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| **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** | |  |