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|  **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** |  |