

Mental Health America of East Central Florida, Inc.

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SEASONAL EFFECTIVE DISORDER MONTH

| DECEMBER 2025                                                                                            |                                                                                                         |                                                                                                               |                                                                                                          |                                                                                                                    |                                                                                                       |                                                                                                              |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Sunday                                                                                                   | Monday                                                                                                  | Tuesday                                                                                                       | Wednesday                                                                                                | Thursday                                                                                                           | Friday                                                                                                | Saturday                                                                                                     |
|                         | 1<br>                  | 2 Game Day<br>               | 3 ROUNDTABLE<br>       | 4 Arts & Crafts EXERCISE<br>    | 5 BINGO<br>        | 6<br>                     |
| 7                                                                                                        | 8 Arts & Crafts<br>    | 9 ROUNDTABLE<br>             | 10 SAFETY EXERCISE<br> | 11 LYLW<br>                     | 12 BINGO<br>       | 13                                                                                                           |
| 14                                                                                                       | 15 Hygiene Class<br>  | 16<br>                      | 17 EXERCISE<br>       | 18 Arts & Crafts<br>           | 19 FIRE DRILL<br> | 20                                                                                                           |
| 21                                                                                                       | 22 Round Table<br>   | 23 Arts & Crafts BINGO<br> | 24 CLOSED<br>        | 25 Merry Christmas CLOSED<br> | 26 CLOSED<br>    | 27                                                                                                           |
| 28 HAPPY HOLIDAYS<br> | 29 Arts & Crafts<br> | 30 Game Day<br>            | 31 Round table<br>   | 1 CLOSED<br>                  | 2 BINGO<br>      | HAPPY NEW YEAR 2026<br> |