|  |  |  |  |
| --- | --- | --- | --- |
| **Day Opportunities Daily Planner**  **Travel Europe**  Date 21/07/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 11:00** | **Tea & Coffee Morning** | |  |
| **11:00 – 12:00** | **Group 1**  **Gardening** | **Group 2**  **Making non-alcoholic Spanish sangria & birthday cake** |  |
| **12:00 - 12:30** | **Group 1**  **Seated Yoga/Exercise** | **Group 2**  **Quiz about Europe** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Cognitive Stimulation** | **Group 2**  **Painting Pointilism**  **(Georges Seurat’s The Bather)** |  |
| **14:30 - 15:00** | **Birthday Celebration & Music** | |  |