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|  **Day Opportunities Daily Planner** Italian Week Date 30/05/2025 |
| **Time** | **Activity** |  |
| **10:00 – 11:00** |  **Tea & Coffee Morning**  |  |
| **11:00 – 12:00** | **Group 1** **Preparing Taster Session Pizza & Tiramisu**  | **Group 2****Senior Singers**  |  |
| **12:00 - 12:30** | **Group 1** **Yoga**  | **Group 2****Italian Food Trivia**  |  |
| **12:30 - 13:30** | **Lunch** |  |
|  **13:30 - 14:30** | **Group 1** **Cognitive Stimulation** | **Group 2** **Arm Chair Tour of Italy** |  |
|  **14:30 - 15:00** |  **Italian Taster Session**  |  |