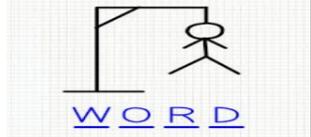


| Sunday |  | Monday |  | Tuesday |   | Wednesday |   | Thursday |  | Friday |  | Saturday |  |
|--------|--|--------|--|---------|---|-----------|---|----------|--|--------|--|----------|--|
|        |  |        |  |         |   | 1         |    | 2        |   | 3      |   | 4        |   |
|       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

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