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| **Day Opportunities Daily Planner**  Martin Luther King’s Week    Date 13/01/2025 | | | |
| **Time** | **Activity** | | **Lead** |
| **10:00 – 10:30** | **Tea, Coffee Morning** | |  |
| **10:30 – 12:00** | **Group 1**  **Making a Calendar** | **Group 2**  **Cooking preparation** | **&**  **Volunteers** |
| **12:00 - 12:30** | **Group 1**  **Seated Yoga** | **Group 2**  **Cognitive stimulation** | **&**  **Volunteers** |
| **12:30 - 13:30** | **Lunch** | | **Joka** |
| **13:30 - 14:30** | **Group 1**  **Playing ring toss game** | **Group 2**  **Board games** | **&**  **Volunteers** |
| **14:30 - 15:00** | **Enjoy the Music** | | **Everyone** |