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| A red flowers and numbers with a deer  Description automatically generated **Day Opportunities Daily Planner** **Welcoming the New Year**  Date 07/01/2025 AOC |
| **Time** | **Activity** |  |
| **10:00 – 11:00** | **Coffee Morning & Newspaper Review** |  |
| **11:00 – 12:00** | **Group 1****Creating a Day mocktail** **with Tamara, Malalay** | **Group 2****Senior singers** |  |
| **12:00-12:30** | **Group 1****Chair Yoga** **with Malalay**  | **Group 2****Cognitive stimulation with Tamara** |  |
| **12:30-13:30** | **Lunch** |  |
| **13:30-14:30** | **Group 1****New year themed Photo shoot****with Malalay**  | **Group 2****New Year's Celebration Quiz****with Tamara** |  |
| **14:30- 15:00** | **Testing session and Sing-along** |  |