

Mental Health America of East Central Florida, Inc.
 661 Beville Rd Suite 114 & 115
 South Daytona, FL 32119
 386 252-5785

MENTAL HEALTH AWARENESS MONTH

JANUARY 2025																															
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																									
			1 CLOSED 	2 Round Table 	3 BINGO EXERCISE 	4 HAPPY NEW YEAR 																									
5	6 Arts & Crafts EXERCISE 	7 SAFETY ELECTRICITY 	8 EXERCISE 	9 LYLW 	10 BINGO EXERCISE 	11																									
12	13 Round Table 	14 EXERCISE 	15 LYLW 	16 Reading 	17 BINGO EXERCISE 	18																									
19	20 M.L.K. Day 	21 Hygiene class 	22 EXERCISE 	23 Arts & Crafts 	24 BINGO EXERCISE 	25																									
26 	27 Arts & Crafts EXERCISE 	28 GAME DAY 	29 Round table 	30 Meditation 	31 BINGO <table border="1" data-bbox="1493 1333 1713 1463"> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>26</td><td>★</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>39</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	14	24	44	53	68	7	28	31	54	73	2	26	★	51	67	3	22	39	57	75	9	20	37	50	71	
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