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| **Day Opportunities Daily Planner**  **Harvest Festival**  Date 08/10/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 11:00** | **Tea & Coffee Morning** | |  |
| **11.00 – 12:00** | **Group 1**  **Senior Singers with Jenny**  **@ 11:15 – 12:15** | **Group 2**  **Creating Leaf Pictures** |  |
| **12:00 -12:30** | **Group 1**  **Seated Yoga** | **Group 2**  **Discussion on Harvest**  **Festival** |  |
| **12:30 -13:30** | **Lunch** | |  |
| **13:30- 14:30** | **Group 1**  **Cognitive stimulation** | **Group 2**  **Jeopardy Quiz** |  |
| **14:30 -15:00** | **Enjoy the Music** | |  |