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|  **Day Opportunities Daily Planner**  Date 16/06/25  |
| **Time** | **Activity** |  |
| **10:00 – 10:30** | **Coffee Morning** |  |
| **10:30 – 12:00** | **Group 1****Preparing Dessert**  | **Group2** **Replanting Plants** |  |
| **12:00-12:30** | **Group 1****Chair Yoga** | **Group 2** **Preparing Heart Templates** |  |
| **12:30-13:30** | **Lunch** |  |
| **13:30-14:30** | **Group 1****Cognitive Stimulation**  | **Group 2** **Card Bingo** |  |
| **14.30 -15:00** | **Enjoy The Music** |  |