

MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

MARCH

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy Spring Birthdays Kim S. 3-1 Mohammed 3-10 Gaye M. 3-13 Candee H. 3-18 Loutricia 3-25		1 9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 Crafts w/ Lourdes 2:00 Darts w/ Sergio 2:00 Pet Time w/ Mercy 2:30 Music Trivia	2 9:30 Darts 10:00 Exercise w/ Habiba 11:00 Current Events w/ Armani 1:00 Laurie on the Guitar 2:00 PT Group 2:00 Bowling w/ Sergio 2:30 Lets Chat
5 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Free Time / Devotions Opt. 1:00 Paint with Laurie 1:30 PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi	6 9:30 Toss Across 10:00 Exercise w/ Suzanne 10:00 Kickball 11:00 Hangman w/ Sergio 1:00 Trivia w/ Armani 1:30 Walking Group w/ Laurie 1:30 PT Group 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio	7 9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 Games w/ Friends 11:00 PT Group 1:00 The Beautiful Rosaline 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Armani 2:30 Discussion time w/ Sergio	8 9:30 Basketball 10:00 Devotions(optional) 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Lets Paint 1:00 Fun w/ Lourdes 2:00 PT Group 2:00 Trivia w/ Sergio	9 9:30 Flying Frisbees 10:30 Exercise w/ Rezwan 11:00 20 Questions 11:30 PT Group 11:30 Manicures w/ Armani Moony 1:00 Mens Group 2:00 Trivia w/ Suzanne 2:30 Lets Chat
12 9:30 Ring Toss 10:00 Exercise w/ Suzanne 10:00 Volleyball 11:00 Bingo 1:00 Jim Ritz on the Piano 1:30 Town Meeting/ PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi 2:30 Lets Discuss	13 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Pet Time w/ Copper 11:00 Dominoes 11:30 20 Questions w/ Armani 1:00 Sing Along w/ Nina 1:30 PT Group 2:00 Scattegories w/ Nina 2:30 Darts w/ Armani	14 9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group 11:00 Walking Group w/ Armani 1:00 Pool and OT Games 1:00 Fun w/ Lourdes 2:00 Hangman w/ Sergio 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Raedeen	15 9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 OT Games 2:00 Darts w/ Sergio 2:00 Pet Time w/ Mercy 2:30 Picture Memory	16 9:30 Basketball 10:00 Sit and Be Fit 10:00 Devotions (optional) 10:00 Gardening w/ Marjorie 11:00 Lets Paint 1:00 Jim Ritz on the Piano 1:00 St.Patrick Laurie 2:00 PT Group 2:00 Darts w/ Victoria
19 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Price Is Right 1:00 Fun w/ Lourdes 1:30 Town Meeting/ PT Group 2:00 Brain Teasers 2:00 Pet Time w/ GiGi	20 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 Bingo 1:00 Jim Ritz on the Piano 1:30 PT Group 2:00 Scattegories w/ Armani 2:30 Lets Chat	21 9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 Miles Maynard on the Keys 12:00 Special Lunch !!! 1:00 Lets Draw 2:00 Horseshoes w/ Suzanne 2:00 Pet Time w/ GiGi 2:30 Lets Chat w/ Sergio	22 9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Bowling w/ Armani 11:00 Reading Group 1:00 Current Events w/ Nina 2:00 Darts w/ Sergio 2:30 Lets Chat w/ Armani	23 9:30 Darts 10:00 Exercise w/ Suzanne 10:00 Bocce w/ Rezwan 11:00 OT Games Dominoes 1:00 Women's Group 1:00 Easter Memories 1:30 Free Time 2:00 Ring Toss with Rezwan
26 9:30 Ring Toss 10:00 Exercise w/ Armani 10:00 Volleyball 11:00 Town Meeting/ OT Games 1:00 Beautiful Rosaline 1:30 Balloon Bash w/ Armani 2:00 Brain Teasers/ Pet GiGi 2:30 Lets Chat with Nina	27 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball 11:00 20 Questions 1:00 Birthday Celebration !!! 1:30 Current Events w/ Suzanne 2:00 Darts w/ Radeen 2:30 Chat w/ Laurie	28 9:30 Flying Frisbees 10:00 Sit and Be Fit/ Devotions 11:00 Health Education 11:00 PT Group 11:00 Walking Group w/ Nina 1:00 Fun w/ Lourdes 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Sergio	29 9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Bowling w/ Staff 11:00 Free Time OT Games 1:00 Bingo 2:00 Darts w/ Sergio 2:30 Lets Chat w/ Armani	30 9:30 Darts 10:00 Exercise w/ Suzanne 10:00 Bocce w/ Rezwan 11:00 Jim Ritz on the Piano 11:00 Easter Snacks 1:00 Easter Movie and Popcorn



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!

