
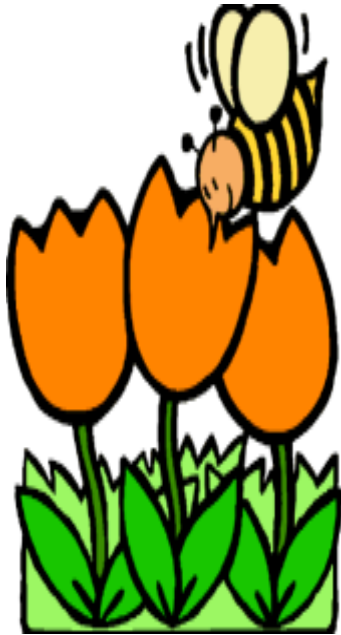


Sunday Closed	Monday 9:00-4:30	Tuesday 9:00-4:30	Wednesday 9:00-4:30	Thursday 9:00-4:30	Friday 9:00-7:00	Saturday 10:00-5:00
<p>* = Must be paid and/or signed-up in advance!</p> <p>** = Win Halcyon Cash Certificates! May be used for day or evening activities.</p>		<p><i>Remember: Halcyon Cash may not 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 10:00 Computers w/Sam 11:00 Yoga w/Dani 1:30 Crafts 2:00 Resistance Bands w/Dani 3:00 Garden Planning*</p>	<p>2 9:00 Free Pancake Brfst* 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Mall Walk 2:00 Aerobics/Yoga/Reps* 5:00 Cards w/Rich</p>	<p>3 BINGO w/Rich 1:00 PM Rummy Tourney** w/ Tama 3:00 PM</p>
<p>4 CLOSED</p>	<p>5 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Games w/Shelly Now Open Mondays until 7:00 PM!</p>	<p>6 10:00 Board/Card Games 11:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 "Snack & Chat" Membership Meeting</p>	<p>7 10:00 Self Defense4Men 11:00 Chair Exercises 1:30 Coloring Club 3:00 Wii 4 Hole Golf Tourney**</p>	<p>8 10:00 Computers w/Sam 10:30-1:30 Budget Shopping w/Joe-\$3* 11:00 Know Your Rights! - "Get Out & Vote!" 1:30 Cookies, Coffee & Crafts 3:00 Ladder Golf**</p>	<p>9 9:30-2:00 ZooAmerica-\$3 + cost of lunch* 10:00 Pool w/Mike 11:00 Market Walk 3:00 Board Games 5:00 Bowling Tourney** w/Joe</p>	<p>10 Darts w/Tama** 1:00 PM Wii Games w/Rich 3:00 PM</p>
<p>11 CLOSED</p>	<p>12 10:00 Current Events 11:00 Garden Planning* 12:30 Baking w/Joe 1:30 Crafts 3:00 Card/Board Games 5:00 Pool w/Rich**</p>	<p>13 10:00 Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 Board/Card Games</p>	<p>14 10:00 Self Defense4Ladies 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Wii Bowl Spin Control Tourney**</p>	<p>15 10:00 Computers w/Sam 11:00-1:30 Lunch & Laugh: FREE Comedy Movie & Eats 2:00 Resistance Bands w/Dani 1:30 Crafts 3:00 Garden Planning* 3:00 Board/Card Games</p>	<p>16 10:00 Pool w/Dani 11:00 Volunteer Cleaning-FREE lunch for volunteers 2:00 Aerobics/Yoga/Reps* 3:00 Board Games w/LVC 5:00 Games w/Sam</p>	<p>17 Pool Tourney** w/Tama @ 1:00 PM Self Defense4Ladies 1:00—2:00 PM CARDS w/Rich 3:00 PM</p>
<p>18 CLOSED</p>	<p>19 10:00 Current Events 11:30-1:30 Lunch @ Friendly's-\$2* 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Cards w/Rich</p>	<p>20 10:00 Board/Card Games 11:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 Wii 4 Hole Golf Tourney**</p>	<p>21 10:00 Self Defense4Men 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board/Card Games</p>	<p>22 10:00 Computers w/Sam 11:00 Know Your Rights! - "Advocacy Organizations" 12:30-2:00 CSP Meeting @ Salem Lutheran* 1:30 Cookies, Coffee & Crafts 3:00 Corn Hole Toss**</p>	<p>23 10:00 Pool w/Tony 11:00 Market Walk 1:30 Movie & Popcorn 2:00 Aerobics/Yoga/Reps* 3:00 Board Games w/LVC 5:00 Skip-Bo w/Rich</p>	<p>24 CRAFT w/Shelly 1:00 PM Self Defense4Ladies 1:00—2:00 PM Scrabble w/Tama 3:00 PM</p>
<p>25 CLOSED</p>	<p>26 10:00 Current Events 11:00 Garden Planning* 12:30 Baking w/Joe 1:30 Crafts 3:00 Card/Board Games 4:45 Yoga/Aerobics/Reps 5:00 Food Craft w/Joe</p>	<p>27 10:00 Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 BINGO</p>	<p>28 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Corn Hole Toss**</p>	<p>29 10:00 Computers w/Sam 11:00 Yoga w/Dani 1:30 Crafts 2:00 Resistance Bands w/Dani 3:00 Board/Card Games</p>	<p>30 Good Friday Hours 9:00AM—1:00 PM 9:00 Coloring Club 10:00 Easter Eggs w/Rich 11:00 Wii Games Drop-In Closes @ 1:00 PM</p>	<p>31 Easter Craft w/Sam 1:00 PM Pool w/Rich** 3:00 PM</p>



Spring Cleaning for Mental Health

Adapted from an article in *Golden Holistic Medicine News*
by Dr. Stephanie Smith

Many of us think about our health around the first of the year when we make resolutions: lose 10 pounds, start working out, quit smoking. But by April, many of us have not only given up our New Year's resolutions, but have also stopped thinking about our health altogether. Instead of focusing your spring cleaning solely on your home, why not do some spring cleaning in the area of mental health too? Some areas that might need tidying:

Money. Money can be a significant source of stress this time of year. Take an honest look at your budget. Are you spending within your means? Is your money being spent on things that are important to you?

Time. I like to think of time as a commodity just like money. If your first priority is your family or friends, does your "time budget" reflect that? If not, you may be experiencing strain and stress. Find yourself not being able to enjoy relationships, work, and hobbies because of lack of time? It might be time to re-think your schedule.

Friends. Healthy relationships are essential to mental health. I encourage folks to be mindful of who they are spending their precious time with, and how those folks affect their mood. Feel drained after spending time with the neighbor down the hall or across the street? Might be time to re-think the friendship.

Work. Some of us spend a huge percentage of our waking hours at work, whether it's part-time or volunteer. It then becomes critical to our mental health that we do everything we can to make those hours positive. How is work going? Are you still happy in your position? Even if you can't (or don't want to) change jobs, there are plenty of things you can do to feel more fulfilled. Set new priorities and goals, alter how you interact with your co-workers and boss, set a "no work-talk" zone at home as a way to separate work and home life.

Good luck tidying up your mental health this spring. With just a little extra attention and effort this might be your most psychologically healthy spring and summer yet!