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| **Day Opportunities Daily Planner**  Happy Nowruz Week (Persian New Year)  Date 21/03/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 10:30** | **Tea & Coffee Morning** | |  |
| **10:30 – 12:00** | **Group 1**  **Making a brooch or a hair clip**  **with** | **Group 2**  **Baking a birthday cake**  **with** |  |
| **12:00 - 12:30** | **Group 1**  **Seated Yoga**  **with** | **Group 2**  **Cognitive stimulation**  **with** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Quiz**  **with** | **Group 2**  **Pass the ball game**  **with** |  |
| **14:30 - 15:00** | **Birthday celebration / multicultural songs** | |  |