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| **Day Opportunities Daily Planner**  Happy Friendship Week  Date 05/08/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 11:00** | **Tea, Coffee Morning** | |  |
| **11:00 – 12:00** | **Group 1**  **Making a friendship bracelet** | **Group 2**  **Friendship circle time**  **Discussions & word game** |  |
| **12:00 - 12:30** | **Group 1**  **Seated Yoga** | **Group 2**  **Picture quiz** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Playing ring toss game** | **Group 2**  **Cognitive stimulation** |  |
| **14:30 - 15:00** | **Enjoy the Music** | |  |