



# JUNE 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## JUNE is: GREAT OUTDOORS MONTH

  		  		1 9:00 Coffee Social 10:00 Coping Skills 11:00 Walking Group 1:30 Movie Time	29:00 Coffee Social 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	3
4	5  9:00 Coffee Social 10:00 Trip to Harkness State Park	6 9:00 Coffee Social 9:30 Healthy Living  10:00 House Meeting 1:30 Trip with High Chase Members	7 9:00 Coffee Social 10:00 Positive Vibes  1:30 Trip to the Gym	8  9:00 Coffee Social 10:30 Group w/Deb Walker 1:30 Movie Time	9  9:00 Coffee Social 10:00 Swimming/Crafts 11:00 Trip w/High Chase	10  9:00 Columbia Breakfast
11	12  9:00 Coffee Social 10:00 Strawberry Picking- N. Windham	13 9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Trip with High Chase 6:00 Trip to the Movies	14  9:00 Coffee Social 10:30 Prepaid Funeral Presentation w/Amber 1:30 Trip to the Gym	15 9:00 Coffee Social 9:15 Ind. Crafts 10:30 Chair Yoga TBD- Instructor or Youtube 1:30 Move Time	16  9:00 Coffee Social 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	17
18  9:30 Newington Flea Market & Savers Happy Father's Day	19  9:00 Coffee Social 10:00 Picnic & Walk at Mansfield Hollow	20 9:00 Coffee Social 9:30 Healthy Living  10:00 House Meeting 1:30 Trip with High Chase Members	21 9:00 Coffee Social 10:00 KTP & Lunch 1:30 Trip to Gym 4:30 Colchester Car Show & Supper @Harrys	22 9:00 Coffee Social 10:00 Coping Skills LH closed in afternoon for staff training.	23  9:00 Coffee Social 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	24
25	26  9:00 Coffee Social 10:00 Picnic in Baltic and Ice Cream at Buttonwoods	27 9:30 House Meeting 10:30 Learning w/Melissa from BHH 1:30 Trip with High Chase Members	28  9:00 Coffee Social 10:00 Positive Vibes 1:30 Trip to the Gym	29 9:00 Coffee Social 9:30 Chair Yoga w/Leila 11:00 Walking Group 1:30 Movie Time	30  9:00 Coffee Social 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	  

