





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

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
	 <b>Art, Fashion, and Rock &amp; Roll</b>			9:30 Darts 10:00 Exercise w/ Habiba 11:00 Current Events w/ Armani 1:00 Manicures w/ Rezwana 1:30 Bowling w/ Sergio and 2:00 PT Group/ <b>Pet Time w/ GiGi</b> 2:30 Let's Chat
9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Kickball 11:00 Family Feud / Devotions Opt. 1:00 <b>The Beautiful Rosaline</b> 1:30 PT Group 2:00 Brain Teasers 2:30 Let's Chat 	9:30 Toss Across 10:15 Exercise w/ Suzanne 10:15 Hockey w/ Sergio 11:00 <b>Young @ Heart Story Time</b> 1:00 Sing Along w/ Nina 1:30 Walking w/ Laurie/ PT 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio	9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 Bingo 11:00 PT Group 1:00 <b>Town Meeting</b> 2:00 <b>Pet Time w/ GiGi</b> 2:00 Ring Toss w/ Armani 2:30 Discussion time w/ Sergio	9:30 Basketball 10:00 Devotions (optional) 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Walking Group 1:00 <b>Jim Ritz on the Piano</b> 1:00 <b>National Ice Cream Day</b> 2:00 PT Group/ 2:00 Trivia w/ Sergio	9:30 Flying Frisbees 10:30 Exercise w/ Rezwana 11:00 <b>Current Events w/ Darryl</b> 11:00 <b>Cooking Class</b> 11:30 PT Group 1:00 Free Time 1:45 <b>Mens OT Games w/ Sergio</b> 2:00 Trivia w/ Suzanne/ <b>Pet GiGi</b> 2:30 Let's Chat 
9:30 Ring Toss 10:00 Exercise w/ Suzanne 10:00 Volleyball 11:00 Bingo 1:00 <b>Birthday Celebration !!!</b> 1:30 PT Group 2:00 Brain Teasers 2:30 Mad Libs	9:30 Toss Across 10:00 Exercise w/ Nina 10:00 <b>Pet Time w/ Copper</b> 11:00 <b>Young @ Heart Volleyball</b> 11:30 20 Questions w/ Armani 1:00 Manicures w/ Armani 1:30 PT Group 2:00 Scattegories w/ Nina 2:30 Darts w/ Armani	9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group/ Devotions 11:00 <b>Hangman with Darryl</b> 1:00 Lets Paint w/ Laurie 2:00 Trivia w/ Sergio 2:00 <b>Pet Time w/ GiGi</b>	9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 <b>Jim Ritz on the Piano</b> 2:00 Darts w/ Sergio 2:00 <b>Pet Time w/ Mercy</b> 2:30 Picture Memory	9:30 Basketball 10:00 Sit and Be Fit 10:00 Devotions (optional) 10:00 <b>Gardening w/ Marjorie</b> 11:00 <b>Paint w/ Kirsten</b> 11:00 <b>Mens Support Group</b> 1:00 Mens Fathers Day Hangout 2:00 <b>Pet Time w/ GiGi</b>
9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 <b>Price Is Right</b> 1:00 <b>Groovy Movie and Popcorn</b>	9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 <b>Young @ Heart Sing Laurie</b> 1:00 <b>Remembering the 60's</b> 1:30 PT Group 2:00 Scattegories w/ Armani 2:30 Let's Chat	9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 <b>Miles on the Keys</b> 1:00 Bingo 2:00 Horseshoes w/ Suzanne 2:00 <b>Pet Time w/ GiGi</b> 2:30 Let's Chat w/ Sergio	9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Bowling w/ Armani 11:00 Health Education 1:00 <b>The Beautiful Rosaline</b> 2:00 Darts w/ Suzanne 2:00 Family Feud 2:30 Let's Chat w/ Armani	9:30 Darts w/ Darryl 10:15 Exercise w/ Suzanne 10:15 Bocce w/ Sohaila and Rez 11:00 OT Games / Devotions 1:00 Bingo 2:00 <b>Pet Time w/ GiGi</b> 2:30 20 Questions w/ Laurie
9:30 Ring Toss 10:00 Exercise w/ Armani 10:00 Volleyball 11:00 <b>"Beatles" Mania</b> 1:00 <b>Jim Ritz on the Piano</b> 1:30 PT Group 2:00 Brain Teasers 2:30 Let's Chat 	9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 <b>Young @ Heart Hippy Spirit</b> 1:00 <b>Health Education</b> 1:30 PT Group 2:00 Scattegories w/ Armani 2:30 Let's Chat	9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 Sing Along w/ Nina 1:00 <b>Laurie on the Guitar</b> 2:00 Horseshoes w/ Suzanne 2:00 <b>Pet Time w/ GiGi</b> 2:30 Let's Chat w/ Sergio	9:30 Basketball 10:15 Sit and Be Fit 11:00 Bingo 1:00 Dominoes 2:00 <b>Pet Time w/ Mercy</b> 2:00 Darts w/ Sergio 2:30 Let's Chat w/ Armani	9:30 Darts w/ Rez 10:00 Exercise w/ Suzanne 10:15 Bocce w/ Kirsten and Darryl 11:00 OT Games / Devotions 1:00 <b>Womens Support Group</b> 1:00 <b>Jam w/ Muzeke</b> 



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!

