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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** |