

# September 2025 Lighthouse



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Labor Day</b>	2 9:30 Healthy Living <b>-Benefits of Exercise</b> 11:30 Lunch/Walk- HC	3 10:00 Coloring Group 11:30 Cookout 1:00 Fitness Walk	4 9:00 Ind. Crafts 9:30 Coping Skills 11-2 Brick Row Group 12-2 Fitness Walk	5 9:30 Bingo 10:30 House Meeting 11:30 Lunch 12:15 Crafts w/Bob	6 <b>8:45 WAIM and Farmer's Market</b>
7	8 9:00 Coloring Group 10:00 Crafts w/Bob 11:30 Lunch 12-2 <b>Painting w/Carlos</b>	9 9:30 Healthy Living – <b>Caffeine</b> 11:20 Lunch/Walk w/HC <b>Movie w/Lisa</b>	10 10:00 Coloring Group 11:30 Cookout 1:00 Fitness Walk	11 9:00 Independent Crafts <b>9:30 Chair Yoga w/Leila</b> 11-2 Brick Row Group 12-2 Fitness Walk	12 9:30 Bingo 10:30 House Meeting 11:30 Lunch 12:15 Crafts w/Bob	13
14	15 9:00 Coloring Group 10:00 Crafts w/Bob 11:30 Lunch 12-2 Afternoon Warriors	16 <b>9:30 Chair Yoga w/Leila</b> 11:30 Lunch/Walk w/HC	17 10:00 Coloring Group 11:30 Cookout 1:00 Fitness Walk	18 9:00 Ind. Crafts 9:30 Healthy Living- <b>Electrolyte Balance</b> 11-2 Brick Row Group 12-2 Fitness Walk	19 9:30 Bingo 10:30 House Meeting 11:30 Lunch 12:15 Crafts w/Bob	20 <b>8:00 Breakfast at the Lighthouse</b>
21	22 9:00 Coloring Group 10:00 Crafts w/Bob 11:30 Lunch 12-2 Afternoon Warriors <b>Fall Begins</b>	23 <b>9-11 Fall Cleaning and Lunch</b>	24 10:00 Coloring Group 11:30 Cookout 1:00 Fitness Walk	25 9:30 Ind. Crafts 9:30 Coping Skills 11-2 Brick Row Group 12-2 Fitness Walk	26 9:30 Bingo 10:30 House Meeting 11:30 Lunch 12:15 Crafts w/Bob	27
28	29 9:00 Coloring Group <b>10:00 Health Group w/ BHH</b> 11:30 Lunch 12-2 Afternoon Warriors	30 9:30 Healthy Living- <b>Discovering Vexus</b> 11:30 Lunch/Walk w/HC				