



# May 2022- The Lighthouse

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MAY is: National Mental Health Month

1	2 10:00 Trip to Buckland Hills Mall	3 9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Fitness Walking w/High Chase	4 9:00 Coffee Social 10:00 Positive Vibes 11:00 Sandwich & Story 2:00 Let's Talk	5 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Dollar Tree Cinco de Mayo	6 10:00 Fitness Walking w/High Chase 1:00 Movie Time	7
8 Happy Mother's Day!!	9 10:00 Nautilus Museum & picnic lunch	10 9:00 Coffee Social 9:30 Healthy Living 10:00 Medicare 101 1:30 Fitness Walking w/High Chase	11 9:00 Coffee Social 10:00 Positive Vibes 11:00 Sandwich & Story 2:00 Let's Talk	12 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Wal-mart	13 10:00 Fitness Walking w/High Chase 1:00 Movie Time	14 9:00 Breakfast in Columbia
15 9:00 Flea Market Trip for High Chase	16 10:00 Picnic and a Walk at Goodwin State Park	17 9:30 Healthy Living 10:00 House Meeting 1:30 Fitness Walking w/High Chase 4:30 Trip to the Movies	18 9:00 Coffee Social 10:00 KTP Meeting & Lunch 2:00 Let's Talk	19 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Dollar Tree	20 10:00 Fitness Walking w/High Chase 1:00 Movie Time	21 Armed Forces Day!!
22	23 10:00 Cookout and a Walk	24 9:30 Stress Reduction Group w/BHH 10:30 House Meeting 1:30 Fitness Walking w/High Chase	25 9:00 Coffee Social 10:00 Positive Vibes 11:00 Sandwich & Story 2:00 Let's Talk	26 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Wal-mart	27 10:00 Fitness Walking w/High Chase 1:00 Movie Time	28
29	30 Lighthouse closed in Observance of Memorial Day	31 9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Fitness Walking w/High Chase				

