

MT. DIABLO CENTER - ADULT DAY HEALTH CARE PROGRAM

January 2019

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
		9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 Sing w/ Nina 11:00 PT Group 11:30 Devotions 1:00 Bingo 2:00 Ring Toss w/ Suzanne 2:30 Lets Chat	9:30 Basketball 10:00 Exercise w/ Sergio 10:30 Hockey 11:00 Town Meeting 1:00 Movie and Popcorn 2:00 Darts w/ Laurie 2:30 Trivia w/ Jeanette	9:30 Darts w/ Sohila 10:00 Exercise w/Darryl 11:00 Free Time/ Manicures 1:00 The Beautiful Rosaline 1:30 Devotions 2:00 PT Group 2:30 Lets Chat
9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Kickball 11:00 Bingo 1:00 Laurie on the Guitar 1:30 PT Group 2:00 Brain Teasers	9:30 Flying Frisbees 10:15 Exercise w/ Suzanne 10:30 Hockey w/ Sergio 11:00 Sing Along w/Nina 1:00 Jim Ritz 1:30 Walking w/ Laurie/ PT 2:00 Darts w/ Suzanne 2:30 Chat w/ Sergio	9:30 Flying Frisbees 10:00 Sit and Be Fit 11:00 20 Questions 11:00 PT Group 11:30 Devotions 1:00 Muzeke and the Boys 2:00 Ring Toss w/ Suzanne 2:30 Lets Chat	9:30 Basketball 10:15 Exercise w/ Nina 10:30 Bocce w/ Sergio 11:00 Walking Group w/ Nina 1:00 Pet Time w/ Mercy 1:00 Y@H Games with Laurie 2:00 PT Group/	9:30 Flying Frisbees 10:30 Exercise w/ Sohila 11:00 Current Events w/ Darryl 11:00 Mens Group 11:30 PT Group 1:00 Diane on the Piano 2:00 Trivia w/ Suzanne/ Pet GiGi 2:30 Lets Chat
9:30 Ring Toss 10:00 Exercise w/ Suzanne 10:00 Volleyball 11:00 Devotions/ Free Time 1:00 Crafts w/ Jeanette 1:30 PT Group 2:00 Brain Teasers 2:30 Mad Libs	9:30 Flying Frisbees 10:00 Exercise w/ Nina 10:00 Hockey 11:00 Games w/ Friends 1:00 Craft w/ Laurie 1:30 PT Group 2:00 Scattogories w/ Nina 2:30 Darts w/ Sergio	9:30 Toss Across 10:00 Sit and Be Fit 11:00 PT Group/ Devotions 11:00 Miles on the Keys 1:00 Devotions/ Free Time 2:00 Trivia w/ Sergio 2:30 Lets Chat Crazy Sock Day !!!!!	9:30 Basketball 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Bingo 1:00 20 Questions 2:00 Hangman w/ Sergio 2:30 Lets Chat	9:30 Basketball 10:00 Sit and Be Fit 10:30 Devotions Opt. 11:00 Scattogories 11:00 Free Time 1:00 Manicures w/ Sohila 2:00 Pet Time w/ GiGi
	9:30 Flying Frisbees 10:00 Exercise w/ Jeanette 10:00 Volleyball 11:00 Paint w/ Deb Devotions opt 1:00 The Beautiful Rosaline 2:00 Scattogories w/ Laurie 2:30 Lets Chat	9:30 Toss Across 10:20 Exercise w/ Sergio 10:30 Devotions (Opt.) 11:00 Angel on the Flute 1:00 Bingo 2:00 Horseshoes w/ Suzanne 2:30 Lets Chat w/ Sergio	9:30 Basketball 10:20 Exercise w/ Nina 10:30 Bocce w/ Sergio 11:00 Diane on the Piano 1:00 Paint with Laurie 1:00 Pet Time w/ Mercy 2:00 PT Group/ Trivia w/ Sergio	9:30 Darts w/ Sohila 10:15 Gardening w/ Marjorie 10:15 Exercise w/ Suzanne 10:30 Bowling w/Sohila and Darryl 11:00 Health Education 1:00 Julio and Mario 1:00 Womens Group 2:00 Pet Time w/ GiGi
9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Devotions and Free Time 1:00 Bingo 2:00 Hangman w/ Sergio	9:30 Ring Toss 10:00 Exercise w/ Sergio 10:00 Volleyball 11:00 Laurie on the Guitar 1:00 Devotions/ Games 2:00 Hangman w/ Sergio	9:30 Flying Frisbees 10:00 Exercise w/ Nina 10:00 Volleyball 11:00 Jim Ritz and the Piano 1:00 Movie and Popcorn 2:30 Lets Chat	9:30 Basketball 10:20 Exercise w/ Nina 10:30 Bocce w/ Sergio 11:00 Devotions/ Free Time 1:00 Johnny and Candy 1:00 Pet Time w/ Mercy 2:00 PT Group/ Trivia w/ Sergio	



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!

