|  |
| --- |
|  **Day Opportunities Daily Planner**  Date 07/07/2025 |
| **Time** | **Activity** |  |
| **10:00 – 11:00** | **Coffee Morning** |  |
| **11.00 – 12:00** | **Group 1** **Seaside Painting** | **Group 2****Gardening**  |  |
|  **12:00 -12:30** | **Group 1****Seated exercise**  | **Group 2** **Memory tray seaside game**  |  |
|  **12:30 -13:30** | **Lunch** |  |
| **13:30- 14:15** | **Group 1** **Cognitive stimulation**  | **Group 2** **Picture quiz** |  |
|  **14:15 -15:00** |  **Enjoy the songs** |  |