

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	3) 9:30 Coffee Social Time 10:00 Basket ball 10:30 Sit & Be fit 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	4) 9:30 Coffee Social Time 10:00 Waking Out side 10:30 Exercise 11:00 lets chat 1:00 Prayer Time 1:15 Knitting Club	5) 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	6) Farsi Program is closed On Fridays
9) 9:30 Coffee Social Time 10:00 Kick ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	10) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Crafts /Card Game	11) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Reading Poems 11:00 Movie Time 1:00 Prayer Time 1:15 Knitting Club	12) 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	13)
16) 9:30 Coffee Social Time 10:00 Bowling 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	17) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Cooking Class 1:00 Prayer Time 1:15 Crafts /Card Game	18) 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	19) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 0 English Class 1:00 Prayer Time 1:15 Games& Trivia	20)
23) Fall Carnival All day Fun	24) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Gardening Class	25) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Sit &Be fit 11:15 Health Ed 1:00 Prayer Time 1:15 Needle Point / Music	26) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Town Meeting 11: 00 English Class 1:00 Prayer Time 1:15 Bingo	27)
30) 9:30 Coffee Social Time 10:00 Kick ball 10:30 Discussion Group 11:15 Exercise 1:15 Games & trivia	31) 9:30 Coffee Social Time 10:00 Basket ball 10:30 Sit & Be fit 11:00 U Pick / Art 1:00 Prayer Time 1:15 Crafts /Card Game		Highlights of the Month: - Cooking Class on 17 th - Gardening Class on 24 th - Fall Carnival on 23 rd - Special Lunch on 9 th - The Price is Right on 18 th	

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!

