

Day Opportunities Daily Planner

Date 19/01/24

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