

# Wilton Overlook 1<sup>st</sup> Floor Weekly Calendar

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00</b>	<b>Morning Praise</b>	<b>Morning Exercise</b>		<b>Morning Exercise</b>		<b>Chair Exercise</b>	
<b>10:30</b>		<b>Things that Make Me Happy</b>		<b>Jingo</b>		<b>Trivia</b>	<b>Bingo (Meeting Hall)</b>
<b>11:00</b>	<b>Protestant Church Service (Meeting Hall)</b>		<b>Movement with Music</b>		<b>Movement with Music</b>		
<b>1:30</b>	<b>Afternoon Stretch</b>		<b>Facetimes</b>				
<b>2:00</b>	<b>Bible Trivia</b>	<b>Famous Faces</b>	<b>Nail Care &amp; Hand Massages</b>	<b>Catholic Mass (Meeting Hall)</b>	<b>Baking</b>	<b>Wii Bowling</b>	<b>Short Stories/ Riddles and Jokes</b>
<b>3:30</b>	<b>Sing A Long</b>	<b>Word Games</b>	<b>Adaptive Sports (Cornhole, Bowling, Bean Bag Toss...)</b>	<b>Arts and Crafts</b>	<b>Happy Hour</b>	<b>Sing A Long</b>	<b>Group Discussion</b>
<b>4:00</b>					<b>Facetimes</b>		
<b>6:00</b>					<b>Family Feud Game</b>		