

Wilton Overlook 1st Floor Weekly Calendar

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