

NOVEMBER 2025 Lighthouse



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Wordgames on Wednesdays from 9:00 to 10:00.	Coffee Social- Monday thru Friday at 8:00.	Fitness Walking Group- Monday & Wednesday from 9:00 to 10:00	Mindful Recover Group w/Kate 11/12 from 1:00 to 2:00 11/25 from 10:45 to 11:45		1
2 Set Your Clocks Back 1 hour!! Daylight Savings Time Ends	3 9:00 Coloring Group 10:00 Crafts w/Bob 11:30 Lunch 12:15 Afternoon Warriors	4 Election Day 9:30 Healthy Living- 6 reasons to Eat More Spinach 11:30 Shopping w/H/C	5 10:00 Health Group w/UCONN 11:00 Coloring Group 12:00 Lunch 12:30 Walmart trip	6 9:00 Independent Crafts 9:30 Chair Yoga w/Leila 11-2 Brick Row Group 12-2 Fitness Walk	7 9:30 Bingo 10:30 House Meeting 11:30 Lunch 12:15 Crafts	8
9	10 9:00 Coloring Group 10:00 Crafts w/Bob 11:30 Lunch 12:15 Painting w/Carlos	11 Veteran's Day 9:30 Healthy Living- S Simple Ways to Make Soup Healthier 11:30 Shopping w/H/C	12 10:00 Health Group w/UCONN 11:00 Coloring Group 12:00 Lunch 12:30 Walmart Trip	13 9:00 Ind. Crafts 9:30 Coping Skills 11-2 Brick Row Group 12-2 Fitness Walk	14 9:30 Bingo 10:30 House Meeting 11:30 Lunch 12:15 Crafts	15 8:00 Breakfast at the LH
16	17 9:00 Coloring Group 10:00 Crafts w/Bob 11:30 Lunch 12:15 Afternoon Warriors	18 9-11 Cleaning Day and Lunch	19 10:00 Health Group w/UCONN 11:00 Coloring Group 12:00 Lunch 12:30 Walmart Trip	20 9:30 Ind. Crafts 9:30 Chair Yoga w/Leila 11-2 Brick Row Group 12-2 Fitness Walk	21 10:00 Presentation w/Serac 11:30 Lunch 12:15 Crafts	22
23	24 9:00 Coloring Group 10:00 Health Group w/BHH 11:30 Lunch 12:15 Afternoon Warriors	25 9:30 Healthy Living- Making Healthier Soup 1:00 Division Meeting for Staff	26 10:30 Thanksgiving Dinner At Eastern Ct. State University	27 Lighthouse closed Today! Thanksgiving	28 Lighthouse Closed Today!	29
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