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| **Day Opportunities Daily Planner**    Date22/09/2025 | | | |
| **Time** | **Activity** | | **Lead** |
| **10:00 – 11:00** | **Breakfast club** | |  |
| **11:00 – 12:00** | **Group 1**  **Preparing sample reef for activities** | **Group 2**  **Tabletop Tennis** |  |
| **12:00 - 12:30** | **Group 1**  **Seated Exercise** | **Group2** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:15** | **Group 1**  **Cognitive Stimulation** | **Group 2**  **Knit & Natter** |  |
| **14:30 - 15:00** | **Music from Famous Musicals** | | **Everyone** |