



NOVEMBER 2023- The Lighthouse

SUNDAY

MONDAY

TUESDAY









WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

November is: National Gratitude Month

| | | | | | | |
|---|---|---|--|--|---|---|
|   | <p>Morning Social- Monday Thru Friday at 9:00.</p> |   | <p>1 10:00 Positive Vibes 11:00 Soup and Story 1:30 Walking Group</p> | <p>2 10:00 Coping Skills 11:30 Movie Time & Lunch</p> | <p>3 10:00 Crafts 10:00 Swimming</p> | <p>4</p> |
| <p>5</p> | <p>6 8:30 Shopping Trip 10:00 Movie and Cookout</p> | <p>7 9:30 UCONN Health Grp. 10:30 House Meeting</p> | <p>8 10:00 Positive Vibes 11:00 Soup and Story 1:30 Walking Group</p> | <p>9 9:30 Chair Yoga w/Leila 11:30 Movie Time/Lunch 3:00 Memorial Service at Memorial Park</p> | <p>10 10:00 Crafts 10:00 Swimming</p> | <p>11 8:30 Columbia Breakfast</p> |
| <p>12</p> | <p>13 8:30 Shopping Trip 10:00 Movie and Lunch</p> | <p>14 9:30 UCONN Health Grp. 10:30 House Meeting 1:00 Division Meeting for LH staff</p> | <p>15 10:00 Learning & Discussion Group w/Deb Walker from SERAC 11:30 Lunch 1:30 Walking Group</p> | <p>16 10:00 Coping Skills 11:30 Movie Time and Lunch</p> | <p>17 10:00 Swimming 10:00 Crafts</p> | <p>18 9:30 Trip to Civil War Museum in Vernon- 3 members only.</p> |
| <p>19</p> | <p>20 10:00 Learning w/Daly 11:00 Movie and Lunch</p> | <p>21 9:30 Food Safety Group 10:00 House Meeting</p> | <p>22 Thanksgiving Dinner at Eastern Ct. State University</p> | <p>23 10:00 Coffee and Donuts w/Lisa Happy Thanksgiving</p> | <p>24 Lighthouse Closed today. 5:00 Willi Light Parade</p> | <p>25</p> |
| <p>26</p> | <p>27 8:30 Shopping Trip 10:00 Movie and Lunch</p> | <p>28 9:30 UCONN Health Grp. 10:30 House Meeting</p> | <p>29 10:00 Positive Vibes 11:00 Soup and Story 1:30 Walking Group</p> | <p>30 9:30 Chair Yoga w/Leila 11:30 Movie Time and Lunch</p> |   |   |

