






MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
				 9:30 Darts 10:00 Exercise w/ Habiba 11:00 Current Events w/ Armani 1:00 Manicures w/ Rezwana 1:30 Bowling w/ Sergio and 2:00 PT Group/ Pet Time w/ GiGi 2:30 Let's Chat
4 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Kickball 11:00 Family Feud / Devotions Opt. 1:00 The Beautiful Rosaline 1:30 PT Group 2:00 Brain Teasers 2:30 Let's Chat 	5 9:30 Toss Across 10:15 Exercise w/ Suzanne 10:15 Hockey w/ Sergio 11:00 Young @ Heart Story Time 1:00 Sing Along w/ Nina 1:30 Walking w/ Laurie/ PT 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio	6 9:30 Flying Frisbees 10:00 Devotions (optional) 10:00 Sit and Be Fit 11:00 Bingo 11:00 PT Group 1:00 Town Meeting 2:00 Pet Time w/ GiGi 2:00 Ring Toss w/ Armani 2:30 Discussion time w/ Sergio	7 9:30 Basketball 10:00 Devotions (optional) 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Walking Group 1:00 Jim Ritz on the Piano 1:00 National Ice Cream Day 2:00 PT Group/ 2:00 Trivia w/ Sergio	8 9:30 Flying Frisbees 10:30 Exercise w/ Rezwana 11:00 Current Events w/ Darryl 11:00 Cooking Class 11:30 PT Group 1:00 Free Time 1:45 Mens OT Games w/ Sergio 2:00 Trivia w/ Suzanne/ Pet GiGi 2:30 Let's Chat 
11 9:30 Ring Toss 10:00 Exercise w/ Suzanne 10:00 Volleyball 11:00 Bingo 1:00 Birthday Celebration !!! 1:30 PT Group 2:00 Brain Teasers 2:30 Mad Libs	12 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Pet Time w/ Copper 11:00 Young @ Heart Volleyball 11:30 20 Questions w/ Armani 1:00 Manicures w/ Armani 1:30 PT Group 2:00 Scattegories w/ Nina 2:30 Darts w/ Armani	13 9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 PT Group/ Devotions 11:00 Hangman with Darryl 1:00 Lets Paint w/ Laurie 2:00 Trivia w/ Sergio 2:00 Pet Time w/ GiGi	14 9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Hockey 11:00 Bingo 1:00 Jim Ritz on the Piano 2:00 Darts w/ Sergio 2:00 Pet Time w/ Mercy 2:30 Picture Memory	15 9:30 Basketball 10:00 Sit and Be Fit 10:00 Devotions (optional) 10:00 Gardening w/ Marjorie 11:00 Paint w/ Kirsten 11:00 Mens Support Group 1:00 Mens Fathers Day Hangout 2:00 Pet Time w/ GiGi
18 9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Price Is Right 1:00 Groovy Movie and Popcorn	19 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 Young @ Heart Sing Laurie 1:00 Remembering the 60's 1:30 PT Group 2:00 Scattegories w/ Armani 2:30 Let's Chat	20 9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 Miles on the Keys 1:00 Bingo 2:00 Horseshoes w/ Suzanne 2:00 Pet Time w/ GiGi 2:30 Let's Chat w/ Sergio	21 9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Bowling w/ Armani 11:00 Health Education 1:00 The Beautiful Rosaline 2:00 Darts w/ Suzanne 2:00 Family Feud 2:30 Let's Chat w/ Armani	22 9:30 Darts w/ Darryl 10:15 Exercise w/ Suzanne 10:15 Bocce w/ Sohaila and Rez 11:00 OT Games / Devotions 1:00 Bingo 2:00 Pet Time w/ GiGi 2:30 20 Questions w/ Laurie
25 9:30 Ring Toss 10:00 Exercise w/ Armani 10:00 Volleyball 11:00 "Beatles" Mania 1:00 Jim Ritz on the Piano 1:30 PT Group 2:00 Brain Teasers 2:30 Let's Chat 	26 9:30 Toss Across 10:00 Exercise w/ Nina 10:00 Kickball/ Devotions opt. 11:00 Young @ Heart Hippy Spirit 1:00 Health Education 1:30 PT Group 2:00 Scattegories w/ Armani 2:30 Let's Chat	27 9:30 Flying Frisbees 10:20 Exercise w/ Armani 10:30 Devotions (Opt.) 11:00 Sing Along w/ Nina 1:00 Laurie on the Guitar 2:00 Horseshoes w/ Suzanne 2:00 Pet Time w/ GiGi 2:30 Let's Chat w/ Sergio	28 9:30 Basketball 10:15 Sit and Be Fit 11:00 Bingo 1:00 Dominoes 2:00 Pet Time w/ Mercy 2:00 Darts w/ Sergio 2:30 Let's Chat w/ Armani	29 9:30 Darts w/ Rez 10:00 Exercise w/ Suzanne 10:15 Bocce w/ Kirsten and Darryl 11:00 OT Games / Devotions 1:00 Womens Support Group 1:00 Jam w/ Muzeke 



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!

