



# AUGUST 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## August is: National Wellness Month

Morning Social at 9:00 M-F.	 	1 9:30 Healthy Living 10:00 House Meeting 11:00 Community Walk 1:30 Walk with High Chase Members	2 10:00 Pos. Vibes 11:00 Red, White & Blue Cook-out at the LH 1:30 Walking Group	3 10:00 Coping Skills 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	4 10:00 Diamond Painting 10:00 Swimming 11:00 Community Walk	5
6	7 10:00 Movie 11:00 Lunch	8 9:30 Healthy Living 10:00 House Meeting 11:00 Jenga/Uno 1:30 Walk with High Chase Members	9 10:00 Positive Vibes 11:00 Cook-out at the LH 1:30 Walking Group	10 9:30 Chair Yoga Video 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	11 10:00 Crafts 10:00 Swimming 11:00 Trip w/High Chase	12 8:00 Columbia Breakfast 12:00 Movie with High Chase
13	14 10:00 Picnic and Walk at Lauter Park	15 9:30 Healthy Living 10:00 House Meeting 2:00 Trip with High Chase Members	16 10:00 Positive Vibes 11:00 Cook-out at the LH 1:30 Walking Group	17 9:30 Chair Yoga 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	18 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	19 6:00 Concert on the Green
20	21 10:00 Picnic at Camp Harkness	22 9:30 Healthy Living 10:00 House Meeting 1:30 Trip with High Chase Members	23 10:00 Positive Vibes 11:00 Cook-out at the LH 1:30 Walking Group	24 10:00 Coping Skills 12:00 Member's Choice And Lunch 1:30 Movie Time 6:00 Brooklyn Fair	25 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	26
27	28 10:00 Trip to Buckland Hills Mall 4:30 Trip to Ocean Beach & Supper	29 9:30 House Meeting 10:30 Learning w/Melissa from BHH 1:30 Trip with High Chase Members	30 10:00 Positive Vibes 11:00 Cook-out at the LH 1:30 Walking Group	31 9:30 Chair Yoga 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	