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| **Day Opportunities Daily Planner**    Date 06/10/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 11:00** | **Tea & Coffee Morning** | |  |
| **11.00 – 12:00** | **Group 1**  **Film Club 10:00 – 12:00** | **Group 2**  **Preparing Activities Leaf Stencils** |  |
| **12:00 -12:30** | **Group 1**  **Seated Yoga** | **Group 2**  **Attending the garden,**  **Watering & Weeding** |  |
| **12:30 -13:30** | **Lunch** | |  |
| **13:30- 14:30** | **Group 1**  **Cognitive stimulation** | **Group 2**  **Charades** |  |
| **14:30 -15:00** | **Enjoy the Music** | |  |