

MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

JANUARY

2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
|  <i>Happy New Year!</i> | 2 9:30 Toss Across 10:00 Exercise w/ Suzanne 10:20 Bowling w/ Sergio-Armani 11:00 New Years Resolutions 1:00 Games w/ Friends 1:30 Walking Group w/ Laurie 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio | 3 9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 Hangman w/ Armani 11:00 PT Group 1:00 Bingo 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Sergio 2:30 Discussion time w/ Nina | 4 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Lets Paint 1:00 Jim Ritz on the Piano 2:00 Darts w/ Sergio 2:00 Pet Time w/ Mercy 2:30 Music Trivia | 5 9:30 Darts 10:00 Exercise w/ Habiba 11:00 Learn Russian w/ Nina 1:00 Laurie on the Guitar 1:00 Mens Support Group 2:00 PT Group 2:00 Bowling w/ Sergio 2:30 Lets Chat |
| 8 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Free Time/ OT Games 1:00 Sing with Rosaline 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi 2:30 Lets Discuss | 9 9:30 Toss Across 10:20 Exercise w/ Victoria 10:20 Kickball 11:00 Story Questions/Lets Paint 1:00 Party w/ Muzeke 1:30 Walking Group w/ Laurie 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio | 10 9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 Angel on the Flute 11:00 PT Group 1:00 Hangman w/ Armani 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Sergio 2:30 Discussion time w/ Raadeen | 11 9:30 Basketball 10:00 Devotions(optional) 10:00 Exercise w/ Raadeen 10:00 Hockey 11:00 Bingo 1:00 Laurie on the Guitar 2:00 PT and Pet Time w/Mercy 2:00 Trivia w/ Sergio | 12 9:30 Flying Frisbees 10:00 Gardening with Marjorie 10:30 Exercise w/ Suzanne 11:00 Habiba Teach Us Farsi 11:30 PT Group 11:30 Manicures w/ Armani Moony 1:00 Jim Ritz on the Piano 2:00 Trivia w/ Radeen |
|  MARTIN LUTHER KING JR. DAY | 16 9:30 Toss Across 10:00 Sit and Be Fit (Devotions) 10:00 Pet Time w/ Copper 11:00 Learn Russian w/ Nina 11:30 20 Questions w/ Armani 1:00 Laurie on the Guitar 1:30 PT Group 2:00 Scattegories w/ Nina 2:30 Darts w/ Armani | 17 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 OT Games 2:00 Hangman w/ Sergio 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Raadeen | 18 9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 Jim Ritz on the Piano 2:00 Darts w/ Sergio 2:30 Picture Memory | 19 9:30 Basketball 10:00 Sit and Be Fit 10:00 Devotions (optional) 11:00 OT Games w/ Friends 1:00 Women's Support Group 1:00 Movie Time and Popcorn 2:00 PT Group |
| 22 9:30 Ring Toss 10:00 Exercise w/ Victoria 10:00 Volleyball 11:00 Town Meeting/ OT Games 12:00 Pizza Party!!!! 1:00 Angel on the Harp 1:30 Balloon Bash w/ Armani 2:00 Brain Teasers/ Pet GiGi 2:30 Lets Chat with Nina | 23 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 Bingo 1:00 Party w/ Muzeke 1:30 PT Group 2:00 Scattegories w/ Armani 2:30 Lets Chat | 24 9:30 Flying Frisbees 10:20 Exercise w/ Armani 11:00 Devotions Opt. 11:00 Scattegories w/ Suzanne 1:00 Sing Along w/ Nina 2:00 Horseshoes w/Raadeen 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Sergio | 25 9:30 Basketball 10:00 Exercise w/ Sergio 10:20 Bowling w/ Nina 11:00 Brain Teasers w/ Victoria 1:00 Laurie on the Guitar 2:00 Pet Time w/ Mercy 2:00 Bocce w/ Sergio 2:30 Trivia w/ Armani | 26 9:30 Darts 10:00 Exercise w/ Suzanne 11:00 Learn Russian w/ Nina 1:00 Sing with Rosaline 1:30 Birthday Celebration !!! 2:00 PT Group/ Devotions opt. 2:00 Hangman w/ Sergio 2:30 Lets Chat |
| 29 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Price Is Right 1:00 Jim Ritz on the Piano 1:30 Balloon Bash w/ Armani 2:00 Brain Teasers/ Pet GiGi 2:30 Lets Chat with Nina | 30 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 20 Questions 1:00 Health Education 1:30 Current Events w/ Suzanne 2:00 Darts w/ Radeen 2:30 Chat w/ Laurie | 31 9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Hangman w/ Sergio 11:00 PT Group 11:00 Walking Group w/ Nina 1:00 Laurie on the Guitar 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Sergio | Happy Snowy Birthdays  Evelyn E. 1-11 Carlton D. 1-14 Ali R. 1-29 | |



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!

