Hootsuite

Login to Hootsuite.com.
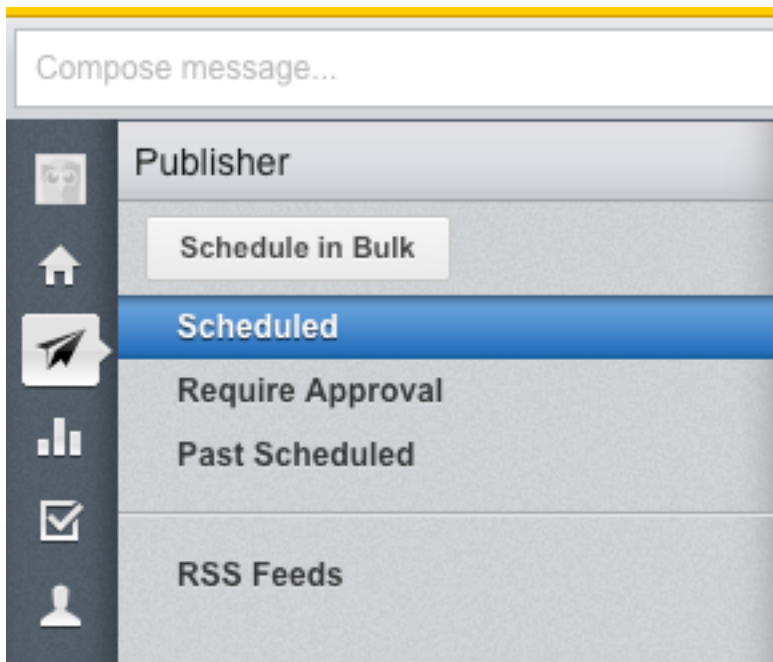
User: marion.reynolds
Pass: mr454545

Click on the Publisher icon:

Compose your message in the Compose Message text box by clicking in the space:

Hootsuite

Set the schedule date and time and check the box to Email me when message is sent.

Then you need to select the social networks to send from and you do so in the drop down box to the right of the Compose Message text box:

Click in the drop down box to see your social network options and choose whichever profile you wish to use to post the message to the wall.