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|  **Day Opportunities Daily Planner** International Men’s Week  Date 18/11/2024 |
| **Time** | **Activity** |  |
| **10:00 – 11:00** |  **Breakfast Club** |  |
| **11:00 – 12:00** | **Group 1****Gardening** | **Group 2** **Making St. Andrew’s bunting**  |  |
| **12:00 - 12:30** | **Group 1** **Seated exercise** | **Group 2****Cognitive stimulation** |  |
| **12:30 - 13:30** | **Lunch** |  |
|  **13:30 - 14:30** | **Group 1** **Playing skittle game**  | **Group 2** **Bingo** |  |
|  **14:30 - 15:00** |  **Enjoy the Music** |  |