




December 2018

Enhanced Drop-In

December 2018

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
2	3 10:00 Current Events 11:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 4:30 Close	4 10:00 Wii Games 11:00 Journaling 1:30 Drum Circle 3:00 Monthly Member "Chat & Snack" Meeting	5 10:00 Cookies, Cards & Coffee 11:00 "Hearing Voices Network" Information 1:30 Mall Walk 3:00 Shanghai Darts**	6 Special Drop-In Hours Open 12:00-Close 4:30 PM 1:30 Crafts 3:00 Wii Games Holiday Dinner @ St. Marks Doors Open @ 5:00 	7 9:00 FREE Pancake Brkfst** 10:00 Pool w/Dani 11:00 Coloring Club 12:15-2 CSP Holiday Party* 3:00 Board Games 5:00 Wii Bowl T. w/Sam**	8 Baking w/Joe 1:00 PM Ping-Pong w/Sam 3:00 PM
9 CLOSED	10 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 4:30 Close	11 10:00 Board/Card Games 11:00 Coloring Club 1:30 Drum Circle 3:00 Corn Hole Toss**	12 10:00 Self-Defense 4Men 10:30-1:30 Budget Grocery Shopping*-\$2 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 Holiday Music Trivia**	13 10:00 Computers w/Sam 11:00 Resistance Bands w/Dani 1:30 Crafts 3:00 Ladder Golf**	14 8:30-5:00 WRAP Seminar I* 10:00 Pool w/Mike 11-1:30 Hershey Outlets- \$3* + cost of lunch on your own 1:30 Market Walk 3:00 Wii Games 5:00 Cards w/Rich	15 B.I.N.G.O. w/Rich 1:00 PM Pool w/Tama 3:00 PM
16 CLOSED	17 10:00 Current Events 11-1:30 Ruby Tuesdays- \$1 + Cost of Lunch* 1:30 Crafts 3:00 Wii Games 4:30 Close	18 10:00 Wii Games 11:00 Journaling 1:30 Drum Circle 3:00 Indoor Ladder Golf**	19 10:00 Cookies, Coffee & Wii Games 11:00 EZ Chair Yoga 4U 1:30 Mall Walk 3:00 Board/Card Games	20 10:00 Card/Board Games 11:00 Chair Exercises 1:30 Crafts 3:00 BINGO**	21 10:00 Pool w/Tony 11:00 Volunteer Cleaning- FREE lunch for volunteers 1:30 Caroling Walk 3:00 Board Games 5:00 Games w/Sam	22 Craft w/Shelly 1:00 PM Wii Games w/Joe 3:00 PM
23 CLOSED	24 9:30 Coffee & Caroling 10:00 Holiday Movie & Treats 12:00 Close: Happy Holidays! Center Closes at Noon on Christmas Eve!	25 <i>Merry</i> <i>Christmas</i>  Closed for Holiday	26 10:00 Self-Defense Ladies 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 Corn Hole Toss**	27 10:00 Computers w/Sam 11:00 Resistance Bands w/Dani 1:30 Crafts 3:00 Shanghai Darts**	28 10:00 Pool w/Dani 11:00 Coloring Club 1:30 Market Walk 3:00 Board Games 5:00 Pool Tourney w/Rich**	29 Rummy Tourney w/Sam** 1:00 PM Games w/Rich 3:00 PM
30 CLOSED	31 10:00 Current Events 11:30 Baking w/Joe 12:30 Hot Dogs & Sauerkraut 1:30 Crafts 3:00 Wii Games 4:30 Close	January 1  Closed New Year's Day	* = Must be signed-up in advance! ** = Win <i>Halcyon Cash</i> <i>Certificates!</i> May be used for day or evening activities.	FIRST DAY OF THE MONTH for December's Drop-In Calendar Falls on Saturday December First: Pool Tourney w/Tama** 1:00 PM Cards w/Rich 3:00 PM	Note: Monday evening hours will resume on March 4, 2019!	



Wellness Recovery Action Planning (WRAP®)

WRAP Seminar I

Presented by Copeland Center Certified WRAP facilitators

Anyone who wants to live a healthier life can benefit from writing a WRAP through attending. WRAP is to help you figure out what you need to do to live your life to the fullest. The information in the plan is yours alone; you can share as much or as little as you like.

Key Elements of WRAP:

- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Triggers & Action Plan
- Identifying Early Warning Signs & Action Plan
- Identifying When Things are Breaking Down & Action Plan
- Crisis and Post Crisis Planning

Key Recovery Topics

- ➊ Hope
- ➋ Personal Responsibility
- ➌ Education
- ➍ Self Advocacy
- ➎ Support

Location and details:

- **Friday December 14, 2018**
- **8:30am-5pm**
- **Location:** Halcyon Activity Center
728 Walnut Street, Lebanon, PA 17042
- **Workbook, continental breakfast and lunch provided**
- **Upon completion of this session, you will have learned how to develop your own WRAP**
- **Meets Copeland Center requirements for those interested in attending a WRAP Seminar II Facilitator's Course**

**REGISTER: Call the Recovery InSight, Inc. office
(877) 597-9497 Ext. 10**

Or email: mbowen@recovery-insight.com

FREE FOR ANYONE TO ATTEND!

Providers, MH consumers, family members, college students, clergy members, supporters, EVERYONE welcomed!