



# SEPTEMBER 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY









WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## September is: Self-Care Awareness Month

Morning Social at 9:00 M-F.	 	 	 	 	1 10:00 Crafts 10:00 Swimming 11:00 Trip w/High Chase	2
3	4 Lighthouse closed today for Labor Day	5 9:00 House Cleanup and Paint Day 11:00 Volunteer Cookout 1:30 Trip w/High Chase	6 10:00 Positive Vibes 11:00 Craft Group & Lunch 1:30 Walking Group	7 10:00 Coping Skills 11:00 Walking Group 12:00 Member's Choice 1:30 Movie Time 5:30 Hebron Fair	8 10:00 Crafts Staff Clean-up at the LH	9
10	11 10:00 Movie at the LH 11:00 Lunch	12 9:30 Healthy Living 10:00 House Meeting 1:30 Trip with High Chase Members	13 10:00 Positive Vibes 11:00 Cookout at the LH 1:30 Walking Group	14 9:30 Chair Yoga 11:00 Walking Group 12:00 Member's Choice and Lunch 1:30 Movie Time	15 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	16
17	18 10:00 Trip to Buckland Hills Mall	19 9:30 Healthy Living 10:00 House Meeting 2:00 Trip with High Chase Members 4:00 Trip to the Movies	20 10:00 KTP Meeting 11:00 Cookout at the LH 1:30 Walking Group	21 10:00 Coping Skills 11:00 Walking Group 12:00 Member's Choice/Lunch 1:30 Movie Time	22 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	23 10:00 Bowling for H.C. Members  Fall Begins Today!
24	25 10:00 Movie at the LH 11:00 Lunch	26 9:30 House Meeting 10:30 Learning w/Daly from BHH 1:30 Trip with High Chase Members	27 10:00 Positive Vibes 11:00 Cook-out at the LH 1:30 Walking Group	28 9:30 Chair Yoga 11:00 Lunch 11:30 Safety Planning w/Julia 1:30 Movie Time	29 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	30 10:00 Vernon Civil War Museum for H.C. Members

