

# Wilton Overlook 4<sup>th</sup> Floor Weekly Calendar

| Time  | Sunday                           | Monday                           | Tuesday                             | Wednesday                         | Thursday                        | Friday                         | Saturday                                |
|-------|----------------------------------|----------------------------------|-------------------------------------|-----------------------------------|---------------------------------|--------------------------------|-----------------------------------------|
| 9:30  | Meet & Greet                     | Meet & Greet                     | Meet & Greet                        | Meet & Greet                      | Meet & Greet                    | Meet & Greet                   | Meet & Greet                            |
| 10:00 | Prayer Support Group - <b>LR</b> | Morning Exercise - <b>LR</b>     | Sit & Stretch - <b>LR</b>           | Morning Exercise - <b>LR</b>      | Sit & Stretch- <b>LR</b>        | Exercise - <b>LR</b>           | Morning Exercise - <b>LR</b>            |
| 10:30 |                                  | Trivia - <b>LR</b>               | Music and Groovin' - <b>LR</b>      | Music with Lydia - <b>LR</b>      | Jeopardy - <b>LR</b>            | Family Feud - <b>LR</b>        | Bingo - <b>DR</b>                       |
| 11:00 |                                  | Protestant Church (Meeting Hall) |                                     | 1:1 Room Visits                   |                                 |                                |                                         |
| 1:00  | Afternoon Stretch - <b>LR</b>    | Afternoon Stretch - <b>LR</b>    | Afternoon Stretch - <b>LR</b>       | Inspirational Stories - <b>LR</b> | Afternoon Stretch - <b>LR</b>   | Afternoon Stretch - <b>LR</b>  | Hand Massages - <b>LR</b>               |
| 1:30  | Group Discussions - <b>FR</b>    | Hand Massages- <b>FR</b>         | Reminisce - <b>FR</b>               | Relax to Soft Music - <b>FR</b>   | Crossword Puzzles - <b>FR</b>   | 1:1 Room Visits                | You Be the Judge - <b>FR</b>            |
| 2:00  | Anagrams - <b>LR</b>             | Baking - <b>DR</b>               | Arts & Crafts - <b>AR</b>           | Catholic Mass (Meeting Hall)      | Rosary - <b>FR</b>              | Hand Massages - <b>FR</b>      | Residents Pick the Activity - <b>LR</b> |
| 2:30  | Sing A Long - <b>FR</b>          | Sing A Long - <b>FR</b>          |                                     |                                   | Adaptive Sports - <b>LR</b>     | Ball Toss - <b>LR</b>          | Trivia - <b>FR</b>                      |
| 3:00  | Social Hour - <b>DR</b>          | Social Hour - <b>DR</b>          | Social Hour - <b>DR</b>             | Social Hour - <b>DR</b>           | Social Hour - <b>DR</b>         | Social Hour - <b>DR</b>        | Social Hour - <b>DR</b>                 |
| 3:30  | Travel Club - <b>FR</b>          | Wii Bowling - <b>FR</b>          | LifeLoop - <b>FR</b>                | Walking Club                      | Garden/Patio Visits             | Reminisce - <b>FR</b>          | Painting - <b>AR</b>                    |
| 4:00  | Name that Tune - <b>LR</b>       | Famous Faces - <b>LR</b>         | Cornhole Game - <b>LR</b>           | Word Games - <b>LR</b>            | Folding and Sorting - <b>LR</b> | Word Games - <b>LR</b>         | Travel Club - <b>LR</b>                 |
| 6:00  | Short Stories - <b>LR</b>        | Bingo - <b>DR</b>                | Nail Care/Hand Massages - <b>LR</b> | Discussion Group - <b>LR</b>      | Evening Stretch - <b>LR</b>     | Discussion Group - <b>LR</b>   | Resident Biographies - <b>LR</b>        |
| 6:30  | Evening Stretch - <b>LR</b>      |                                  | Chair Yoga - <b>LR</b>              | Farmer's Almanac - <b>LR</b>      | Short Stories - <b>LR</b>       | Music & Meditation - <b>LR</b> | Relax to Soft Music - <b>LR</b>         |

Key Code: **LR** = Living Room, **FR** = Family Room, **AR** = Art Room, **DR** = Dining Room