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|  **Day Opportunities Daily Planner** Seaside Week Date 08/07/2025 |
| **Time** | **Activity** |  |
| **10:00 – 11:00** | **Coffee Morning** |  |
|  **11:00 -12:00** | **Group 1** **Seaside Reminiscing**  | **Group 2** **Senior singers**  **with Jenny**  |  |
|  **12:00 -12:30** | **Group 1****Seated exercise** | **Group 2****Cognitive stimulation** |  |
|  **12:30 -13:30** | **Lunch** |  |
| **13:30- 14:15****Out Of the Frame – Wallace Collection Visit** | **Group 1** **Tin Can Ally Game**  | **Group 2****Beach Bingo** |  |
|  **14:15 -15:00** |  **Enjoy the day with your choice of songs** |  |