

Wilton Overlook 1st Floor Weekly Calendar

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00		Morning Exercise	Movement with Music	Morning Exercise	Movement with Music	Chair Exercise	
10:30		Things that Make Me Happy	Word Games	Reminisce	Trivia	LifeLoop	Bingo (Meeting Hall)
11:00	Protestant Church Service (Meeting Hall)						
1:30	Afternoon Stretch	Sensory & Relaxation	Afternoon Stretch		Rummikub Game	Afternoon Stretch	
2:00	Trivia	Famous Faces	Baking	Catholic Mass (Meeting Hall)	Rosary (4 th Floor)	Cornhole, Bowling, Bean Bag Toss...	Arts and Crafts
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3:00	Sing A Long	Group Discussion	Adaptive Sports (Cornhole, Bowling, Bean Bag Toss...)	Short Stories/ Riddles and Jokes	Garden Visits	Happy Hour	Word Games
4:00		Word Games	Sing A Long	Sensory & Relaxation	Geography	Finish the Phrase	
6:00			Reminisce/ Games	Bingo			