


July 2017

Enhanced Drop-In

July 2017

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 signed-up in advance.</p>						<p>1 Lunch w/Joe @ 1:00 PM—\$3* Games w/Tama 3:00 PM</p>
<p>2 CLOSED</p>	<p>3 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/Rich</p>	 <p>Drop-In Closed for the Holiday</p>	<p>5 10:00 Self Defense4Men 11:00 Chair Exercises 1:30 Mall Walk 3:00 Recovery BINGO</p>	<p>6 10:00 Garden Group 10:00 Card/ Board Games 1:30 Crafts 3:00 Ladder Golf**</p>	<p>7 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 BINGO w/Joe</p>	<p>8 Pool Tourney w/Tama** 1:00 PM CRAFTS 3:00 PM</p>
<p>9 CLOSED</p>	<p>10 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Skip-Bo Tourney* w/Rich</p>	<p>11 10:00 Board/Card Games 10:30 Budget Grocery Shopping*-\$1 1:00 Coloring Club 1:30 Drum Circle 3:00 Card/Board Games</p>	<p>12 10:00 Self Defense4Ladies 11:00 “Hearing Voices Network” Info Session 1:30 Wii Frisbee Golf Tourney** 3:00 Rail Trail Walk</p>	<p>13 10:00 Computers w/Sam 11:00 Know Your Rights! - “Tenant & Landlord Issues” 1:30 Crafts 2:00 Yoga in the Park 3:00 Darts**</p>	<p>14 10:00 Pool w/Mike 11:00 Wii Games 1:30 Action/Adventure Movie-Free Beverages & Popcorn 5:00 Dinner w/Joe—\$3*</p>	<p>15 Ice Cream Social w/Joe * - \$2 1:00 PM TRIVIA w/Joe** 3:00 PM</p>
<p>16 CLOSED</p>	<p>17 9:30-2:00 Turkey Hill Experience*-\$13 10:00 Current Events 1:30 Crafts 3:00 Wii Games 5:00 Games w/Sam</p>	<p>18 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Corn Hole Toss**</p>	<p>19 10:00 Self Defense4Men 11:00 Chair Exercises 1:30 Mall Walk 3:00 Darts**</p>	<p>20 10:00 Card/Board Games 11:30 YOU CAN DO IT! Take Positive Risk: A conversation & FREE buffet lunch* 1:30 Crafts 3:00 Wii Games</p>	<p>21 10:00 Pool w/Tony 11:00 Volunteer Cleaning-FREE lunch for volunteers 1:30 Comedy Movie-Free Beverages & Popcorn 5:00 Games w/Sam</p>	<p>22 Scrabble w/Tama 1:00 PM BINGO w/Rich 3:00 PM</p>
<p>23 CLOSED</p>	<p>24 10:00 Current Events 12:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Pool Tourney* w/Rich</p>	<p>25 10:00 Board/Card Games 11:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 Card/Board Games</p>	<p>26 10:00 Self Defense4Ladies 11:00 “Hearing Voices Network” Info Session 1:30 Wii Golf Tourney** 3:00 Rail Trail Walk</p>	<p>27 10:00 Computers w/Sam 12:30-2:00 CSP Meeting @ Salem Lutheran 1:30 Crafts 2:00 Yoga in the Park 3:00 Wii Games</p>	<p>28 10:00 Pool w/Mike 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board Games 5:00 Baking w/Joe*</p>	<p>29 Dart Tourney w/Tama** 1:00 PM CRAFTS 3:00 PM</p>
<p>30 CLOSED</p>	<p>31 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>Remember: Halcyon Cash may not be sold or transferred and it must be used within 60 days of issue.</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.