



JULY 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY is: SAFETY AWARENESS MONTH

		 <i>Happy 4th of July</i>		 <i>Happy 4th of July</i>		1
Coffee Social at 9:00 M-F.						
2	3 10:00 Movie and Lunch	4 Happy Independence Day- LH closed today! 10:00 Boom-box Parade w/Lisa	5 10:00 Healthy Living 11:00 Cook-out at the LH 1:30 Walking Group	6 10:00 Coping Skills 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	7 10:00 Crafts 10:00 Swimming 11:00 Trip w/High Chase	8 8:00 Columbia Breakfast 6:30 Lebanon Fireworks
9	10 10:00 Picnic in Baltic & Ice Cream @ Buttonwood Farm	11 9:30 Healthy Living 10:00 House Meeting 1:00 Trip to the Movies with High Chase	12 10:00 Trip to Goodwill in Norwich and Picnic and Walk at Mohegan Park	13 9:30 Chair Yoga 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	14 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	15
16	17 10:00 Picnic & Walk at Mansfield Hollow	18 9:30 Healthy Living 10:00 House Meeting 1:30 Trip with High Chase Members	19 10:00 Positive Vibes 1:30 Walking Group	20 10:00 Coping Skills 11:00 Walking Group 12:00 Members' Choice and Lunch 1:30 Movie Time	21 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	22 9:00 Trip to Farmer's Market
23/30	24 10:00 Picnic and Walk at Bicentennial Park <hr/> 31 10:00 Trip & Picnic at the Nautilus	25 9:30 House Meeting 10:30 Learning w/Melissa from BHH 1:30 Trip with High Chase Members	26 10:00 Positive Vibes 1:30 Walking Group	27 9:30 Chair Yoga 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	28 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	29 10:30 Puppet Museum

