

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

**November 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Highlights of the Month:</b></p> <ul style="list-style-type: none"> <li>- Cooking Class</li> <li>- Gardening Class</li> <li>- Health Ed</li> <li>- The Price is Right</li> <li>- Movie time&amp; Popcorn</li> </ul>		<p>1) 9:30 Coffee Social Time 10:00 Basket ball 10:30 Exercise 11:00 lets chat / Art 1:00 Prayer Time 1:15 Knitting Club</p>	<p>2) 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</p>	<p>3) <b>Farsi Program is closed On Fridays</b></p> 
<p>6) 9:30 Coffee Social Time 10:00 Kick ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo</p>	<p>7) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>8) 9:30 Coffee Social Time 10:00 Sit &amp; Be fit 10:30 Reading Poems 11:00 <b>Movie Time</b> 1:00 Prayer Time 1:15 Knitting Club</p>	<p>9) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 English Class 1:00 Prayer Time 1:15 Trivia&amp; Games</p>	<p>10)</p>
<p>13) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo</p>	<p>14) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>15) 9:30 Coffee Social Time 10:00 Sit &amp; Be fit 10:30 Joke time 11:00 <b>Cooking Class</b> 1:00 Prayer Time 1:15 Needle Point / Music</p>	<p>16) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 0 English Class 1:00 Prayer Time 1:15 Gardening Class</p>	<p>17)</p>
<p>20) 9:30 Coffee Social Time 10:00 Kick ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Bingo</p>	<p>21) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Art 1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>22) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Sit &amp;Be fit 11:15 <b>The Price is Right</b> 1:00 Prayer Time 1:15 Needle Point / Music</p>		
<p>27) 9:30 Coffee Social Time 10:00 Kick ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer Time 1:15 Trivia&amp; Games</p>	<p>28) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer Time 1:15 Crafts /Card Game</p>	<p>29) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Sit &amp;Be fit 11:15 <b>Health Ed</b> 1:00 Prayer Time 1:15 Needle Point / Music</p>	<p>30) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Town Meeting 11: 0 English Class 1:00 Prayer Time 1:15 Bingo</p>	