

MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM



2017

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>2</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 YOU PICK/ Play Pool 1:00 Mil, Fil, Phil 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi 2:30 Lets Discuss</p>	<p>3</p> <p>9:30 Toss Across 10:00 Exercise w/ Suzanne 10:00 Kickball 11:00 Current Events w/ Nina 11:30 Town Meeting 1:00 Hangman w/ Armani 1:30 PT Group 2:00 Scattegories w/ Nina</p>	<p>4</p> <p>9:30 Flying Frisbees 10:00 Devotions (opt.) 10:30 Sit and Be Fit 11:00 Arts and Crafts w/ Hanifa 1:00 Lourdes Karaoke 2:00 Pet Time w/ GiGi 2:00 Scattegories w/ Suzanne</p>	<p>5</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Volleyball 11:00 Free Time 11:00 Bingo 1:00 Devotions (optional) 2:00 Pet Time with Mercy/ PT 2:00 Hangman w/ Suzanne</p>	<p>6</p> <p>9:30 Darts 10:00 Exercise w/ Habiba 11:00 Laurie on the Guitar 1:00 Party w/ Muzeke 2:00 PT Group 2:00 Hangman w/ Sergio 2:30 Lets Discuss</p> 
<p>9</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 YOU PICK/ Play Pool 1:00 Outside Chat and Games 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi 2:30 Lets Discuss</p>	<p>10</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 Crafts w/ Raedeen 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio</p> 	<p>11</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 Price is Right 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Hanifa 2:30 Discussion time w/ Raedeen</p>	<p>12</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Hockey 11:00 Lets Paint 1:00 Jim Ritz on the Piano 2:00 PT Group 2:00 Scattegories w/ Nina 2:30 Trivia w/ Rita</p>	<p>13</p> <p>9:30 Flying Frisbees 10:30 Exercise w/ Suzanne 11:00 Laurie on the Guitar 11:00 Home Cooking w/ Victoria 11:30 PT Group 1:00 Support Group 1:30 I Love Lucy Show 2:00 Darts w/ Hanifa 2:30 Brain Teasers</p>
<p>16</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Jim Ritz on the Piano 1:00 Angel on the Harp 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi 2:30 Lets Discuss</p>	<p>17</p> <p>9:30 Toss Across 10:00 Exercise w/ Victoria 10:00 Pet Time w/ Copper 11:00 Current Events w/ Nina 11:30 20 Questions w/ Laurie 1:00 Lourdes Karaoke 1:30 PT Group 2:00 Scattegories w/ Nina</p>	<p>18</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 Pool and Games 2:00 Hangman w/ Sergio 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Raedeen</p>	<p>19</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 Johnny Rocket and Candy 2:00 Darts w/ Sergio 2:00 Pet Time with Mercy 2:00 Picture Memory</p>	<p>20</p> <p>9:30 Basketball 10:00 Sit and Be Fit 10:00 Gardening w/ Marj 11:00 Laurie on the Guitar 1:00 Mens Group w/ Sergio 1:30 Manicures w/ Victoria 2:00 PT Group 2:00 Darts w/ Hanifa</p>
<p>23</p> <p>HALLOWEEN CARNIVAL</p>	<p>24</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 Magic Show 1:30 PT Group 2:00 Toss Across w/ Victoria 2:30 Lets Chat</p> 	<p>25</p> <p>9:30 Flying Frisbees 10:00 Free Time/ Devotions (opt.) 11:00 20 Questions w/ Raedeen 1:00 Party w/ Muzeke 2:00 Horseshoes w/ Suzanne 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Sergio</p>	<p>26</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Volleyball 11:00 Devotions (optional) 11:00 Halloween Prom Vote !!! 1:00 Scattegories 1:30 Bocce w/ Armani 2:00 Learn Russian w/ Nina</p>	<p>27</p> <p>9:30 Basketball 10:00 Exercise w/ Habiba 11:00 Laurie on the Guitar 1:00 Support Group 1:00 Movie and Popcorn 2:00 PT Group 2:00 Learn Spanish w/ Sergio</p>
<p>30</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 1:30 Balloon Bash 2:00 Brain Teasers/ Pet GiGi 2:30 Lets Chat with Nina</p>	<p>31</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Jim Ritz on the Piano 1:00 Health Education 1:30 Halloween Prom N Party!!! 2:00 Darts w/ Laurie 2:30 Chat w/ Laurie</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!

