

## Wilton Overlook 1<sup>st</sup> 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	Music Therapy with Lydia		Jingo	Bingo (Meeting Hall)
11:00	Protestant Church Service (Meeting Hall)				Movement with Music		
1:30	Afternoon Stretch				Afternoon Stretch		
2:00	Trivia	Famous Faces	Adaptive Sports (Cornhole, Bowling, Bean Bag Toss...)	Catholic Mass (Meeting Hall)	Baking	Wii Bowling	Arts and Crafts
3:00	Sing A Long	Group Discussion	Snow Balls Served	Short Stories/ Riddles and Jokes	Geography	Happy Hour	Word Games
4:00							
6:00					Reminisce/ Games		