

Wilton Overlook 2nd Floor Weekly Calendar

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---|-------------------|-----------------------------|---------------------------------|------------------|--|-------------------------|
| 10:00 | My Daily Bread & Inspirational Stories | Sit and Be Fit | Movement to Music | Exercise | Morning Stretch | Fitness Fun | |
| 10:30 | | Mystery Mondays | Trivia | Bingo/Jingo | Discussion Group | Story Telling | Bingo (Meeting Hall) |
| 11:00 | Protestant Church Service (Meeting Hall) | | | | | | |
| 1:30 | | Puzzles | Card Games | | | | |
| 2:00 | Afternoon Stretch | Riddles and Jokes | Outdoor Visits on the Patio | Catholic Mass (Meeting Hall) | Sing Along | Arts and Crafts | Trivia |
| 3:00 | Anagrams | Bingo | Manicures & Hand Massages | Word Games | Happy Hour | Adaptive Sports (Cornhole, Bowling, Bean Bag Toss...) | Happy Hour |
| 4:30 | | | | | Facetime | | |
| 6:00 | | Word Games | Short Stories | | | | |