

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 • Chagford H.C	3 • Cheriton Bishop	4 • Blake House	5 • Okehampton Medical Centre	6 • Okehampton Medical Centre	7 • Tor Support • Strength and Balance 10:45-12:45 (Chagford) • Strength and Balance 11:00-12:30 (OMC) • Mental Health drop in (OMC)
8	9 • Chagford H.C	10 • Cheriton Bishop	11 • Blake House	12 • Okehampton Medical Centre	13 • Okehampton Medical Centre	14 • Tor Support • Strength and Balance 10:45-12:45 (Chagford) • Strength and Balance 11:00-12:30 • Coils (OMC) • Care coordinator (OMC)
15	16 • Chagford H.C	17 • Cheriton Bishop	18 • Blake House	19 • Okehampton Medical Centre	20 • Okehampton Medical Centre	21 • Tor Support • Mental Health drop in (OMC)
22	23 • Chagford H.C	24 • Cheriton Bishop	25 CHRISTMAS DAY	26 BOXING DAY	27 • Okehampton Medical Centre	28
29	30 • Chagford H.C	31 • Cheriton Bishop	1	2	3	4