



SENIOR RESPITE PROGRAM

May 2018

Monday

TUESDAY 1

WEDNESDAY 2

THURSDAY 3

FRIDAY 4



9:30 Coffee Social
 10:00 Parachute exercises
 10:30 Exercise w/Irina
 11:00 Word Games
 11:30 Volleyball
 1:15 Arts & Crafts & Reading
 2:00 Pet Visit GIGI

9:30 Coffee Social
 10:00:Ballon Bash
 10:30 Exercise w/Ashley
 11:00 Cognitive Games
 11:30 Cinco De mayo
 1:00 Reading Time
 1:30 Artist Workshop
 2:00 Paddle Ball

9:30 Coffee Social
 10:00 Target Toss
 10:30 Exercise w/Raven
 11:00 Jim Ritz – The Music Man
 1:00 Mothers day Celebration!!!



7
 9:30 Coffee Social
 10:00 Paddle Ball
 10:30 Exercise w/ Yuliya
 11:00 Jim Ritz – The Music Man
 1:00 Reading time
 1:30 Bingo/ Free Choice

8
 9:30 Coffee Social/
 10:00 Noddle time
 10:30 Exercise w/Joann
 11:00 Rhythm Instruments/ Sing along with us.
 1:00Reading Time
 1:30Watercoloring
 2:00Pet Visit

9
 9:30 Coffee Social
 10:00 Parachute exercises
 10:30 Exercise w/Irina
 11:00 Word Games
 11:30 Volleyball
 1:15 Arts & Crafts & Reading
 2:00 Pet Visit GIGI

10
 9:30 Coffee Social
 10:00 Ballon Bash
 10:30 Exercise w/Ashley
 11:00Cognitive Games
 11:30 Photographic memory card
 1:00 Reading Time
 1:30 Artist Workshop
 2:00Pet visit
 2:15Paddle Ball

11
 9:30 Coffee Social
 10:00 Zumba with Rita
 10:30 Target Toss
 10:30 Garden w/Marjorie
 11:00 Cognitive Games
 1:00 2:00Ballon Bash



14
 9:30 Coffee Social
 10:00 Paddle Ball
 10:30 Exercise w/Yuliya
 11:00 Jim Ritz – The Music Man
 1:00 Reading Time
 1:30 Cognitive Games

15
 9:30 Coffee Social
 10:15Noddle time
 10:30 Exercise w/Joann
 11:00 Rhythm Instruments/ Sing along with us.
 1:00 Reading Time
 1:30 Watercolors

17
 9:30 Coffee Social
 10:00 Parachute exercises
 10:30 Exercise w/Irina
 11:00 Word Games
 11:30 Volleyball
 1:15 Arts & Crafts & Reading
 2:00 Pet Visit GIGI

18
 9:30 Coffee Social
 10:00 Ballon Bash
 10:30 Exercise w/ Ashley
 11:00 Johnny Rocket & Candy Wrap
 1:00 Reading Time
 1:30 Artist Workshop
 2:00 Paddle Ball

19
 9:30 Coffee Social
 10:00 Target Toss
 10:30 Exercise w/Raven
 11:00 Jim Ritz-The Music Man
 1:00 Bingo/ Free Choice



21
 9:30 Coffee Social
 10:00 Paddle Ball
 10:30 Exercise w/ Yuliya
 11:00 Angel Simmons and wonderful Harp
 1:00 Reading Time
 1:30 Bingo/ Free Choice

22
 9:30 Coffee Social
 10:15 Noddle time
 10:30 Exercise w/Joann
 11:00 Rhythm Instruments/ Sing along with us.
 1:00 Word Games
 1:30Watercolors
 2:00 Pet Visit



23
 9:30 Coffee Social
 10:00 Parachute exercises
 10:30 Exercise w/Irina
 11:00 Word Games
 11:30 Volleyball
 1:15 Arts & Crafts & Reading
 2:00 Pet Visit GIGI

24
 9:30 Coffee Social
 10:00 Ballon Bash
 10:30 Exercise w/Ashley
 11:00Cognitive Games
 1:00 Reading Time
 1:30Artist Workshop
 2:00Pet visit
 2:15Paddle Ball

25
 9:30 Coffee Social
 10:00 Bocce Ball
 10:30 Exercise w/Raven
 11:00 Jim Ritz-The Music Man
 1:15 Let's talk about the movie?
 1:30 May movie

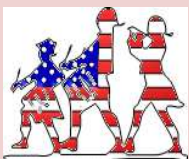
28

29
 9:30 Coffee Social
 10:15 Noddle time
 10:30 Exercise w/Joann
 11:00 Rhythm Instruments/ Sing along with us.
 1:00 Reading Time
 1:30 Watercolors

30
 9:30 Coffee Social
 10:00 Parachute exercises
 10:30 Exercise w/Irina
 11:00 Word Games
 11:30 Volleyball
 1:15 Arts & Crafts & Reading
 2:00 Pet Visit GIGI

31
 9:30 Coffee Social
 10:00 Ballon Bash
 10:30 Exercise w/Ashley
 11:00Cognitive Games
 1:00 Reading Time
 1:30Artist Workshop
 2:00Pet visit
 2:15Paddle Ball

Special Events



Memorial Day
 Mt. Diablo Center
 Closed

Support Group Meetings: 3rd Wednesday Evening 4:30 –6:30 PM
 DAILY: Coffee Social: 9:30- 10 A.m. Refreshments: 11:00- 2:00 Lunch: 12:00 Daily
 2:30 “All Aboard! “ It’s Bus Time

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