

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	Sing Along	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)	Bingo/Jingo	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				