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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** |  |