



Sunday Closed	Monday 9:00-4:30	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>NOTICE: Halcyon will be closed on Monday evenings at 4:30 PM in December 2017 thru February 2018.</p> <p>Halcyon will be closed Christmas Day & New Year's Day.</p>	<p>* = Must be paid and/or signed-up in advance!</p> <p>** = Win <i>Halcyon Cash Certificates!</i> May be used for day or evening activities.</p>		<p><i>Remember: Halcyon Cash may not be sold or transferred and it must be used within 60 days of issue. Halcyon Cash may not be used for entrance fees, merchandise or food purchases at external venues.</i></p>	<p>1 9:00 Free Pancake Brfst* 9:30-2:00 PA Christmas Gift & Craft Show – \$10* 10:00 Pool w/Dani 1:00 Movie & Popcorn 3:00 Wii Games 5:00 Wii Games w/Joe</p>	<p>2 Pool Tourney w/Rich** 1:00 PM GAMES w/ Sam 3:00 PM</p>	
<p>3 CLOSED</p>	<p>4 10:00 Current Events 11:00 Hands Only CPR 12:30 Baking w/Joe 1:30 Crafts 3:00 Board/Card Games</p>	<p>5 10:00 Board/Card Games 11:00 Coloring Club 1:30 Drum Circle 3:00 Monthly Members' "Chat & Snack" Meeting</p>	<p>6 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Mall Walk 3:00 Wii Bowl Spin Control Tourney**</p>	<p>7 10:00 Computers w/Sam 11:00 Know Your Rights! - "Advocacy Organizations" 1:30 Crafts 2:00 Resistance Bands 3:00 Ladder Golf**</p>	<p>8 10:00 Pool w/Mike 10:30 Visit from Caring Hearts Therapy Animals! 1:30 Market Walk 3:00 Board Games 5:00 Holiday Trivia Tourney w/Sam**</p>	<p>9 BINGO w/Rich 1:00 PM X-Mas CRAFT w/Shelly 3:00 PM</p>
<p>10 CLOSED</p>	<p>11 10:00 Current Events 10:30-1:30 Budget Shopping w/Joe-\$3* 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games</p>	<p>12 10:00 Wii Games 11:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Indoor Ladder Golf**</p>	<p>13 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Coloring Club 3:00 Fire Safety w/Mike (Win a Smoke Detector!)</p>	<p>14 10:00 Computers w/Sam 11:00 Hands Only CPR 1:30 Crafts 3:00 Christmas Music Trivia**</p>	<p>15 10:00 Pool w/Tony 11:00 Volunteer Cleaning-FREE lunch for volunteers 1:30 Market Walk 3:00 Board Games 5:00 Christmas Tree Craft w/Joe</p>	<p>16 Lunch w/Joe-\$3* 1:00 PM RUMMY Tourney w/Tama* 3:00 PM</p>
<p>17 CLOSED</p>	<p>18 10:00 Current Events 10:00-2:30 Thrift Shopping w/Joe-\$3* 1:30 Crafts 3:00 Board/Card Games</p>	<p>19 10:00 Board/Card Games 11:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Board/Card Games</p>	<p>20 10:00 Self Defense4Men 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Wii 4 Hole Golf Tourney**</p>	<p>21 10:00 Computers w/Sam 11:30 Lunch & Learn: Q&A with PA Human Relations Commission-FREE* 1:30 Cookies & Crafts 3:00 Corn Hole Toss**</p>	<p>22 10:00 Pool w/Mike 11:00 Cookies & Hot Choc 1:30 Market Caroling Walk 3:00 Board Games 5:00 X-Mas Craft w/Sam</p>	<p>23 Holiday Movie & Cookies w/Joe 1:00 PM POOL Tourney w/Rich 3:00 PM</p>
<p>24 CLOSED</p>	 <p>Merry Christmas!</p>	<p>26 Center Open from 12-5 PM Today 12:00 Wii Games 1:30 Crafts 2:30 Coloring Club 3:30 BINGO</p>	<p>27 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Corn Hole Toss**</p>	<p>28 10:00 Computers w/Sam 11:00 Yoga w/Dani 1:30 Crafts 3:00 Movie Trivia**</p>	<p>29 10:00 Pool w/Tony 11:00 Coloring Club 1:00 Movie & Popcorn 3:00 Wii Games 5:00 Bowling Tourney w/Sam**</p>	<p>30 GAMES w/Rich 1:00 PM Shanghai Darts w/Tama** 3:00 PM</p>
<p>31 CLOSED</p>						

Factsheet: Holiday Depression and Stress

The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

What Causes Holiday Blues?

Many factors can cause the “holiday blues”: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

Coping with Stress & Depression During the Holidays

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don’t put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it’s a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t set yourself up in comparing today with the “good ol’ days.”
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven’t heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.