Wilton Overlook 4th 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 - LR	Morning Exercise - LR	Sit & Stretch - LR	Morning Exercise - LR	Sit & Stretch- LR	Exercise - LR	Morning Exercise - LR
10:30		Trivia - LR	Music and Groovin' - LR	Music with Lydia - LR	Jeopardy - LR	Family Feud - LR	Bingo - DR
11:00	Protestant Church (Meeting Hall)			1:1 Room Visits			
1:00	Afternoon Stretch - LR	Afternoon Stretch - LR	Afternoon Stretch - LR	Inspirational Stories - LR	Afternoon Stretch - LR	Afternoon Stretch - LR	Hand Massages - LR
1:30	Group Discussions - FR	Hand Massages- FR	Reminisce - FR	Relax to Soft Music - FR	Crossword Puzzles - FR	1:1 Room Visits	You Be the Judge - FR
2:00	Anagrams - LR	Baking - DR	Arts & Crafts - AR	Catholic Mass (Meeting Hall)	Rosary - FR	Hand Massages - FR	Residents Pick the Activity - LR
2:30	Sing A Long - FR	Sing A Long - FR	Singing - FR		Adaptive Sports - LR	Ball Toss - LR	Trivia - FR
3:00	Social Hour - DR	Social Hour - DR	Social Hour - DR	Social Hour - DR	Social Hour - DR	Social Hour - DR	Social Hour - DR
3:30	Travel Club - FR	Wii Bowling - FR	LifeLoop - FR	Walking Club	UNO	Reminisce - FR	Painting - AR
4:00	Name that Tune - LR	Famous Faces - LR	Cornhole Game - LR	Word Games - LR	Folding and Sorting - LR	Word Games - LR	Travel Club - LR
6:00	Short Stories - LR	Bingo - DR	Nail Care/Hand Massages - LR	Discussion Group - LR	Evening Stretch - LR	Discussion Group - LR	Resident Biographies - LR
6:30	Evening Stretch - LR		Chair Yoga - LR	Farmer's Almanac - LR	Short Stories - LR	Music & Meditation - LR	Relax to Soft Music - LR

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