

MT. DIABLO CENTER- ADULT DAY HEALTH CARE - FARSI PROGRAM

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2) 9:30 Coffee Social Time 10:00 Sit & Be fit / Walking 10:30 Joke time 11:00 Art 1:00 Prayer time 1:15 Knitting Club / Reading	3) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11: 00 English Class 1:00 Prayer time 1:15 Bingo	4)  Farsi Program is closed
7) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer time 1:15 Bingo	8) 9:30 Coffee Social Time 10:00 Ring Toss 10:30 Staff led Exercise 11:00 Art 1:00 Prayer time 1:15 Crafts /Card Game	9) 9:30 Coffee Social Time 10:00 Sit & Be fit / Walking 10:30 Wisdom word 11:00 Price is Right 1:00 Prayer time 1:15 Knitting Club / Reading	10) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11:00 English Class 1:00 Prayer time 1:15 Trivia /Riddles	11)
14) 9:30 Coffee Social Time 10:00 kick ball 10:30 Discussion Group 11:15 Exercise 1:00 Prayer time 1:15 Surprise Game	15) 9:30 Coffee Social Time 10:00 Basket ball 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer time 1:15 Knitting Club	16) 9:30 Coffee Social Time 10:00 Outside Walking 10:30 Exercise 11:00 Cooking Class 1:00 Prayer time 1:15 Gardening Class Crazy Socks Day!!!!!!!!!!	18) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11:00 English Class 1:00 Prayer time 1:15 Bingo	19)
		22) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer time 1:15 Bingo 2:00 Music	23) 9:30 Coffee Social Time 10:00 Sit &Be fit 10:30 Joke time 11:00 Movie 1:00 Prayer time 1:15 Intergenerational 2:00 Music	24) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11:00 English Class 1:00 Prayer time 1:15 Health Ed
28) 9:30 Coffee Social Time 10:00 Balloon Bash 10:30 Discussion Group 11:15 Exercise 1:00 Prayer time 1:15 Bingo	29) 9:30 Coffee Social Time 10:00 Darts 10:30 Staff led Exercise 11:00 Art 1:00 Prayer time 1:15 Crafts /Card Game	30) 9:30 Coffee Social Time 10:00 Toss Game 10:30-12:00 Support Group / Dr. Marjan 1:00 Prayer time 1:15 Knitting Club 2:00 Music	31) 9:30 Coffee Social Time 10:00 Staff Led Exercise 10:30 Current Events 11:00 English Class 1:00 Prayer time 1:15 Documentary	25)

490 Golf Club Road, Pleasant Hill, CA. 94523 (925) 682-6330

DAILY: Coffee Social 9:30AM Refreshment: 11 AM LUNCH: M-F 12:00PM 2:30PM All Aboard1 It's Bus Time!