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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** |