





MT. DIABLO CENTER- ADULT DAY HEALTH CARE - FARSI PROGRAM

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:15 Trivia	4)  Happy Fourth of July	5) 9:30 Coffee Social Time 10:00 Group Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	6) 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	7) Farsi Program is closed On Fridays 
10) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15Bingo	11) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:00 Crafts /Card Game	12) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Reading Poems 11:00 Cooking Class 1:00 Prayer Time 1:15 Knitting Club	13) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 English Class 1:00 Prayer Time 1:15 Trivia & Card Game	14)
17) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Word Game	18) 9:30 Coffee Social Time 10:00 Group Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	19) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Gardening Class  11:30 Trivia 1:00 Prayer Time 1:15 Needle Point / Music	20) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 0 English Class 1:00 Prayer Time 1:15 Bingo	21)
24) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	25) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Health Ed 2:00 Music	26) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Reading Poems 11:00 The price is Right 1:00 Prayer Time 1:15 Needle Point / Music	27) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 0 English Class 1:00 Prayer Time 1:15 Comedy Movie	28)
31) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:15 Bingo 2:00 Town Meting		<u>Highlights of the Month:</u> - Cooking Class - Gardening Class - Health Ed - The price is Right - Comedy Movie		

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 Aboard! It's Bus Time!

