

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

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2) 9:30 Coffee Social Time 10:00 Ring Toss 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	3) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Jokes Time 11:00 Lets Chat 1:00 Prayer Time 1:15 Knitting Club	4) 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	5) Farsi Program is closed On Fridays 
8) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Bingo	9) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	10) 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	11) 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	12)
	16) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	17) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Joke time 11:00 The Price is right 1:00 Prayer Time 1:15 Needle Point / Music	18) 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	19)
22) 9:30 Coffee Social I Time 10:00 Kick ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	23) 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	24) 9:30 Coffee Social Time 10:00 basket Ball 10:30 Sit &Be fit 11:15 Cooking Class 1:00 Prayer Time 1:15 Needle Point / Music	25) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Town Meeting 11: 00 English Class 1:00 Prayer Time 1:15 word Game &Trivia	26)
29) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:15Bingo	30) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	31) 9:30 Coffee Social Time 10:00 Ring Toss 10:30 Sit &Be fit 11:15 Health Ed 1:00 Prayer Time 1:15 Needle Point / Music		

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!