

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>Remember: <i>Halcyon Cash</i> may not be sold or transferred and it must be used within 60 days of issue.</p>		<p>* = Must be paid and/or signed-up in advance! ** = Win <i>Halcyon Cash</i> Certificates!</p>	<p>1 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Ping-Pong/ Wii Ping-Pong</p>	<p>2 10:00 Card/ Board Games 11:00 Hands Only CPR 1:30 Crafts 3:00 Indoor/Outdoor Corn Hole Toss**</p>	<p>3 9:00 FREE-Pancake Brkfst* 10:00 Pool w/Mike 11:00 Coloring Club 12:30-3:30 Middle Creek Arts & Crafts Show* -\$1 3:00 Board Games 5:00 CARDS w/Rich</p>	<p>4 Pool Tourney w/Rich** 1:00 PM Wii Games / Tama 3:00 PM</p>
<p>5 CLOSED</p>	<p>6 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 GAMES w/Sam</p>	<p>7 10:00 Board/Card Games 11:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 "Chat & Snack" Membership Meeting</p>	<p>8 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Wii Bowl Spin Control Tourney** 3:00 Trivia Contest**</p>	<p>9 10:00 Computers w/Sam 10:30 Budget Shopping w/Joe*-\$2 11:00 Resistance Bands 1:30 Ceramic Crafts 2:00 Yoga w/Dani 3:00 Ladder Golf**</p>	<p>10 10:00 Pool w/Tony 11:00 Wii Games 1:30 Movie, Beverages & Popcorn! 5:00 Wii Bowling Tourney w/Sam**</p>	<p>11 BINGO w/Rich 1:00 PM GAMES w/Sam 3:00 PM</p>
<p>12 CLOSED</p>	<p>13 10:00 Current Events 10-2 Chocolate World & Fudruckers-\$3* +Lunch 11:00 Hands Only CPR 1:30 Crafts 3:00 Wii Games 5:00 SKIP-BO w/Rich</p>	<p>14 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Ladder Golf**</p>	<p>15 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Darts**</p>	<p>16 9:30-2:30 Capitol Tour & Buffet Lunch-\$5* 10:00 Card/Board Games 11:00 Hands Only CPR 1:30 Crafts 3:00 Wii Games</p>	<p>17 10:00 Pool w/Danielle 11:00 Volunteer Cleaning-FREE lunch for volunteers 1:30 Movie, Beverages & Popcorn 5:00 Market Walk w/Sam</p>	<p>18 Ice Cream Sundaes w/Joe* 1:00 PM CARDS w/Rich 3:00 PM</p>
<p>19 CLOSED</p>	<p>20 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 POOL w/Rich</p>	<p>21 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>22 10:00 Self Defense4Men 11:00 Hands Only CPR 1:30 Wii Golf Tourney** 3:00 Trivia Contest**</p>	<p>23 10:00 Computers w/Sam 11:00 Board/Card Games 11:30 Ping-Pong Tournament & Buffet Lunch-FREE 1:30 Ceramic Crafts 2:00 Yoga in the Park* 3:00 Darts**</p>	<p>24 10:00 Pool w/Mike 11:00 Wii Games 1:30-4:00 Swatara Walk** 1:30 3:00 Board Games 5:00 GAMES w/Shelly</p>	<p>25 Fun w/LVC Students: 10-12:30 BAKING w/Joe 1:00 PM POOL w/Tama 3:00 PM</p>
<p>26 CLOSED</p>	<p>27 10:00 Current Events 11:00 Hands Only CPR 12:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 5:00 CARDS w/Sam</p>	<p>28 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Corn Hole Toss**</p>	<p>29 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Darts**</p>	<p>30 10:00 Card/Board Games 11:00 Resistance Bands 1:30 Crafts 3:00 Wii Games</p>	<p>31 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Ping-Pong Tourney** 3:00 Board Games 5:00 Wii Games w/Rich</p>	<p>Please check the Drop-In Activities Board for more information about external activities & events.</p>

Stay Safe & Healthy Under the Summer Sun



It's natural to want to get out in the sun when the days get longer and the temperature gets warmer. Daily exposure to at least ½ hour of unfiltered sunlight is necessary to regulate our sleep-wake cycle. Our skin, the body's largest organ, relies on sunlight to make Vitamin D. Too much of anything however, can be bad. The beginning of the summer season is also a good time to review the latest expert advice about how to protect your skin from damage.

Ultraviolet (UV) rays – from the sun and other sources like tanning beds – are the primary cause of skin cancer. Too much exposure can also cause sunburn, eye damage and premature wrinkles. But shielding your skin with clothing, broad-spectrum sunscreen of sun protection factor (SPF) 30 or higher, and staying in the shade can help lower your risk.

Take these steps to stay sun-safe:

- ◆ Cover up: When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.
- ◆ Use a broad spectrum sunscreen with SPF of at least 30: Be sure to reapply at least every 2 hours, as well as after swimming or sweating.
- ◆ Seek shade: Limit your direct exposure to the sun, especially between the hours of 10 a.m. and 4 p.m., when UV rays are strongest.
- ◆ Avoid tanning beds and sunlamps: Both can cause serious long-term skin damage and contribute to skin cancer.