



Sunday Closed	Monday 9:00-7:00	Tuesday 9:00-4:30	Wednesday 9:00-4:30	Thursday 9:00-4:30	Friday 9:00-7:00	Saturday 10:00-5:00
 <p>* = Must be paid and/or signed-up in advance! ** = Win <i>Halcyon Cash</i> Certificates!</p>		<p>1 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Chat & Snack Membership Meeting</p>	<p>2 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Recovery BINGO</p>	<p>3 10:00 Card/ Board Games 11:00 Resistance Bands 1:30 Crafts 3:00 Indoor/Outdoor Corn Hole Toss**</p>	<p>4 9:00 FREE Pancake Brkfst* 10:00 Pool w/Mike 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board Games 5:00 Pool w/Rich</p>	<p>5 Ice Cream Social w/Joe * - \$2 1:00 PM Dart Tourney w/Sam** 3:00 PM</p>
<p>6 CLOSED</p>	<p>7 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Games w/Rich</p>	<p>8 10:00 Board/Card Games 11:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 Card/Board Games</p>	<p>9 10:00 Self Defense4Men 10:30 Budget Shopping w/Joe*-\$2 1:30 Wii Frisbee Golf Tourney** 3:00 Rail Trail Walk</p>	<p>10 10:00 Computers w/Sam 11:00 Know Your Rights! - "Emotional Support Animals" 1:30 Ceramic Crafts w/Beth 2:00 Yoga in the Park 3:00 Indoor/Outdoor Ladder Golf**</p>	<p>11 10:00 Pool w/Mike 11:00 Wii Games 1:30 Movie, Beverages & Popcorn-FREE! 5:00 Wii Bowling Tourney w/Sam**</p>	<p>12 LUNCH w/Joe * - \$3 1:00 PM BINGO w/Rich 3:00 PM</p>
<p>13 CLOSED</p>	<p>14 10:00 Current Events 11:00 Hands Only CPR 12:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 5:00 Pool Tourney w/Rich**</p>	<p>15 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Ladder Golf**</p>	<p>16 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Darts**</p>	<p>17 10:00 Card/Board Games 11:00 Resistance Bands 1:30 Crafts 3:00 Wii Games</p>	<p>18 10:00 Pool w/Danielle 11:00 Volunteer Cleaning- FREE lunch for volunteers 1:30 Movie, Beverages & Popcorn-FREE! 5:00 Games w/Rich</p>	<p>19 Rummy Tourney w/Tama** 1:00 PM Wii Games w/Sam 3:00 PM</p>
<p>20 CLOSED</p>	<p>21 9:30-2:00 Shady Maple Shopping & Lunch*-\$17 1:30 Crafts 3:00 Wii Games 5:00 Crafts w/Beth</p>	<p>22 10:00 Board/Card Games 11:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 Indoor/Outdoor Ladder Golf**</p>	<p>23 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Wii Golf Tourney** 3:00 Rail Trail Walk</p>	<p>24 10:00 Computers w/Sam 11:00 Know Your Rights! - "Landlord & Tenant Rs & Rs" 1:30 Ceramic Crafts w/Beth 2:00 Yoga in the Park 3:00 Darts**</p>	<p>25 10:00 Pool w/Mike 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board Games 5:00 SKIP-BO w/Rich</p>	<p>26 Pool Tourney w/Rich** 1:00 PM CRAFTS 3:00 PM</p>
<p>27 CLOSED</p>	<p>28 10:00 Current Events 11:00 Hands Only CPR 12:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 5:00 Games w/Sam</p>	<p>29 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Corn Hole Toss**</p>	<p>30 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Darts**</p>	<p>31 10:00 Card/Board Games 11:00 Resistance Bands 1:30 Crafts 3:00 Wii Games</p>	<p>Remember: Halcyon Cash may not be sold or transferred and it must be used within 60 days of issue.</p> 	

Six Tips for Safe and Healthy Hiking



1. **Keep your cool:** Quick fix for heat exhaustion: make an electrolyte solution of 1 tsp. salt to 1 tbsp. sugar dissolved in a liter of water, drink slowly.
2. **Stay hydrated:** Always carry plenty of water and to stop often and drink fluids—even if you don't feel thirsty.
3. **Watch for ticks:** Wear long pants and long sleeves and use a tick repellent for clothing and skin. Always do a spot check after hiking!
4. **Limit sun exposure:** Safeguard skin and eyes with sunscreen, sunglasses and protective clothing. Treat sunburn with aloe vera gel.
5. **Blast those blisters:** Carry moleskin, adhesive bandages, or gauze and tape. Cut a circle of moleskin and remove the center to relieve pressure on the blister.
6. **Tell bugs to bug off:** Use a topical hydrocortisone 1% cream (or a cool mud paste) for insect bites and stings. Ibuprofen or acetaminophen will help reduce swelling.

