





















# MT DIABLO CENTER - SENIOR RESPITE PROGRAM – JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>Mt. Diablo Center Closed!</i>	<b>2</b> 9:30 Coffee Social 10:00 Paddle Ball 10:30 Exercise with Joann 11:00 "The Music Man" Jim R 1:00 Social Time/G 1:30 Arts and Craft 	<b>3</b> 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Picture Expression 11:30 Sing along w/Laurie 1:00 Social Time/Games/ 1:30 Arts and Puzzles 2:00 Pet visit W/Gigi 	<b>4</b> 9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 Music Rosalie 1:00 Social Time/Games/ Reading 1:30 Water coloring	<b>5</b> 9:30 Coffee Social 10:00 Flying Frisbees 10:30 Exercise Justine 11:00 "The Music Man" Jim R 1:00 Social Time/Games/ R 1:30 Free Choice/Bingo 
<b>8</b> 9:30 Coffee Social 10:00 Target Toss 10:30 Exercise with Raven 11:00 "The Music Man" Jim R 1:00 Social Time/Games/ Re 1:30 Artists' Workshop 2:00 Pet Time w/GIGI 	<b>9</b> 9:30 Coffee Social 10:00 Paddle Ball 10:30 Exercise with Joann 11:00 "MuZeke 1:00 Social Time/Games/ Reading 1:30 Arts and Craft 	<b>10</b> 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Picture Expression 11:30 Sing along w/Laurie 1:00 Social Time/Games/Reading 1:30 Arts and Puzzles 2:00 Pet visit W/Gigi	<b>11</b> 9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Laurie 11:00 Laurie on her Guitar 1:00 Social Time/Games/ Reading 1:30 Water coloring 	<b>12</b> 9:30 Coffee Social 10:00 Flying Frisbees 10:30 Exercise Justine 10:30 Gardening / Marjorie 11:00 Trivia 11:30 Sing along w/Laurie 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo
 <i>Mt. Diablo Center Closed!</i>	<b>16</b> 9:30 Coffee Social 10:00 Paddle Ball 10:30 Exercise with Joann 11:00 Trivia 11:30 Sing along w/Laurie 1:00 Social Time/Games/ Re 1:30 Arts and Craft 	<b>17</b> 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 "The Music Man" Jim R 1:00 Social Time/Games 2:00 Pet visit W/Gigi 	<b>18</b> 9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 Music W/ Rosalie 1:00 Social Time/Games/ Reading 1:30 Water coloring	<b>19</b> 9:30 coffee Social 10:00 Flying Frisbees 10:30 Exercise with Justine 11:00 Laurie on her Guitar 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo 
<b>22</b> 9:30 Coffee Social 10:00 Target Toss 10:30 Exercise with Raven 11:00 Laurie on her Guitar 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo  <b>Pizza Party</b>	<b>23</b> 9:30 Coffee Social 10:00 Paddle Ball 10:30 Exercise with Joann 11:00 "MuZeke 1:00 Social Time/Games/ Reading 1:30 Arts and Craft 	<b>24</b> 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Johnny Rocket and candy Wrapper 1:00 Social Time/Games/ 1:30 Arts and Puzzles 2:00 Pet visit W/Gigi 	<b>25</b> 9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 Laurie on her Guitar 1:00 Social Time/Games/ Re 1:30 Free Choice/ Birthday celebration 	<b>26</b> 9:30 Coffee Social 10:00 Flying Frisbees 10:30 Exercise with Justine 11:00 Trivia 11:30 Sing Along w Laurie 1:00 Social Time/Game 1:30 Comedy film 
<b>29</b> 9:30 Coffee Social 10:00 Target Toss 10:30 Exercise with Raven 11:00 Angel w/ Harp 1:00 Social Time/Games/ Reading 1:30 Artists' Workshop 2:00 Pet Time w/GIGI 	<b>30</b> 9:30 Coffee Social 10:00 Paddle Ball 10:30 Exercise with Joann 11:00 "The Music Man" Jim R 1:00 Social Time/Games/ R 1:30 Arts and Craft Re 	<b>31</b> 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Music W/ Rosalie 1:00 Social Time/Games/ 1:30 Arts and Puzzles 2:00 Pet visit W/Gigi 	 Pizza Party 1/22 Birthday celebration 1/25	 Thomas F 1/1 Lucille C 1/3 Joann 1/5 Fay Y 1/24

**DAILY: Coffee Social: 9:30 AM. Refreshments: 11:00 a.m. & 2:00 p.m. Lunch: M-F 12:00 noon 2:30PM All Aboard! It's Bus Time!**

**Alzheimer's Support Group Meetings: 3<sup>rd</sup> Wednesdays of each month from 4:30 – 6:00 p.m.**

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