

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 | | Rummikub Game | Afternoon Stretch | |
| 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 | Garden Visits | Happy Hour | Word Games |
| 4:00 | | Word Games | Sing A Long | Sensory & Relaxation | Geography | Finish the Phrase | |
| 6:00 | | | Reminisce/ Games | Bingo | | | |