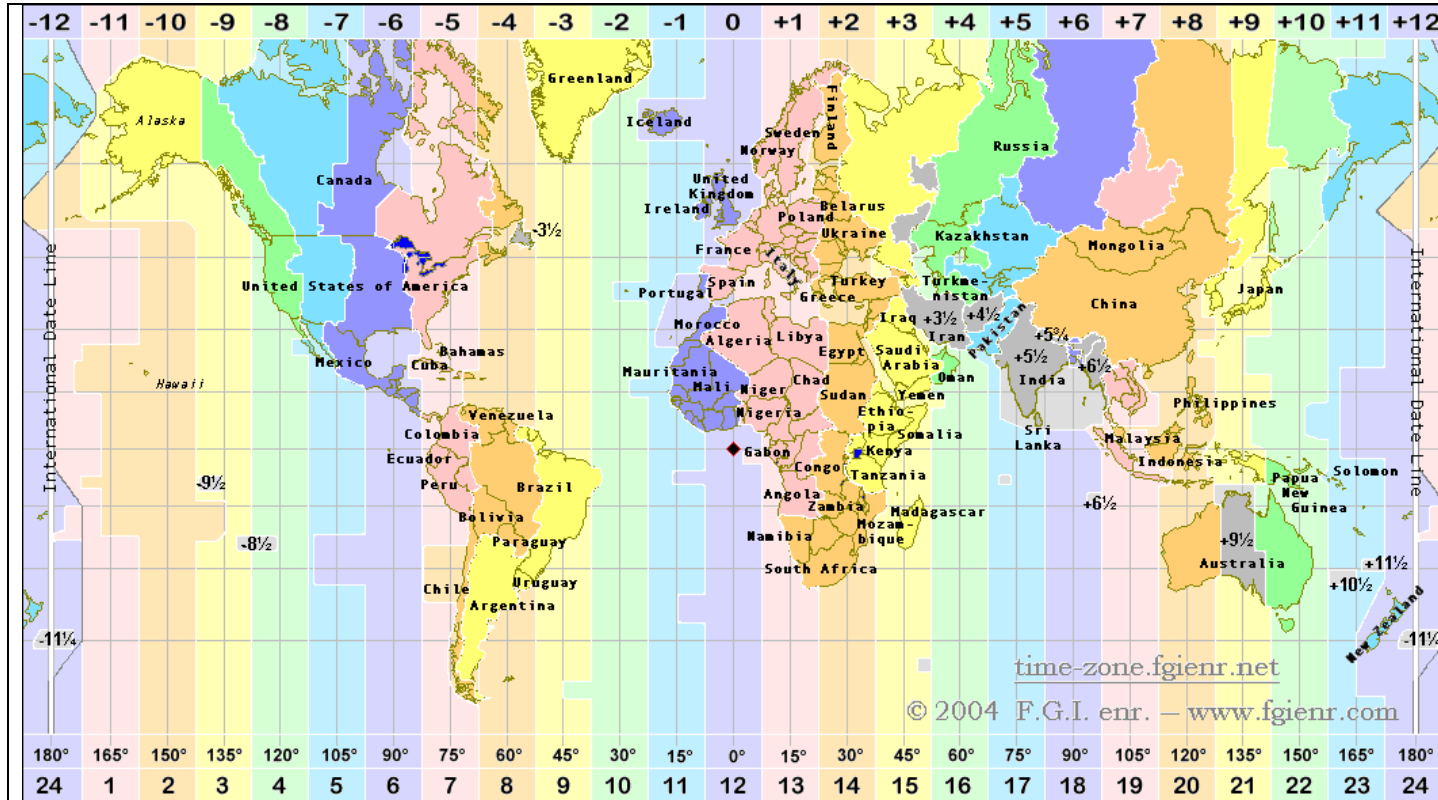


A Global Program Exchange for Positive Aging



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**Please check your Time Zone and adjust for seasonal changes in March and October!**



A Global Program Exchange for Positive Aging

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Carleen Cullen	Richard Agnes Molly	Kari Barbara Kim	Jan Penne Bruce Bran Betsy Kathie	Silvia	Vera Hans Marie	Patricia Moira Dieter Liliane Dana Gabriel Ana Krancj Francis (Cameroon) David (Nigeria)	Vselovod Galina Riina  Lynda Grace (SouthAfrica)	Gulnara	Pasu	Illango	Teresa Leng Leng	Nan Jean Philip	Meg
<b>-10</b>	<b>-8</b>	<b>-7</b>	<b>-5</b>	<b>-3</b>	<b>0</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5,30</b>	<b>+7</b>	<b>+11</b>	<b>+13</b>
<b>HST</b>	<b>PST</b>	<b>MST</b>	<b>EST</b>	<b>ART</b>	<b>GMT</b>	<b>CET</b>	<b>EET</b>	<b>MSK</b>	<b>MUT</b>	<b>IST</b>	<b>HKT</b>	<b>AEDT</b>	<b>NZDT</b>
08h	11h	12h	14h	16h	19h	20h	21h	22h	23h	0h30	02h	06h	08h
10h	13h	14h	16h	18h	21h	22h	23h	24h	01h	2h30	04h	08h	10h
02h	04h	05h	07h	09h	12h	13h	14h	15h	16h	17h30	19h	23h	01h
04h	06h	07h	09h	11h	14h	15h	16h	17h	18h	19h30	21h	01h	03h