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| **Day Opportunities Daily Planner**  Martin Luther King’s Week  Date 15/01/2025 | | | |
| **Time** | **Activity** | | **Lead** |
| **10:00 – 10:30** | **Tea & Coffee Morning** | |  |
| **10:30 – 12:00** | **Group 1**  **Winter scattergories** | **Group 2**  **Making a Martin Luther King**  **Timeline Poster** | **&**  **Volunteers** |
| **12:00 - 12:30** | **Group 1**  **Seated Yoga** | **Group 2**  **Cognitive stimulation**  **with Maria** | **&**  **Volunteers** |
| **12:30 - 13:30** | **Lunch** | | **Joka** |
| **13:30 - 14:30** | **Group 1**  **Creating Winter Art** | **Group 2**  **General knowledge Quiz** | **&**  **Volunteers** |
| **14:30 - 15:00** | **Birthday celebration / enjoy the Music** | | **Everyone** |