



OCTOBER 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

October is: Domestic Violence Awareness Month

1 1:15 Red Door Alpaca Farm Tour	2 10:00 Movie at the LH 11:00 Cookout at the LH	3 9:30 Healthy Living 10:00 House Meeting 1:30 Trip w/ High Chase	4 10:00 Trip to Buckland Hills Mall 1:30 Walking Group	5 10:00 Coping Skills 11:30 Movie time and Lunch	6 10:00 Crafts 10:00 Swimming 11:00 Trip w/High Chase	7
8	9 Columbus Day 10:30 Trip to Buell's Orchard Lighthouse closed today	10 9:00 Visit w/Katie 9:30 Healthy Living 10:00 House Meeting 1:30 Trip w/High Chase	11 10:00 Positive Vibes 11:00 Cookout at the LH 1:30 Walking Group	12 9:30 Chair Yoga w/Leila 11:30 Movie Time and Lunch	13 10:00 Crafts 10:00 Swimming 11:00 Trip w/High Chase	14 8:30 Columbia Breakfast
15 9:00 Trip to Flea Market w/High Chase	16 10:00 Movie 11:00 Cookout at the LH	17 9:30 Healthy Living 10:00 House Meeting 1:30 Trip with High Chase	18 10:00 Trip to Harkness State Park for a Picnic and a Walk	19 10:00 Coping Skills 11:30 Movie Time and Lunch	20 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	21 Trip to the Movies for HC-TBA
22	23 10:00 Learning w/Daly 11:45 Cookout at the LH.	24 9:30 Healthy Living 10:00 House Meeting 2:00 Trip with High Chase	25 10:00 Trip to Mashamoquet State Park for lunch and a walk	26 9:30 Chair Yoga w/Leila 11:30 Movie Time and Lunch	27 10:00 Swimming 10:00 Crafts 11:00 Trip w/High Chase	
29	30 10:15 Trip to Horizon Wings in Ashford	31 9:30 Healthy Living Group 10:00 House Meeting 1:30 Trip with High Chase Members		Morning Social- Monday Thru Friday 9:00 to 10:00		

