











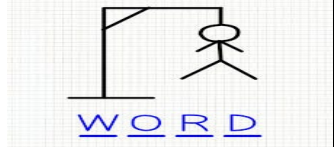
















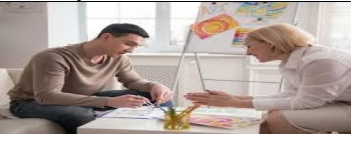



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1		2		3		4	
						09.30am Meet & Greet 10.00am Greek Coffee with Music 11.00am Chair Aerobics 13.00am Balloon Game 14.00pm Men's and Women's Club 15.00pm Room Visit		09.30am Meet & Greet <b>10.00am Church Service</b> <b>10.30am Greek Coffee</b> 11.00am Chair Aerobics 13.00pm Art Therapy at E/W Lounge <b>14.00pm Jokes and Proverbs</b> 15.00pm Room Visits 5.30 Memory photos		09:30am Meet & Greet 10:00am Coffee Outing <b>10.00am Church Service</b> 11.00am Chair Aerobics <b>14:00pm Ring Toss Game</b> 3.00pm Room Visits 5.30pm Special Drinks Night		09:30am Meet & Greet <b>10.00am Gardening</b> 10.00am Greek Coffee Club 11.00am Outdoor Walking <b>14.00pm Movie with snacks</b> 3.00pm One on One Activities	
5		6		7		8		9		10		11	
09:30am Meet & Greet 9.30am Live Church Service 10.00 Greek coffee Club 11.00am Chair Aerobics 1.00pm Group Discussion <b>2.00pm Bingo Fun</b> 3.00pm Individual Activities		09:30am Meet & Greet <b>10.00am Bus Outing</b> 11.00am Seated Exercise <b>1.00pm Shopping trip</b> <b>1.00pm Making Koulouri</b> 3.00pm Room Visits 5.30pm Word Challenge		09:30am Meet & Greet <b>10.00am Church Service</b> 10.00am Greek Coffee Club 11.00am Chair Aerobics <b>2.00pm Entertainment with Sotiris</b> <b>2.00pm Happy Hour</b> 3.00pm Room Visits 5.30pm Aromatherapy with relaxing music		09:30am Meet & Greet <b>10.00am Bus Outing</b> 11.00am Chair Aerobics 1.00pm Ice Cream Trolley 1.00pm Manicure and Hand Massage <b>2.00pm Men's and Women's Club</b> 3.00pm Room Visits 5.30pm Newspaper Reading		09:30am Meet & Greet <b>10.00am Church Service</b> 10.00am Bus Outing 11.00am Chair Aerobic 1.00pm Art Therapy E/W Lounge <b>2.00pm Cooking Club</b> 3.00pm Room Visits 5.30pm Movie with Fruit Snacks		09:30am Meet & Greet 10.00am Church Service 10.00 Coffee Outings 11.00am Seated Exercise 1.0pm Current Affairs from Greece <b>2.00pm Word Challenge</b> 3.00pm Room Visits 5.30pm Hangman Game		09:30am Meet & Greet <b>10.00am Greek Coffee Club</b> 10.30am Zumba Time E/W Lounge 10.30am Outdoor Walking <b>1.00pm Knitting Club</b> 2.00pm Ring Toss Game 3.00pm Individual Activities	
12		13		14		15		16		17		18	
09:30am Meet & Greet 9.30am Live Church Service on TV 10.00am Greek Coffee Club 11.00am Chair Aerobics 1.00pm Aromatherapy & Calm Music <b>2.00pm Bingo Fun</b> 3.00pm Individual Activities		09:30am Meet & Greet 10:00am Greek Coffee Club 10.00am Bus Outing 11.00am Morning Seated Exercise 13.30pm Shopping Outing 2.00pm Movie with Snacks 3.00pm Room Visits 5.30pm Hangman Game		09:30am Meet & Greet <b>10.00am Church Service</b> 11.00am Chair Aerobics 1.00pm Jokes and Proverbs <b>2.00pm Entertainment with Sotiris</b> <b>2.00pm Happy Hour</b> 3.00pm Room Visits 5.30pm Armchair Travel		09:30am Meet & Greet <b>10.00am Bus Outing</b> 10.00am Greek Coffee Club 11.00am Daily Exercise <b>1.00pm Ice Cream Trolley</b> <b>2.00pm Men's and Women's Club</b> 3.00pm Room Visits 5.30pm Movie with Fruit Snacks		09:30am Meet & Greet <b>10.00am Church Service</b> <b>10.00am Bus Trip</b> 11.00am Chair Aerobics <b>13.00pm Art Therapy at E/W lounge</b> 2.00pm Making Bracelet 3.00pm Room Visits 17.30 Dart Game		09:30am Meet & Greet <b>10.00am Church Service</b> <b>10.00am Coffee Outing</b> 11.00am Chair Aerobics 1.00pm Aromatherapy & Relaxing music <b>2.00pm Manicure and Hand Massage</b> 3.00pm Room Visits 17.30 Hangman Game		09:30am Meet & Greet 10.00am Greek Coffee Club <b>10.30 Gardening</b> 11.00am Outdoor Walking 1.00pm Movie with snacks <b>2.00pm Ring Toss Game</b> 3.00pm Group Discussion	
19		20		21		22		23		24		25	
09:30am Meet & Greet <b>9.30am Live Church Service on TV</b> 10.00am Greek Coffee Club 11.00am Chair Aerobics 14.00pm Bingo Fun 3.00pm Group Discussion		09:30am Meet & Greet <b>10.00 Bus Outing</b> 11.00am Seated Exercise 1.00pm Aromatherapy with Music <b>1.00 Shopping Trip</b> 3.30pm Room Visits 1730pm Dart Game		09:30am Meet & Greet <b>10.00am Church Service</b> 11.00am Chair Aerobics 1.00pm Jokes and Proverbs <b>14.00 Entertainment with Sotiris</b> <b>14.00 Happy Hour</b> 3.00pm Room Visits 17.30pm Hangman Game		09:30am Meet & Greet <b>10.00am Greek Coffee Club</b> 11.00am Seated Exercise 1.00pm Ice Cream Trolley <b>2.00pm Men's and Women's Club</b> 3.00pm Individual Activities 5.30 Newspaper Reading		09:30am Meet & Greet 10.00am Church Service 11.00am Greek Coffee with music 11.00am Seated Exercise 1.00pm Art Therapy E/W Lounge 02.00pm Cooking Club 3.00pm Room Visits 5.30pm Memory Game		09.30am Meet & Greet 10.00am Church Service 11.00am Chair Aerobics 13.00pm Hand Massage and Manicure 14.00pm Knitting Club 15.00pm Room Visits 5.30pm Special Drink Night		09:30am Meet & Greet 10.00am Greek Coffee Club 10.30am Outdoor Walking 1.00pm Movie with snacks <b>2.00pm Ring Toss Game</b> 3.00pm Group Discussions	
26		27		28		29		30		31			
09:30am Meet & Greet 9.30am Live Church Service on TV 10.00am Greek Coffee with music <b>11.00 Guided Walk</b> 1.00pm Aromatherapy & Calm Music <b>2.00pm Bingo Fun</b> 3.00pm Individual Activities		09:30am Meet & Greet <b>10.00 Bus Outing</b> 11.00am Chair Aerobics <b>1.00pm Current Affairs from Greece</b> <b>1.00 Shopping Trip</b> 3.30pm Room Visits 5.30pm Quiz Game		09:30am Meet & Greet 10.00am Church Service 11.00am Seated Exercise 1.00pm Aromatherapy <b>14.00pm Entertainment with Sotiris</b> <b>14.00pm Happy Hour</b> 3.00pm Room Visits 17.30pm Memory Games		09:30am Meet & Greet <b>10.00am Bus Outing</b> 10.00am Greek Coffee Club 11.00am Lunch Outing <b>1.00pm Ice Cream Trolley</b> <b>2.00pm Men's and Women's Club</b> 3.00pm Room Visits 5.30pm Movie with Fruit Snacks		09:30am Meet & Greet <b>10.00am Church Service</b> <b>10.00am Bus Trip</b> 11.00am Greek Coffee Club 11.00am Chair Aerobics <b>13.00pm Art Therapy at E/W lounge</b> 2.30pm Armchair Travel 3.00pm Room Visits 17.30 Dart Game		09:30am Meet & Greet <b>10.00am Church Service</b> <b>10.00am Coffee Outing</b> 11.00am Chair Aerobics 13.00pm Entertainment with Lidia <b>2.00pm Monthly Birthday Celebration</b> 3.00pm Room Visits 17.30 Hangman Game			

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