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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** |  |