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| **Day Opportunities Daily Planner**  Date 20.02.2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 10:30** | **Tea & Coffee Morning** | |  |
| **10:30 – 12:00** | **Group 1**  **Making Pot Pouri**  **With Donna** | **Group 2**  **Act of Kindness Messages**  **With Sue** |  |
| **12:00 - 12:30** | **Group 1**  **Yoga With Ros** | **Group 2**  **Cognitive Stimulation**  **With Donna** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Coffee Tasting Session**  **With Donna** | **Group 2**  **The Wheel Game**  **With Sue** |  |
| **14:30 - 15:00** | **Music 1970’s to 1980’s** | |  |