



January 2024- The Lighthouse

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY IS: SELF-LOVE MONTH

Morning Social- Monday thru Friday at 9:00.	1 LH Closed Today! Happy New Year!	2 9:30 Healthy Living 10:00 House Meeting 1:30 Walking Group	3 10:00 Positive Vibes 11:00 Soup, Salad and a Story 1:30 Walking Group	4 10:00 Coping Skills 11:30 Movie Time/Lunch	5 10:00 Crafts 10:00 Swimming	6
7	8 10:00 Movie & Lunch	9 9:30 Healthy Living 10:00 House Meeting 1:30 Walking Group	10 10:00 Presentation w/Dani and Deb- Opioid Awareness and Narcan 11:00 Soup and Story	11 9:30 Chair Yoga w/Leila 11:30 Movie Time/Lunch	12 10:00 Crafts 10:00 Swimming	13 8:30 Columbia Breakfast
14	15 L.H. Closed Today Martin Luther King Jr. Day	16 9:30 Healthy Living 10:00 House Meeting 1:30 Walking Group	17 10:00 Positive Vibes 11:00 Soup and Story 1:30 Walking Group	18 10:00 Coping Skills 11:30 Movie Time/Lunch	19 10:00 Swimming 10:00 Crafts	20
21	22 10:00 Movie and Lunch	23 9:30 Healthy Living 10:00 House Meeting 1:30 Walking Group	24 10:00 Positive Vibes 11:00 Soup and Story 1:30 Walking Group	25 9:30 Chair Yoga w/Leila 11:30 Movie Time/Lunch	26 10:00 Swimming 10:00 Crafts	27
28	29 10:00 Learning w/Daly 11:00 Movie and Lunch 1:00 Spanish Social Grp.	30 9:30 Food Safety Grp. 10:00 House Meeting 1:30 Walking Group	31 10:00 Positive Vibes 11:00 Soup and Story 1:30 Walking Group	 	 	 

