

MT. DIABLO CENTER – SENIOR RESPITE PROGRAM – MARCH 2018

MONDAY

Happy Birthday



Jacquelyn B. 3/03

TUESDAY



March 20

WEDNESDAY



THURSDAY

FRIDAY

5
9:30 Coffee Social
10:00 Target Toss
10:30 Exercise Raven
11:00 Trivia
11:30 Sing along w/ Laurie
1:00 Social Time/ Reading
1:30 Coloring/ Games
Birthday celebration

6
9:30 Coffee Social
10:00 Volleyball
10:30 Exercise Joann
11:00 Music W Rosaline
1:00 Social Time/ Reading
1:30 Watercolors/ Gar

7
9:30 Coffee Social
10:00 Flying Frisbees
10:30 Exercise Elena
11:00 Music w/ Laurie
1:00 Social Time/ Reading
1:30 Bingo

8
9:30 Coffee Social
10:00 Bowling Challenge
10:30 Exercise w Ashley
11:00 Let's talk about?
11:30 Story Wise
1:00 Social Time/ Reading
1:30 Artists' Workshop/Games
International
Women's Day!!

9
9:30 Coffee Social
10:00 Bowling Challenge
10:30 Exercise with Justine
11:00 Word Play with Easel
11:30 The Chat room
1:00 Social Time/ Reading
1:30 Craft / Games

12
9:30 Coffee Social
10:00 Target Toss
10:30 Exercise Raven
11:00 Trivia
11:30 Sing along w/ Laurie
1:00 Social Time/ Reading
1:30 Bingo

13
9:30 Coffee Social
10:00 Volleyball
10:30 Exercise Joann
11:00 Muzeke
1:00 Social Time/ Reading
1:30 Watercolors /Games

14
9:30 Coffee Social
10:00 Flying Frisbees
10:30 Exercise Elena
11:00 Word Play with Easel
11:30 Paddle Ball
1:00 Social Time/ Reading
1:30 Art and Craft

15
9:30 Coffee Social
10:00 Paddle Ball
10:30 Exercise w Ashley
11:00 Jim Ritz - The Music Man
1:00 Reading/ Free choice
1:30 Artists' Workshop/Games
St Patrick's Day!

16
9:30 Coffee Social
10:00 Bowling Challenge
10:30 Exercise w Justine
11:00 Music w/ Laurie
1:00 Social Time/ Reading
1:30 Craft/ Games
St Patrick's Day Celebration
3/17

19
9:30 Coffee Social
10:00 Target Toss
10:30 Exercise Raven
11:00 Jim Ritz - The Music Man
1:00 Social Time/ Reading
1:30 Coloring/ Games

20
9:30 Coffee Social
10:00 Volleyball
10:30 Exercise Joann
11:00 Trivia
11:30 Story Wise
1:00 Social Time/ Reading
1:30 Watercolors/Games
1st day of spring

21
9:30 Coffee Social
10:00 Flying Frisbees
10:30 Exercise Elena
11:00 Music w/ Laurie
12:00 Special Lunch
1:00 Social Time/ Reading
1:30 Bingo

22
9:30 Coffee Social
10:00 Paddle Ball
10:30 Exercise w Ashley
11:00 Let's talk about ?
11:30 Story Wise
1:00 Social Time/ Reading
1:30 Artists' Workshop/Games

23
9:30 Coffee Social
10:00 Bowling Challenge
10:30 Exercise w Justine
11:00 Music w Rosaline
1:00 Social Time/ Reading
1:30 Craft/ Games

26
9:30 Coffee Social
10:00 Target Toss
10:30 Exercise Raven
11:00 Angel and Flute
1:00 Social Time/ Reading
1:30 Coloring/ Games

27
9:30 Coffee Social
10:00 Volleyball
10:30 Exercise Joann
11:00 Trivia
11:30 Story Wise
1:00 Social Time/ Reading
1:30 Watercolors /Games

28
9:30 Coffee Social
10:00 Flying Frisbees
10:30 Exercise Elena
11:00 Jim Ritz - The Music Man
1:00 Social Time/ Reading
1:30 Bingo

29
9:30 Coffee Social
10:00 Paddle Ball
10:30 Exercise w Ashley
11:00 Music w/ Laurie
1:00 Social Time/ Reading
1:30 Artists' Workshop/Games

30
9:30 Coffee Social
10:00 Bowling Challenge
10:30 Exercise wJustine
11:00 Music w Rosaline
1:00 Let's talk about the movie
1:30 March Movie

Coffee Social: 9:30 - 10 a.m. Refreshments: 11:00 a.m. & 2:00 p.m. Lunch: 12:00 noon Bus: 2:30 - 3:00 p.m.

Alzheimer's Support Group Meetings: 3rd Wednesdays of each month from 4:30 - 6:00 p.m.

Mt. Diablo Center, Alzheimer's Day Program, 490 Golf Club Road, Pleasant Hill, CA 94523 (925) 682-6330 x121