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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** |  |