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| **Day Opportunities Daily Planner**  Happy Friendship Week  Date 07/08/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 11:00** | **Coffee Morning** | |  |
| **11:00 – 12:00** | **Group 1**  **Friendship circle time discussion**  **& word game** | **Group 2**  **Senior sing- along**  **with Jenny** |  |
| **12:00 - 12:30** | **Group 1**  **Yoga**  **with Ros** | **Group 2**  **Cognitive stimulation** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Picture quiz** | **Group 2**  **Making a friendship bracelet** |  |
| **14:30 - 15:00** | **Enjoy the music** | |  |