








MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

APRIL

2017

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>3</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Free Time/ Shamrock Craft 1:00 Mil, Fil and Phil 1:30 PT Group 2:00 Lets Chat</p>	<p>4</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Paint a Bunny 1:00 Bingo 1:30 PT Group 2:00 Darts</p>	<p>5</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Free Time 11:00 PT Group 1:00 Groove w/ Muzeke 2:00 Mad Libs Story</p>	<p>6</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Hockey 11:00 Bingo 1:00 Jim Ritz on the Piano 2:00 PT Group 2:00 Lets Chat w/ Victoria</p>	<p>7</p> <p>9:30 Darts 10:00 Sit and Be Fit 10:00 Gardening w/ Marjorie 11:00 Lori on the Guitar 1:00 Bowling w/ Rezwan 1:30 Manicures w/ Victoria 2:00 PT Group 2:00 Lets Chat</p>
<p>10</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Free Time 1:00 Bingo 1:30 PT Group 2:00 Lets Chat</p>	<p>11</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 10:00 Pet Time w/ Copper 11:00 Art in Russia 1:00 Johnny and Candy Sing 1:30 PT Group 2:00 Darts</p>	<p>12</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Movie Trivia/ Free Time 11:00 Delores Mendenhall 1:00 Sing Along w/ Nina 2:00 Mad Libs Story</p>	<p>13</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Lets Paint Easter Eggs 12:00 Special Lunch !!!!!!! 1:00 Jim Ritz on the Piano 2:00 PT Group 2:00 Pet Time with Mercy</p>	<p>14</p> <p>9:30 Flying Frisbees 10:30 Sit and Be Fit 11:00 Lori on the Guitar 11:30 PT Group 1:00 Easter Egg Hunt !!!!!!! 2:00 20 Questions</p>
<p>17</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Arts and Crafts w/ Suzanne 1:00 Mil, Fil and Phil 1:30 PT Group 2:00 Brain Teasers</p>	<p>18</p> <p>9:30 Toss Across 10:00 Exercise w/ Victoria 11:00 Current Events w/ Nina 1:00 Game Time Outside 1:30 PT Group 1:45 Arts and Crafts</p>	<p>19</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group 11:00 Miles Maynard on the Keys 1:00 Current Events Outside 2:00 Hangman w/ Sergio</p>	<p>20</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 Jim Ritz on the Piano 2:00 Darts w/ Sergio 2:00 PT Group</p>	<p>21</p> <p>9:30 Basketball 10:20 Sit and Be Fit 11:00 Lori on the Guitar 1:00 Horseshoes w/ Habiba 1:30 Sing Along w/ Nina 2:00 PT Group 2:00 Darts w/ Hanifa</p>
<p>24</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 Angel Simmons Flute 1:30 PT Group 2:00 Brain Teasers</p>	<p>25</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Free time 1:00 Manicures with Victoria 1:30 PT Group/ Free Time 1:45 Paddle Ball w/ Sergio</p>	<p>26</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Game Time w/ Friends 1:00 Sing Along w/ Nina 1:00 Dominoes w/ Sergio 2:00 Jokes w/ Suzanne</p>	<p>27</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Volleyball 11:00 Crafts w/ Hanifa 1:00 Groove w/ Muzeke 2:00 PT Group 2:00 Pet Time with Mercy</p>	<p>28</p> <p>9:30 Basketball 10:00 Sit and Be Fit 11:00 Lori on the Guitar 1:00 Movie and Popcorn 2:00 PT Group 2:00 Fun w/ Habiba</p>
<p>31</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 Horseshoes w/ Suzanne 1:30 PT Group 1:45 Brain Teasers</p>	<p><u>BLOOMING BIRTHDAYS</u></p> <p>Sofia 4/09 Donna 4/14 Anselma 4/21 Donna P. 4/27 Jeneen Golden 4/28</p>			



490 Golf Club Road, Pleasant Hill, CA. 94523 (925) 682-6330
 DAILY: Coffee Social 9:30AM Refreshments: 11:00AM LUNCH: M-F 12:00PM
 Afternoon Walk M-F 12:30 -1:00PM 2:30PM All Aboard! It's Bus Time!

