

# JULY 2025 Lighthouse



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 9:30 Healthy Living- 8 <b>Common Nutrition Myths</b> 10:00 Craft Group w/Bob</p>	<p>2 9:00 Bingo w/Tammy 10:00 Coloring Group 12:00 Cookout w/Carlos 1:00 Fitness Walk</p>	<p>3 9:00 Independent Crafts 9:30 Coping Skills 12-2 Fitness Walk</p>	<p>4 <b>LH Closed in Observance of Independence Day</b></p>	<p>5 <b>9:00 Trip to WAIM</b></p>
<p>6</p>	<p>7 9:00 Coloring Group 10:00 Walking Group 11:30 Lunch 12-2 Afternoon Warriors</p>	<p>8 <b>9-11 Summer Cleaning and Lunch</b></p>	<p>9 9:00 Bingo W/Tammy 10:00 Coloring Group 11:30 Cookout w/Carlos 12:30 Fitness Walk</p>	<p>10 9:00 Independent Crafts 9:30 Healthy Living – <b>Headache or Migraine</b> 12-2 Fitness Walk</p>	<p>11 <b>LH Closed Today for Staff Event</b></p>	<p>12 <b>7:00 Trip to the Fireworks</b></p>
<p>13</p>	<p>14 9:00 Coloring Group 10:00 Walking Group 11:30 Lunch <b>12:00 Painting w/Carlos</b></p>	<p>15 9:30 Healthy Living- Heatstroke 10:00 Craft Group w/Bob 11:30 Lunch/Walk w/HC</p>	<p>16 9:00 Bingo W/Tammy 10:00 Coloring Group 12:00 Cookout w/Carlos 1:00 Fitness Walk</p>	<p>17 9:00 Ind. Crafts <b>9:30 Self Care Group for Life and Work</b> 12-2 Fitness Walk</p>	<p>18 9:00 House Meeting <b>10:00 Person Served Rights</b> 11:30 Lunch 12-2 Diamond Painting</p>	<p>19</p>
<p>20</p>	<p>21 9:00 Coloring Group 10:00 Walking Group 11:30 Lunch 12-2 Afternoon Warriors</p>	<p>22 9:30 Healthy Living- <b>Prebiotics vs. Probiotics</b> 11:30 Lunch/Walk w/HC</p>	<p>23 10:00 Coloring Group 12:00 Cookout w/Carlos 1:00 Fitness Walk</p>	<p>24 9:00 Independent Crafts 9:30 Coping Skills 12-2 Fitness Walk</p>	<p>25 9:00 House Meeting 10:00 Bingo w/Tammy 11:30 Lunch 12 to 2 Diamond Painting</p>	<p>26 <b>8:00 Breakfast at the Lighthouse</b></p>
<p>27</p>	<p>28 9:00 Coloring Group <b>10:00 Health Group w/ BHH</b> 11:30 Lunch 12-2 Afternoon Warriors</p>	<p>29 <b>9-11 Summer Cleaning and Lunch</b></p>	<p>30 10:00 Coloring Group 12:00 Cookout w/Carlos 1:00 Fitness Walk</p>	<p>31 9:00 Ind. Crafts 9:30 Healthy Living-A <b>Common Health Disorder</b> 12-2 Fitness Walk</p>		<p><b>Morning Social- Monday thru Friday at 8:00.</b></p>