

Summary table for January activities, organized by day of the week (月, 火, 水, 木, 金, 土) and time slots (午前, 午後). It lists various activities like walking, exercises, and social events.

Special notices and advertisements. Includes '年末年始休館のお知らせ' (Year-end/New Year closure notice), '大人のぬりえサロン' (Adult coloring salon), and '新しい生活スタイル健康ポイントをためよう!' (Let's earn health points for a new lifestyle!).

Main activity schedule grid for January. Each cell contains details for a specific day and time slot, including activity names, room numbers, and special notes.

Final row of the activity schedule for January 31st, including activities like 'フラダンス(同)[振]' and 'スマホ講座'.

Notice for '1月『筋肉量測定』28日(金)' (January Muscle Mass Measurement on Jan 28th), including time slots and application details.

Notice for '2月『血管年齢測定』10日(木)' (February Blood Vessel Age Measurement on Feb 10th), including time slots and application details.

Notice titled '予定表の見方' (How to read the schedule), explaining that activities may be canceled or modified based on the judgment of staff or instructors.