Happy St.Patrick's Day!

17  
9:30 Coffee Social  
10:00 Paddle Ball  
10:30 Exercise w Maria  
11:00 Jim Ritz - The Music Man  
1:00 Social Time/ Reading  
1:30 Craft/ Games  
St Patrick's Day

20  
9:30 Coffee Social  
10:00 Target Toss  
10:30 Exercise Raven  
11:00 The Chat Room  
11:30 Question of the Day  
1:00 Social Time/ Reading  
1:30 Coloring/ Games



21  
9:30 Coffee Social  
10:00 Volleyball  
10:30 Exercise Joann  
11:00 Word Play with Easel  
11:30 Trivia  
1:00 Social Time/ Reading  
1:30 Watercolors/Games  
2:00 Basket Ball

22  
9:30 Coffee Social  
10:00 Flying Frisbees  
10:30 Exercise Irina  
11:00 Muzeke  
1:00 Social Time/ Reading  
1:30 Bingo

23  
9:30 Coffee Social  
10:00 Bowling Challenge  
10:30 Exercise w Elena  
11:00 Music w/ Lori  
1:00 Social Time/ Reading  
1:30 Artists' Workshop/Games



24  
9:30 Coffee Social  
10:00 Paddle Ball  
10:30 Exercise  
11:00 Jim Ritz - The Music Man  
1:00 Social Time/ Reading  
1:30 Craft/ Games

27  
9:30 Coffee Social  
10:00 Target Ball  
10:30 Exercise Raven  
11:00 Jim Ritz - The Music Man  
1:00 Social Time/ Reading  
1:30 Coloring/ Games

28  
9:30 Coffee Social  
10:00 Volleyball  
10:30 Exercise Joann  
11:00 Word Play with Easel  
11:30 Trivia  
1:00 Social Time/ Reading  
1:30 Watercolors /Games

29  
9:30 Coffee Social  
10:00 Flying Frisbees  
10:30 Exercise Irina  
11:00 Word Play with Easel  
11:30 Paddle Ball  
1:00 Social Time/ Reading  
1:30 Bingo

30  
9:30 Coffee Social  
10:00 Bowling Challenge  
10:30 Exercise w Elena  
11:00 Music w/ Lori  
1:00 Social Time/ Reading  
1:30 Artists' Workshop/Games

31  
9:30 Coffee Social  
10:00 Paddle Ball  
10:30 Exercise  
11:00 Jim Ritz - The Music Man  
1:00 Let's talk about the movie  
1:30 March Movie

Coffee Social: 9:30 - 10 a.m. Refreshments: 11:00 a.m. & 2:00 p.m. Lunch: 12:00 noon Bus: 2:30 - 3:00 p.m.

Alzheimer's Support Group Meetings: 3<sup>rd</sup> Wednesdays of each month from 4:30 – 6:00 p.m.

Mt. Diablo Center, Alzheimer's Day Program, 490 Golf Club Road, Pleasant Hill, CA 94523 (925) 682-6330 x121