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| **Day Opportunities Daily Planner**  Martin Luther King’s Week  Date 14/01/2025 | | | |
| **Time** | **Activity** | | **Lead** |
| **10:00 – 11:00** | **Tea, Coffee Morning & chat about**  **Martin Luther King life story** | |  |
| **11:00 – 12:00** | **Group 1**  **Baking a birthday Cake** | **Group 2**  **Yoga**  **with Sue** | **&**  **Volunteers** |
| **12:00 - 12:30** | **Group 1**  **General knowledge Quiz** | **Group 2**  **Cognitive stimulation** | **&**  **Volunteers** |
| **12:30 - 13:30** | **Lunch** | | **Joka & Franco** |
| **13:30 - 14:30** | **Group 1**  **Winter scattergories** | **Group 2**  **Creating Winter Art** | **&**  **Volunteers** |
| **14:30 - 15:00** | **Enjoy the Music** | | **Everyone** |