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/ Junk Drawer Detective	LifeLoop	Sing Along	Music Therapy with Lydia	Story Telling/ Friday Funnies	Bingo (Meeting Hall)
11:00	Protestant Church Service (Meeting Hall)						
1:30		1:1 Room Visits				1:1 Room Visits	
2:00	Afternoon Stretch	Arts & Crafts	Baking	Catholic Mass (Meeting Hall)	Bingo	Arts and Crafts	Afternoon Stretch
2:30	Card Games/ Board Games	Cornhole, Bowling, Bean Bag Toss…				Manicures & Hand Massages	Trivia
3:00	Anagrams	Bingo	Short Stories	Word Games	Happy Hour	Family Feud	Happy Hour
3:30		Sensory & Relaxation	Reminisce	Matching Game	Trivia	Cornhole, Bowling, Bean Bag Toss…	
4:00		Finish the Phrase	Sing A Long	Reminisce	Sensory & Relaxation	Finish the Phrase	
6:00		Word Games			Discussion Group		