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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** |  |