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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** | | |  |