

## April 2022- The Lighthouse

**SUNDAY** MONDAY **TUESDAY** WEDNESDAY **THURSDAY** FRIDAY **SATURDAY Physical Wellness Month APRIL** is: 10:00 Fitness Walking w/High Chase 1:00 Movie Time 5 9:00 Coffee Social 6 9:00 Coffee Social 7 9:00 Coffee Social 9 9:30 Healthy Living 10:00 Positive Vibes 10:00 Creative Crafters/ 10:00 House Meeting 11:00 Sandwich & Story Chair Yoga 10:00 Fitness 10:00 Fitness Walking at Crystal Mall 1:30 Fitness Walking 2:00 Let's Talk 11:00 Walking Group Walking w/High Chase w/High Chase 1:30 Trip to Wal-mart 1:00 Movie Time Lunch at the Mall 10 15 16 12 9:00 Coffee Social 14 9:00 Coffee Social 11 10:00 Fitness Walking 9:00 Coffee Social @ East Brook Mall 9:30 Healthy Living 10:00 Creative Crafters/ Mall 10:00 House Meeting 10:00 Positive Vibes Chair Yoga LH closed today in observance of 11:00 Sandwich & a 1:30 Fitness Walking 11:00 Sandwich& Story 11:00 Walking Group Movie w/High Chase Good Friday. 2:00 Let's Talk 1:30 Trip to Dollar Tree 19 9:00 Coffee Social 17 18 10:00 Fitness Walking 21 9:00 Coffee Social 22 23 20 9:00 Coffee Social 9:30 Healthy Living @ East Brook Mall 10:00 Crafts/Yoga 10:00 KTP Meeting 10:00 Fitness Walking Happy Easter!! 11:00 Sandwich & a 10:00 House Meeting 2:00 Let's Talk 11:00 Walking Group w/High Chase Movie 1:30 Fitness Walking 1:30 Trip to Wal-mart 1:00 Movie Time w/High Chase 25 10:00 Fitness Walking 27 9:00 Coffee Social 28 9:00 Coffee Social 26 9:00 Coffee Social 24 29 30 @ East Brook Mall 10:00 Positive Vibes 10:00 Creative Crafters/ 9:30 Healthy Living 11:00 Sandwich & a 11:00 Sandwich & Story 10:00 House Meeting Chair Yoga 10:00 Fitness Walking Movie w/High Chase 1:30 Fitness Walking 2:00 Let's Talk 11:00 Walking Group w/High Chase 1:00 Movie Time 1:30 Trip to Dollar Tree