



MAY 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY









WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAY is: National Mental Health Month

 	<p>1</p> <p>9:00 Coffee Social 10:00 Trip to Buckland Hills Mall 4:45 Planetarium Trip</p>	<p>2</p> <p>9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Visits w/High Chase</p>	<p>3</p> <p>9:00 Coffee Social 9:30 Positive Vibes 10:00 Painting Group 1:30 Trip to the Gym</p>	<p>4</p> <p>9:00 Coffee Social 10:00 Coping Skills w/Jess & Crissy 11:00 Walking Group 1:30 Movie Time</p>	<p>5</p> <p>9:00 Coffee Social 10:00 Swimming/Crafts 11:00 Trip w/High Chase</p>	<p>6</p>
<p>7</p> <p>9:00 Flea Market Trip</p>	<p>8</p> <p>9:00 Coffee Social 10:00 Trip</p>	<p>9</p> <p>9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Visits w/ High Chase</p>	<p>10</p> <p>9:00 Coffee Social 9:30 Positive Vibes 10:00 Painting Group 1:30 Trip to the Gym</p>	<p>11</p> <p>9:00 Coffee Social 9:30 Chair Yoga /Leila 10:30 Self Care w/Madison & Julia</p>	<p>12</p> <p>9:00 Coffee Social 10:00 Swimming/Crafts 11:00 Trip w/High Chase</p>	<p>13</p> <p>9:00 Columbia Breakfast</p>
<p>14</p> <p>Happy Mother's Day</p>	<p>15</p> <p>9:00 Coffee Social 10:00 Trip</p>	<p>16</p> <p>9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Visits w/High Chase</p>	<p>17</p> <p>9:00 Coffee Social 10:00 KTP Meeting and lunch 1:30 Trip to the Gym</p>	<p>18</p> <p>9:00 Coffee Social 10:00 Coping Skills w/Crissy & Jess 12:00 Picnic & Games @ Mansfield Hollow</p>	<p>19</p> <p>9:00 Coffee Social 10:00 Swimming/Crafts 11:00 Trip w/High Chase</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>9:00 Coffee Social 10:00 Trip 5:00 Car Show at Ocean Beach</p>	<p>23</p> <p>9:00 Coffee Social 9:30 Healthy Living 10:00 House Meeting 1:30 Visits w/High Chase</p>	<p>24</p> <p>9:00 Coffee Social 9:30 Soup Group w/Lisa 10:00 Painting Group 1:30 Trip to the Gym</p>	<p>25</p> <p>9:00 Coffee Social 10:00 Chair Yoga w/ Leila 11:00 Walking Group 1:30 Movie Time</p>	<p>26</p> <p>9:00 Coffee Social 10:00 Swimming/Crafts 11:00 Trip w/High Chase</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>LH Closed Today! Have a Happy and Safe Memorial Day!</p>	<p>30</p> <p>9:00 Coffee Social 9:00 House Meeting 10:30 Learning w/Melissa 1:30 Visits w/High Chase</p>	<p>31</p> <p>9:00 Coffee Social 9:45 Trip to Dodd Stadium</p>	 	 	 

			10:00 Positive Vibes 11:00 Soup & Story 1:30 Trip to the Gym			
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