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| **Day Opportunities Daily Planner**  Valentines Day Week  Date 10/02/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 10:30** | **Tea & Coffee Morning** | |  |
| **10:30 – 12:00** | **Group 1**  **Prepare the activities**  **With Donna** | **Group 2**  **Repotting plants with Melissa** |  |
| **12:00 - 12:30** | **Group 1**  **Movement to music**  **With Donna** | **Group 2**  **Cognitive stimulation**  **With Melissa** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Pampering/grooming**  **With Melissa** | **Group 2**  **Writing a short story with Donna** |  |
| **14:30 - 15:00** | **Let’s Sing Together** | |  |