|  |  |  |  |
| --- | --- | --- | --- |
| **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** | |  |