

# Day Opportunities Daily Planner

Date 16/01/24

Time	Activity		
10:00 – 10:30	Coffee Morning		
10.30 – 12:00	<u>Group 1</u> <b>Discussion</b> ( Martin Luther King ) <b>with Melissa</b>	<u>Group 2</u> <b>Making a Mosaic</b> ( Kharadra ) <b>With Malalay</b>	
12:00-12:30	<b>Yoga</b> <b>With Sue</b>	<b>Cognitive stimulation</b> <b>with Melissa</b>	
12:30-13:30	Lunch		
13:30-14:30	<b>Table top Tennis</b> <b>With Melissa</b>	<b>Word Games</b> <b>With Malalay</b>	
14:30- 15:00	Sing along		