

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 paid and or signed-up in advance!</p> <p>** = Win Halcyon Cash Certificates! May be used for day or evening activities.</p>		<p>1</p> <p>10:00 Board/Card Games 11:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 "Snack & Chat" Membership Meeting</p>	<p>2</p> <p>10:00 Self Defense4Men 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Wii Bowl Spin Control Tourney**</p>	<p>3</p> <p>10:00 Computers w/Sam 11:00 Chair Exercises 1:30 Crafts 2:00 Resistance Bands w/Tony 3:00 Garden Group*</p>	<p>4</p> <p>9:00 Free Pancake Brfst* 10-2 Hike to Chicquie's Overlook & Lunch - \$5* 10:00 Pool w/Staff 11:00 Coloring Club 1:30 Market Walk 3:00 Wii Games 5:00 POOL w/Rich</p>	<p>5</p> <p>RUMMY w/Tama 1:00 PM GAMES w/Shelly 3:00 PM</p>
<p>6 CLOSED</p>	<p>7</p> <p>8:30-12:30 All Staff In-Service Annual Training 10:00 Hands Only CPR 11:00 Journaling 1:30 Crafts 3:00 Card/Board Games 5:00 SKIP-BO w/Rich</p>	<p>8</p> <p>10:00 Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 Board/Card Games</p>	<p>9</p> <p>10:00 Self Defense4Ladies 10-1:30 Budget Shopping w/transport to home-\$2* 11:00 Chair Exercises 1:30 Coloring Club 3:00 Wii 4 Hole Golf Tourney**</p>	<p>10</p> <p>10:00 Computers w/Sam 11:00 Know Your Rights! - "Informed Consent" 1:30 Cookies, Coffee & Crafts 3:00 Ladder Golf**</p>	<p>11</p> <p>10:00 Pool w/Tony 11:00 Mall Walk 3:00 Board Games 5:00 CARDS w/Sam</p>	<p>12</p> <p>Pool Tourney** w/Tama 1:00 PM Wii Games w/Sam 3:00 PM</p>
<p>13 CLOSED</p>	<p>14</p> <p>10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 11:00 Garden Group* 3:00 Card/Board Games 5:00 POOL w/Sam</p>	<p>15</p> <p>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>16</p> <p>10:00 Self Defense4Men 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Wii Bowl Spin Control Tourney**</p>	<p>17</p> <p>9-2 Limestone Springs Trout Fishing & Streamside Lunch (no license required) - \$10* 10:00 Computers w/Sam 2:00 Resistance Bands w/Dani 1:30 Crafts 3:00 Garden Group*</p>	<p>18</p> <p>10:00 Pool w/Dani 11:00 Volunteer Cleaning-FREE lunch for volunteers 1:30 Market Walk 3:00 Board Games 5:00 Bowling Tourney w/Sam **</p>	<p>19</p> <p>BINGO w/Rich 1:00 PM CRAFT w/Shelly 3:00 PM</p>
<p>20 CLOSED</p>	<p>21</p> <p>10:00 Current Events 10-2:30 Shady Maple Lunch & Shop-\$15* 1:30 Crafts 3:00 Card/Board Games 5:00 CARDS w/Rich</p>	<p>22</p> <p>10:00 Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 BINGO</p>	<p>23</p> <p>10:00 Self Defense4Ladies 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board/Card Games</p>	<p>24</p> <p>10:00 Computers w/Sam 11:00 Coloring Club 12:30-2:00 CSP @ Old Salem* 1:30 Cookies, Coffee & Crafts 3:00 Corn Hole Toss**</p>	<p>25</p> <p>10:00 Pool w/Mike 11:00 Coloring Club 1:30 Movie & Popcorn 3:00 Board Games w/LVC 5:00 GAMES w/Rich</p>	<p>26</p> <p>HAMBURGER COOKOUT—\$3* 1:00 PM DARTS w/Tama** 3:00 PM</p>
<p>27 CLOSED</p>	<p>28</p> <p>C L O S E D</p>  <p>Memorial Day</p>	<p>29</p> <p>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>30</p> <p>10:00 Self Defense4Men 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Wii Bowl Spin Control Tourney**</p>	<p>31</p> <p>10:00 Computers w/Sam 11:00 Yoga w/Dani 1:30 Crafts 2:00 Resistance Bands w/Dani 3:00 Garden Group*</p>	<p>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.</p>	

For the past three years, Lebanon's *Hearing Voices Network (HVN) Support Group* has grown from a collaborative effort by Lebanon County's Community Support Program (CSP) Committee, the Central Region CSP, the Recovery Opportunity Center, Philhaven, and community volunteers. The support group embraces an alternative approach to coping with voices, visions, and other extreme states that is empowering and does not start from the assumption of chronic illness or brain disease. The support group is held every Saturday from 10 – 11:00 AM in the 1st-floor conference room at Halcyon Activity Center, 728 Walnut Street, Lebanon, PA 17042.



Lebanon's HVN Support Group is facilitated and led by people with lived experience.

- The group conducts itself with rules of confidentiality.
- It's a self-help group and not a clinical group offering treatment. Members are not subject to referral, discharge or risk assessment.
- The HVN Support Group focuses primarily on sharing experiences, support and empathy.
- Members are able to come and go as they want without repercussions.
- Members are aware of the facilitator's limits concerning confidentiality.

A large body of scientific literature provides evidence for key aspects of this approach, and the hundreds of peer-lead support groups in 30 countries on 5 continents are enabling voice hearers – even those who have been chronically disabled – to learn to cope more effectively or to rid themselves of the negative effects of their voices.

For more information about the Lebanon HVN Support Group contact:

Dan Reese, Lebanon HVN Support Group Facilitator
717-644-0353

For information about other locations and meeting times please visit: www.hearingvoicesusa.org