Wilton Overlook 1st Floor Weekly Calendar

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00		Morning Exercise	Movement with Music	Morning Exercise	Movement with Music	Chair Exercise	
10:30		Things that Make Me Happy	Word Games	Music Therapy with Lydia	Trivia	LifeLoop	Bingo (Meeting Hall)
11:00	Protestant Church Service (Meeting Hall)						
1:30	Afternoon Stretch	Sensory & Relaxation	Afternoon Stretch		Afternoon Stretch	Matching Game	
2:00	Trivia	Famous Faces	Baking	Catholic Mass (Meeting Hall)	Arts & Crafts	Cornhole, Bowling, Bean Bag Toss…	Arts and Crafts
3:00	Sing A Long	Group Discussion	Adaptive Sports (Cornhole, Bowling, Bean Bag Toss…)	Short Stories/ Riddles and Jokes	Geography	Happy Hour	Word Games
4:00		Word Games	Sing A Long	Sensory & Relaxation	Reminisce	Finish the Phrase	
6:00			Reminisce/ Games	Bingo			