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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** | |  |