

MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM



2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Happy New Year!</i></p>	<p>3</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 Bingo 1:00 Jim Ritz on the Piano 1:30 PT Group 2:00 Darts w/ Sergio</p>	<p>4</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Free Time 11:00 PT Group 1:00 New Year's Resolution Board 2:00 Mad Libs Story 2:00 Pet Time w/ GiGi</p>	<p>5</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Hockey Outside 11:00 Lori on the Guitar 1:15 Bowling w/Sergio 1:45 Movie Trivia 2:00 PT Group 2:00 Ring Toss w/ Nina</p>	<p>6</p> <p>9:30 Darts 10:00 20 Questions 10:30 Lets Chat 11:00 Zumba with Rita 1:00 Jim Ritz on the Piano 1:30 Manicures w/ Victoria 2:00 PT Group</p> 
<p>9</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Exercise w/ Sergio 1:00 Jim Ritz on the Piano 1:30 PT Group</p>	<p>10</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 10:00 Pet time with Sam 11:00 Bingo 1:00 Jenga 1:30 PT Group 2:00 Darts</p>	<p>11</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Delores Play Us a Tune 11:00 PT Group 1:15 Horseshoes w/ Sergio 2:00 Mad Libs Story 2:00 Pet Time w/ GiGi</p>	<p>12</p> <p>9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Lori on the Guitar 1:00 Scategories w/Nina 2:00 PT Group 2:00 Pet Time with Mercy</p>	<p>13</p> <p>9:30 Flying Frisbees 10:30 Sit and Be Fit 11:00 Martin Luther King Social 11:00 Lets Paint 11:30 PT Group 1:00 Jim Ritz on the Piano</p>
<p>MARTIN LUTHER KING JR (1929-1968)</p> <p><i>I have decided to stick with love. Hate is too great a burden to bear.</i></p> 	<p>17</p> <p>9:30 Toss Across 10:00 Hockey 10:00 Exercise w/Sergio 11:00 Craft w/ Suzanne 1:00 Hangman 1:30 PT Group 2:00 Ring Toss w/ Nina</p>	<p>18</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group 11:00 Miles Maynard on the Keys 1:00 Bingo 2:00 Pet Time w/ GiGi</p>	<p>19</p> <p>9:30 Basketball 10:00 Exercise w/ Suzanne 10:00 Hockey 11:00 Lori on the Guitar 1:00 Lets Make Snowflakes 1:45 Ring Toss w/ Sergio 2:00 PT Group</p>	<p>20</p> <p>9:30 Basketball 10:00 Sit and Be Fit 10:00 Gardening w/ Marjorie 11:00 Games w/Friends 1:00 Horseshoes w/ Habiba 2:00 PT Group 2:00 Darts w/ Hanifa</p>
<p>23</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 Jim Ritz on the Piano 1:30 PT Group</p>	<p>24</p> <p>9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 10:00 Pet time with Sam 11:00 Free time 1:00 Manicures with Victoria 1:30 PT Group 1:45 Paddle Ball w/ Sergio</p>	<p>25</p> <p>9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group 11:00 Health Education 1:00 Town Meeting w/Victoria 1:45 Darts w/Sergio 2:00 Pet Time w/ GiGi</p>	<p>26</p> <p>9:30 Basketball 10:00 Exercise w/ Hanifa 10:00 Volleyball 11:00 Lori on the Guitar 1:00 Muzeke 2:00 PT Group 2:00 Pet Time with Mercy</p>	<p>27</p> <p>9:30 Basketball 10:00 Sit and Be Fit 11:00 Lets Get Crafty 11:00 Games w/ Friends 1:00 Drive In-Movie & Popcorn 2:00 PT Group</p>
<p>30</p> <p>9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 Horseshoes w/ Nina 1:30 PT Group 1:45 Brain Teasers</p>	<p>31</p> <p>9:30 Toss Across 10:00 Exercise w/ Suzanne 10:00 Hockey 11:00 Free time 1:00 Games with Friends 1:30 PT Group 1:45 Paddle Ball w/ Sergio</p>		<p>SNOWFLAKY BIRTHDAYS</p> <p>NINA H. 01/01 HANIFA A. 01/01 LUCILLE C. 01/03 BOB R. 01/03 EVELYN E. 01/11 CARL D. 01/14 *CLOSED THE 2ND AND 16TH</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!

