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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** |  |