

# MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

# JULY

# 2017

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>3</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 <b>YOU PICK/ Play pool</b> 1:15 <b>Mil, Fil and Phil</b> 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b></p> 	<p>5</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group 11:00 <b>Angel on the Harp</b> 1:00 <b>Bocce w/ Hanifa and Nina</b> 1:30 Hangman w/ Sergio 2:00 <b>Pet Time w/ GiGi</b> 2:30 Trivia w/ Suzanne</p>	<p>6</p> <p>9:30 Basketball 10:00 Exercise w/ Victoria 10:00 Hockey 11:00 Bingo 1:00 <b>YOU PICK/ Knitting w/ Nina</b> 2:00 PT Group 2:00 Lets Chat w/ Victoria 2:00 Darts w/ Suzanne</p>	<p>7</p> <p>9:30 Darts 10:00 Sit and Be Fit 10:00 <b>Gardeninig w/ Marjorie</b> 11:00 <b>Laurie on the Guitar</b> 1:00 <b>Muzeke Time</b> 1:30 <b>Manicures w/ Victoria</b> 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 10:30 Devotions (optional) 11:00 <b>YOU PICK/ Crafts</b> 1:00 <b>Jim Ritz on the Piano</b> 1:30 PT Group 2:00 Favorite Book Discussion 2:00 <b>Pet Time w/ GiGi</b></p>	<p>11</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 Sing Along w/ Nina 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio</p>	<p>12</p> <p>9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Free/ Time Games w/ Sergio 11:00 Sit and Be Fit 11:00 PT Group 1:00 <b>Crafts w/ Hanifa</b> 2:00 <b>Pet Time w/ GiGi</b> 2:00 Ring Toss w/ Hanifa</p>	<p>13</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Hockey 11:00 <b>YOU PICK</b> 1:00 <b>Jeopardy w/ Victoria</b> 2:00 PT Group 2:00 <b>Pet Time with Mercy</b></p>	<p>14</p> <p>9:30 Flying Frisbees 10:30 Exercise w/ Suzanne 11:00 <b>Laurie on the Guitar</b> 11:00 <b>Womens Club w/ Victoria</b> 11:30 PT Group 1:00 Bingo 2:00 20 Questions 2:00 Darts w/ Victoria</p>
<p>17</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 <b>YOU PICK/ Play pool</b> 1:00 <b>Mil, Fil and Phil</b> 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b></p>	<p>18</p> <p>9:30 Toss Across 10:00 Exercise w/ Victoria 10:00 <b>Pet Time w/ Copper</b> 11:00 <b>Current Events w/ Hanifa</b> 11:30 <b>Town Meeting</b> 1:00 <b>Muzeke Time</b> 1:30 PT Group 2:00 Scattogories w/ Nina</p>	<p>19</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group 11:00 <b>Miles Maynard on the Keys</b> 1:00 Pool and Games 2:00 Hangman w/ Sergio 2:00 <b>Pet Time w/ GiGi</b></p>	<p>20</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 <b>YOU PICK</b> 2:00 Darts w/ Sergio 2:00 PT Group 2:00 Picture Memory</p>	<p>21</p> <p>9:30 Basketball 10:20 Sit and Be Fit 11:00 <b>Laurie on the Guitar</b> 11:00 <b>Cooking Class w/ Victoria</b> 1:00 <b>Mens Group w/ Sergio</b> 1:30 <b>Manicures w/ Victoria</b> 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 <b>YOU PICK/ Jewelry Making</b> 1:00 <b>Jim Ritz on the Piano</b> 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b> 2:00 Ring Toss w/ Suzanne</p>	<p>25</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Free time 1:00 <b>Health Education w/ RN</b> 1:30 PT Group 1:30 <b>Price is Right</b> 2:00 Toss Across w/ Victoria</p>	<p>26</p> <p>9:30 Flying Frisbees 10:00 Free Time/ Devotions (opt.) 11:00 Sit and Be Fit 1:00 Bingo 1:45 <b>Birthday Celebration !!!</b> 2:00 Horseshoes w/ Suzanne 2:00 <b>Pet Time w/ GiGi</b> <b>HAPPY BIRTHDAY JOSE !!!</b></p>	<p>27</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Volleyball 11:00 Devotions (optional) 11:00 <b>Learn Russian w/ Nina</b> 1:00 <b>Jim Ritz on the Piano</b> 2:00 PT Group 2:00 <b>Pet Time with Mercy</b></p>	<p>28</p> <p>9:30 Basketball 10:00 Exercise w/ Habiba 11:00 <b>Laurie on the Guitar</b> 1:00 <b>Movie and Popcorn "Iron Man"</b> 2:00 PT Group</p>
<p>31</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Devotions (optional) 1:00 Bingo w/ Candee 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b></p>		<p>"How sleep the brave who sink to rest, By all their country's wishes blest!"</p> 	<p>Memorial Day Souvenir</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!**

