


























# MT DIABLO CENTER - SENIOR RESPITE PROGRAM – JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lucille C 1/3 Richard W 1/3 Helen C 1/18 Judy M 1/25</p> 	<p><b>HAPPY NEW YEAR!</b> <i>Mt. Diablo Center Closed!</i></p>	<p>9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/ 1:30 Arts and Puzzles</p> 	<p>9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/ Reading 1:30 Water coloring</p> 	<p>9:30 Coffee Social 10:00 Flying Frisbees 10:30 Exercise Justine 11:00 "The Music Man" Jim 1:00 Social Time/Games/ R 1:30 Free Choice/Bingo</p> 
<p>9:30 Coffee Social 10:00 Target Toss 10:30 Exercise with Raven 11:00 Music Muzeke 1:00 Social Time/Games/ Re 1:30 Free Choice/Bingo 2:00 Pet Time w/GIGI</p> 	<p>9:30 Coffee Social 10:00 Exercise with Bhan 10:30 Music W/ Rosalie 11:30 Volleyball 1:00 Social Time/Games/ Reading 1:30 Arts and Craft</p> 	<p>9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/Reading 1:30 Arts and Puzzles</p> 	<p>9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 "The Music Man" Jim Ritz 1:00 Social Time/Games/ Reading 1:30 Water coloring</p> 	<p>9:30 Coffee Social 10:00 Flying Frisbees 10:00 Exercise Justine 10:30 Gardening / Marjorie 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo</p>
<p>9:30 Coffee Social 10:00 Target Toss 10:30 Exercise with Raven 11:00 Piano w/ Diana 1:00 Social Time/Games/ Re 1:30 Artists' Workshop 2:00 Pet Time w/GIGI</p> 	<p>9:30 Coffee Social 10:00 Exercise with Bhan 10:30 Music W/ Rosalie 11:30 Volleyball 1:00 Social Time/Games 1:30 Bingo</p> 	<p>9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/ Reading <b>CRAZY SOCK SPIRIT DAY</b></p> 	<p>9:30 Coffee Social 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 "The Music Man" Jim Ritz 1:00 Social Time/Games/ Reading 1:30 Water coloring</p>	<p>9:30 Coffee Social 10:00 Flying Frisbees 10:30 Exercise with Olga 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo</p> 
<p> <b>!</b> <i>Mt. Diablo Center Closed</i></p> 	<p>9:30 Coffee Social 10:00 Exercise with Bhan 10:30 Music W/ Rosalie 11:30 Volleyball 1:00 Social Time/Games/ Reading 1:30 Arts and Craft</p> 	<p>9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Piano w/ Diana 1:00 Social Time/Games/ Reading 1:30 Arts and Puzzles</p> 	<p>9:30 Coffee Social 10:00 Bocce Ball 10:00 Exercise with Ashley 11:00 Trivia 11:30 Word Game 1:00 Social Time/Games/ Reading 1:30 Bingo/ Birthday celebration</p> 	<p>9:30 Coffee Social 10:00 Flying Frisbees 10:30 Exercise with Olga 11:00 Latin Music with Julio 1:00 Social Time/Game 1:30 Movie</p> 
<p>9:30 Coffee Social 10:00 Target Toss 10:30 Exercise with Raven 11:00 Music with Laurie And CIL 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo 2:00 Pet Time w/GIGI</p> 	<p>9:30 Coffee Social 10:00 Exercise with Bhan 10:30 Music W/ Rosalie 11:30 Volleyball 1:00 Social Time/Games/ Reading 1:30 Arts and Craft</p> 	<p>9:30 Coffee Social 10:00 Bowling Challenge 10:30 Exercise with Elena 11:00 Angel w/ Flute 1:00 Social Time/Games/ 1:30 Arts and Puzzles</p> 	<p>9:30 Coffee Socia 10:00 Bocce Ball 10:30 Exercise with Ashley 11:00 Johnny Rocket and candy Wrapper 1:00 Social Time/Games/ Reading 1:30 Water coloring</p> 	<p>Sing along w/Laurie</p> 

DAILY: Coffee Social: 9:30 AM. Refreshments: 11:00 a.m. & 2:00 p.m. Lunch: M-F 12:00 noon 2:30PM All Aboard! It's Bus Time!

Alzheimer's Support Group Meetings: 3<sup>rd</sup> Wednesdays of each month from 4:30 – 6:00 p.m.

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