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| **Day Opportunities Daily Planner**  International Men’s Week  Date 20/11/2024 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 10:30** | **Tea & Coffee Morning** | |  |
| **10:30 – 12:00** | **Group 1**  **Baking a birthday cake /Find the name of the tools** | **Group 2**  **International Men’s Day**  **Word game** |  |
| **12:00 - 12:30** | **Group 1**  **Seated Yoga** | **Group 2**  **Cognitive stimulation** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Gent grooming / Pampering** | **Group 2**  **Guess the drink challenge/ Quiz** |  |
| **14:30 - 15:00** | **A birthday celebration / Enjoy the Music** | |  |