

Day Opportunities Daily Planner

Date 18/01/24

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