

## MT. DIABLO CENTER- ADULT DAY HEALTH CARE - FARSI PROGRAM-May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) 9:30 Coffee Social Time 10:00 Hockey 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:00 Outside walking 1:30 Crafts /Card Game	2) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Joke time 11:00 Word Game 1:00 Prayer Time 1:15 Knitting Club / Music	3) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Event 11: 00 English Class 1:00 Prayer Time 1:15 Pictionary	4)  Farsi Program is closed
7) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	8) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game	9) 9:30 Coffee Social Time 10:00 Sit & Be fit 10:30 Jokes Time 11:00 <b>Cooking Class</b> 1:00 Prayer Time 1:15 Knitting Club / Reading Book	10) 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	11) 
14) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Secret Game	15) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:30 Art 1:00 Prayer Time 1:15 Crafts /Card Game	16) 9:30 Coffee Social Time 10:00 Sit & be fit 10:30 Riddles 11:00 <b>The Price is right</b> 1:00 Prayer Time 1:15 Needle Point / Music	17) 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	18) 
21) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo	22) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 <b>Gardening Class</b>	23) 9:30 Coffee Social Time 10:00 Ring Toss 10:30 Sit &Be fit 11:00 Health Ed 1:00 Prayer Time 1:00 Knitting Club	24) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 <b>Town Meeting</b> 11:00 English Class 1:00 Prayer Time 1:15 Trivia / Music	25) 
28) 	29) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Knitting Club	30) 9:30 Coffee Social Time 10:00 Basketball 10:30 Sit &Be fit 11:00 <b>Movie</b> 1:00 Prayer Time 1:15 Needle Point / Music	31) 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	

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 Aboard1 It's Bus Time!