

# Wilton Overlook 4<sup>th</sup> Floor Weekly Calendar

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet
10:00	Prayer Support Group - <b>LR</b>	Morning Exercise - <b>LR</b>	Sit & Stretch - <b>LR</b>	Morning Exercise - <b>LR</b>	Sit & Stretch- <b>LR</b>	Exercise - <b>LR</b>	Morning Exercise - <b>LR</b>
10:30		Trivia - <b>LR</b>	Music Therapy with Lydia - <b>LR</b>	Jeopardy - <b>LR</b>	Trivia <b>LR</b>	Family Feud - <b>LR</b>	Bingo - <b>DR</b>
11:00			1:1 Room Visits				
1:00	Afternoon Stretch - <b>LR</b>	Afternoon Stretch - <b>LR</b>	Nail Care/Hand Massages - <b>LR</b>	Inspirational Stories - <b>LR</b>	Afternoon Stretch - <b>LR</b>	Afternoon Stretch - <b>LR</b>	Hand Massages - <b>LR</b>
1:30	Group Discussions - <b>FR</b>	Hand Massages- <b>FR</b>	Reminisce - <b>FR</b>	Relax to Soft Music - <b>FR</b>	Crossword Puzzles - <b>FR</b>	1:1 Room Visits	You Be the Judge - <b>FR</b>
2:00	Anagrams - <b>LR</b>	Walking Group	Ceramics - <b>AR</b>	Catholic Mass (Meeting Hall)	Baking - <b>DR</b>	Hand Massages - <b>FR</b>	Residents Pick the Activity - <b>LR</b>
2:30	Sing A Long - <b>FR</b>	Sing A Long - <b>FR</b>	Singing - <b>FR</b>		Outdoor visits on the Patio - <b>FR</b>	Snow Balls Served - <b>LR</b>	Trivia - <b>FR</b>
3:00	Social Hour - <b>DR</b>	Social Hour - <b>DR</b>	Social Hour - <b>DR</b>	Social Hour - <b>DR</b>	Social Hour - <b>DR</b>	Social Hour - <b>DR</b>	Social Hour - <b>DR</b>
3:30	Travel Club - <b>FR</b>	Wii Bowling - <b>FR</b>	Outdoor visits on the Patio - <b>LR</b>	Walking Club	Arts & Crafts - <b>AR</b>	Reminisce - <b>FR</b>	Painting - <b>AR</b>
4:00	Name that Tune - <b>LR</b>	Famous Faces - <b>LR</b>	Cornhole Game - <b>LR</b>	Word Games - <b>LR</b>	Folding and Sorting - <b>LR</b>	Word Games - <b>LR</b>	Travel Club - <b>LR</b>
6:00	Short Stories - <b>LR</b>	Bingo - <b>DR</b>	Relax to Soft Music	Discussion Group - <b>LR</b>	Movie & Popcorn - <b>LR</b>	Discussion Group - <b>LR</b>	Resident Biographies - <b>LR</b>
6:30	Evening Stretch - <b>LR</b>		Chair Yoga - <b>LR</b>	Farmer's Almanac - <b>LR</b>		Music & Meditation - <b>LR</b>	Relax to Soft Music - <b>LR</b>

Key Code: **LR** = Living Room, **FR** = Family Room, **AR** = Art Room, **DR** = Dining Room