

BISNF September 2023

Monday Respite Care	Tuesday Respite Care	Wednesday Respite Care	Thursday Community Engagement	Friday Respite Care
4 <u>SH CLOSED - LABOR DAY</u>	5 <u>Sack Lunch</u> Morning Social Swimming 10:00 - 11:00 am Karaoke at Stephen's House	6 <u>SH Lunch</u> Morning Social Yoga with Sara 9:30 - 10:15 am Cooking Erin's Farm 1:15 - 2:30 pm	7	8 <u>Sack Lunch</u> Morning Social Kubb at Waterfront Picnic at Waterfront Member Meeting
11 <u>Sack Lunch</u> Morning Social CrossFit 10:30 - 11:30 am Hike around Gazzam Lake	12 <u>Off-Site Lunch</u> Morning Social Swimming 10:00 - 11:00 am Lunch at Hammy's Burgers	13 <u>SH Lunch</u> Morning Social Yoga with Sara 9:30 - 10:15 am Cooking Erin's Farm 1:15 - 2:30 pm	14	15 <u>Sack Lunch</u> Morning Social Courter Country Farm in Poulsbo Sack Lunch at the Farm
18 <u>Sack Lunch</u> Morning Social CrossFit 10:30 - 11:30 am Heart and Soul Studio	19 <u>Sack Lunch</u> Morning Social Visit to the BI Fire Department at 10:30 am Service Dogs Visit	20 <u>SH Lunch</u> Morning Social Yoga with Sara 9:30 - 10:15 am Cooking Erin's Farm 1:15 - 2:30 pm	21	22 <u>Sack Lunch</u> Morning Social Sing Along with Lucy 10:30 - 11:30 am BI Arts and Crafts Class 1 - 2 pm

<p>25</p> <p><u>Sack Lunch</u> Morning Social</p> <p>CrossFit 10:30 - 11:30 am</p> <p>Movie Time</p>	<p>26</p> <p><u>Sack Lunch</u> Morning Social</p> <p>Swimming 10:00 - 11:00 am</p> <p>Island Lake Park Picnic</p>	<p>27</p> <p><u>SH Lunch</u> Morning Social</p> <p>Yoga with Sara 9:30 - 10:15 am</p> <p>Cooking</p> <p>Erin's Farm 1:15 - 2:30 pm</p>	<p>28</p>	<p>29</p> <p><u>Sack Lunch</u> Morning Social</p> <p>Port Gamble and Point No Point Lighthouse Trip</p>
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