


MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>9:30 Toss Across 10:00 Exercise w/ Suzanne 10:00 Kickball 11:00 Young @ Heart Story Time 1:00 Sing Along w/ Nina 1:30 Walking Group w/ Laurie 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio</p>	<p>2</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit/ Devotions 11:00 Scatagories w/ Armani 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</p>	<p>3</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 Crafts w/ Lourdes 2:00 Darts w/ Sergio 2:30 Music Trivia</p>	<p>4</p> <p>9:30 Darts 10:00 Exercise w/ Habiba 11:00 Current Events w/ Armani 1:00 Manicures w/ Rezwan 1:30 Bowling w/ Sergio n' Rez 1:30 Cinco de Mayo Celebration 2:00 PT Group 2:30 Lets Chat</p> 
<p>7</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Kickball 11:00 Family Fued / Devotions Opt. 1:00 Sing Along w/ Nina 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi</p>	<p>8</p> <p>9:30 Toss Across 10:00 Exercise w/ Suzanne 10:00 Pet Time w/ Copper 11:00 Hangman w/ Sergio 1:00 Sing w/ Lourdes 1:30 Walking w/ Laurie/ PT 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio</p>	<p>9</p> <p>9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 Bingo 11:00 PT Group 1:00 Young @ Heart Sing w/ Laurie 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Armani 2:30 Discussion time w/ Sergio</p>	<p>10</p> <p>9:30 Basketball 10:00 Devotions(optional) 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Book Club Discussion 11:00 Town Meeting 1:00 Trivia Games 2:00 PT Group/ Pet Mercy 2:00 Trivia w/ Sergio</p>	<p>11</p> <p>9:30 Flying Frisbees 10:30 Exercise w/ Rezwan 11:00 Mothers Day w/ the Girls 11:00 Free Time 11:30 PT Group 1:00 The Beautiful Rosaline 2:00 Trivia w/ Suzanne 2:30 Lets Chat</p>
<p>14</p> <p>9:30 Ring Toss 10:00 Exercise w/ Suzanne 10:00 Volleyball 11:00 Bingo 1:00 Birthday Celebration !!! 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi 2:30 Lets Discuss</p>	<p>15</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Pet Time w/ Copper 11:00 The Singing Messengers 11:30 20 Questions w/ Armani 1:00 Manicures w/ Armani 1:30 PT Group 2:00 Scatagories w/ Nina 2:30 Darts w/ Armani</p>	<p>16</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group/ Devotions 11:00 Miles on the Keys 1:00 Jam w/ Muzeke 2:00 Hangman w/ Sergio 2:00 Pet Time w/ GiGi</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:30 Basketball 10:00 Sit and Be Fit 10:00 Devotions (optional) 10:00 Gardening w/ Marjorie 11:00 Young @ Heart Crafts 1:00 Movie and Popcorn</p>
<p>21</p> <p>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 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi</p>	<p>22</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 Young @ Heart Sunny Games 1:00 Crafts w/ Lourdes 1:30 PT Group 2:00 Scatagories w/ Armani 2:30 Lets Chat</p>	<p>23</p> <p>9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 Bingo 1:00 The Beautiful Rosaline 2:00 Horseshoes w/ Suzanne 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Sergio</p>	<p>24</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Bowling w/ Armani 11:00 Health Education 1:00 Johnny Rockit and Candy 2:00 Darts w/ Sergio 2:00 Pet Time w/ Mercy 2:30 Lets Chat w/ Armani</p>	<p>25</p> <p>9:30 Darts w/ Roaring Rez 10:00 Exercise w/ Super Suzanne 10:00 Bocce w/ The Hulk (Armani) 11:00 OT Games / Devotions 1:00 Jim Ritz on the Piano</p>
	<p>29</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 Bingo 1:00 Jim Ritz on the Piano 1:30 PT Group 2:00 Scatagories w/ Armani 2:30 Lets Chat</p>	<p>30</p> <p>9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 Sing Along w/ Nina 1:00 Laurie on the Guitar 2:00 Horseshoes w/ Suzanne 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Sergio</p>	<p>31</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Bowling w/ Armani 11:00 Young @ Heart Team Spirit 1:00 Angel on the Flute 2:00 Darts w/ Sergio 2:30 Lets Chat w/ Armani</p>	<p>Flowering Birthdays</p> <p>Diane H. 5.5 Carole C. 5.10 Heliodoro 5.15</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!

