



JULY 2022- The Lighthouse

SUNDAY

MONDAY

TUESDAY






WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY is: SELF CARE MONTH

					1 10:00 Swimming 10:00 Fitness Walking w/High Chase 1:00 Movie Time	2
3	4 10:00 Boom Box Parade Have a Happy & Safe 4 th of July- LH closed today	5 9:00 Walking Group 9:30 Coffee Social 9:45 Healthy Living 10:00 House Meeting 1:30 Visits w/High Chase	6 9:00 Walking Group 10:00 Pos. Vibes & Coffee 11:00 Sandwich & Story 12:00 Lunch @ Sr. Ctr. 2:00 Let's Talk	7 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Wal-Mart	8 10:00 Swimming 10:00 Fitness Walking w/High Chase 1:00 Movie Time	9
10	11 10:00 Walking Group 11:30 Cookout @the Lighthouse	12 9:00 Walking Group 9:30 Coffee Social 9:45 Healthy Living 10:00 House Meeting 1:30 Visits w/High Chase	13 10:15 Trip to Dodd Stadium- Norwich Sea Unicorns B-Ball Game	14 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Dollar Tree	15 10:00 Swimming 10:00 Fitness Walking w/High Chase 12:00 Lunch @ Sr. Ctr. 1:00 Movie Time	16 10:00 Puppet Museum- Bugsy & Friends
17	18 10:00 Walking Group and Picnic at Gay City State Park 5:00 Elk's Car Show	19 9:00 Walking Group 9:30 Coffee Social 9:45 Healthy Living 10:00 House Meeting 1:30 Visits w/High Chase	20 9:00 Walking Group 9:30 Coffee Social 10:00 KTP Meeting & Lunch 2:00 Let's Talk	21 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Wal-Mart	22 10:00 Swimming 10:00 Fitness Walking w/High Chase 1:00 Movie Time	23
24	25 10:00 Trip To Harkness State Park/Beach	26 9:00 Walking Group 9:30 House Meeting 10:30 Learning w/Melissa 1:30 Visits w/High Chase	27 9:00 Walking Grp. 9:30 Coffee Social 10:00 Positive Vibes 11:00 Sandwich & Story 2:00 Let's Talk	28 9:00 Coffee Social 10:00 Creative Crafters 11:00 Walking Group 1:30 Trip to Dollar Tree	29 10:00 Swimming 10:00 Fitness Walking w/High Chase 1:00 Movie Time	30
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