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| **Day Opportunities Daily Planner** Welcoming the New Year  Date 09/01/2025 AOC |
| **Time** | **Activity** |  |
| **10:00 – 10:30** | **Coffee Morning & Newspaper Review** |  |
| **10:30 – 12:00** | **Group 1****New Year's Celebration Quiz****with Malalay**  | **Group 2****Crafting Party Hats** **with Tamara** |  |
| **12:00-12:30** | **Group 1****Chair Yoga****with Tamara**  | **Group 2****Cognitive stimulation****with Malalay** |  |
| **12:30-13:30** | **Lunch** |  |
| **13:30-14:30** | **Group 1****New Year Charades with Tamara**  | **Group 2****New Year's Celebration Quiz****with Malalay** |  |
| **14:30- 15:00** | **Testing session and Sing-along** |  |