

# MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM



2017

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
 <p><b>Eat Beef</b></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>The Phils and Mil</b> 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b> 2:30 Lets Discuss</p> <p>6</p>	<p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 <b>Jim Ritz on the Piano</b> 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio</p> <p>7</p>	<p>9:30 Flying Frisbees 10:20 Exercise w/ Armani 11:00 Paint with Radeen 1:00 Pool/ Air Hockey 1:00 <b>Walking Group w/ Laurie</b> 2:00 <b>Pet Time w/ GiGi</b> 2:00 Scattegories w/ Suzanne</p> <p>1</p>	<p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Volleyball 11:00 Bingo 1:00 <b>Angel on the Flute</b> 2:00 <b>Pet Time with Mercy/ PT</b> 2:00 Hangman w/ Suzanne <b>HAPPY BDAY CAROL !!!</b></p> <p>2</p>	<p>9:30 Darts 10:00 Exercise w/ Habiba 11:00 Learn Russian w/ Nina 1:00 <b>Laurie on the Guitar</b> 1:00 <b>Mens Support Group</b> 2:00 PT Group 2:00 Hangman w/ Sergio 2:30 Lets Discuss</p> <p>3</p>
<p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 <b>YOU PICK/ Play Pool</b> 1:00 <b>The Phils and Mil</b> 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b> 2:30 Lets Discuss</p> <p>6</p>	<p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 <b>Jim Ritz on the Piano</b> 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio</p> <p>7</p>	<p>9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 <b>Lourdes Sing Us a Tune</b> 11:00 PT Group 1:00 <b>Crafts w/ Radeen</b> 2:00 <b>Pet Time w/ GiGi</b> 2:00 Ring Toss w/ Hanifa 2:30 Discussion time w/ Radeen</p> <p>8</p>	<p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Hockey 11:00 Lets Paint 1:00 <b>Laurie on the Guitar</b> 2:00 PT Group 2:00 <b>Pet Time with Mercy</b> 2:30 Trivia w/ Nina</p> <p>9</p>	<p>9:30 Flying Frisbees 10:30 Exercise w/ Suzanne 11:00 <b>Habiba Teach Us Farsi</b> 11:30 PT Group 11:30 <b>Manicures w/ Victoria</b> 1:00 <b>Movie &amp; Popcorn</b></p> <p>10</p>
<p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 <b>Town Meeting</b> 1:00 <b>Party w/ Muzeke</b> 1:30 PT Group 2:00 Brain Teasers 2:00 <b>Pet Time w/ GiGi</b> 2:30 Lets Discuss</p> <p>13</p>	<p>9:30 Toss Across 10:00 Exercise w/ Victoria 10:00 <b>Pet Time w/ Copper</b> 11:00 <b>Learn Russian w/ Nina</b> 11:30 20 Questions w/ Armani 1:00 <b>Jim Ritz on the Piano</b> 1:30 PT Group 2:00 Scattegories w/ Nina</p> <p>14</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 1:00 <b>Walking Group w/ Laurie</b> 2:00 Hangman w/ Sergio 2:00 <b>Pet Time w/ GiGi</b> 2:30 Lets Chat w/ Radeen</p> <p>15</p>	<p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 <b>Johnny Rocket and Candy</b> 2:00 Darts w/ Sergio 2:30 Picture Memory <b>HAPPY BDAY RUFINO !!!</b></p> <p>16</p>	<p>9:30 Basketball 10:00 Sit and Be Fit 10:00 <b>Gardening w/ Marjorie</b> 11:00 <b>Home Cooking w/ Victoria</b> 1:00 <b>Womens Support Group</b> 1:30 <b>Manicures w/ Victoria</b> 2:00 PT Group 2:00 Darts w/ Hanifa</p> <p>17</p>
<p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 <b>The Phils and Mil</b> 1:30 Balloon Bash w/ Armani 2:00 Brain Teasers/ <b>Pet GiGi</b> 2:30 Lets Chat with Nina</p> <p>20</p>	<p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 <b>Spanish w/ Sergio</b> 1:30 PT Group 1:45 <b>I Am Grateful For?</b> 2:30 Lets Chat w/ Armani</p> <p>21</p>	<p>9:30 Flying Frisbees 10:00 Free Time/ Devotions (opt.) 11:00 20 Questions w/ Radeen 1:00 <b>Jim Ritz on the Piano</b> 1:00 <b>Thanksgiving Treat</b> 2:00 Horseshoes w/ Suzanne 2:00 <b>Pet Time w/ GiGi</b> 2:30 Lets Chat w/ Sergio</p> <p>22</p>	 <p>23</p>	 <p>24</p>
<p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 <b>Jim Ritz on the Piano</b> 1:30 Balloon Bash 2:00 Brain Teasers/ <b>Pet GiGi</b> 2:30 Lets Chat with Nina</p> <p>27</p>	<p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 <b>Price is Right</b> 1:00 <b>Health Education</b> 1:30 Current Events w/ Suzanne 2:00 Darts w/ Radeen 2:30 Chat w/ Laurie</p> <p>28</p>	<p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Hangman w/ Sergio 11:00 PT Group 1:00 <b>Party w/ Muzeke</b> 2:00 <b>Pet Time w/ GiGi</b> 2:00 Ring Toss w/ Hanifa</p> <p>29</p>	<p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Crafts w Radeen 1:00 <b>Birthday Celebration! ! !</b> 2:00 Darts w/ Sergio 2:30 Music Trivia</p> <p>30</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!

