





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! ** = Win Halcyon Cash Certificates!</p>		<p>Remember: Halcyon Cash may not be sold or transferred and it must be used within 60 days of issue.</p>		<p>1 10:00 Computers w/Sam 11:00 Know Your Rights! - "Reasonable Accommodations" 1:30 Ceramic Crafts 2:00 Yoga w/Dani 3:00 Indoor/Outdoor Ladder Golf**</p>	<p>2 9:00 FREE Pancake Brkfst* 11:00-3:00 Chique's Rock Overlook & Lunch -\$5* 10:00 Pool w/Danielle 1:30 Rail Trail Walk 3:00 Wii Games 5:00 CARDS w/Rich</p>	<p>3 POOL w/Tama** 1:00 PM GAMES w/Rich 3:00 PM</p>
<p>4 CLOSED</p>	<p>5 10:00 Current Events 12:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games CARDS w/Rich</p>	<p>6 10:00 Board/Card Games 11:00 Wii Games 1:00 Journaling 1:30 Drum Circle 3:00 "Chat & Snack" Monthly Member Mtg</p>	<p>7 10:00 Self Defense4Men 11:00 Chair Exercises 1:30 Yoga w/Dani 3:00 Wii Bowl Spin Control Tourney**</p>	<p>8 10:00 Computers w/Sam 10:30-1:30 Budget Shop w/Joe -\$2* 1:30 Ceramic Crafts 2:00 Resistance Bands 3:00 Corn Hole Toss**</p>	<p>9 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Movie & Popcorn 3:00 Board/Card Games 5:00 GAMES w/Sam</p>	<p>10 BINGO w/Rich 1:00 PM CRAFT w/Shelly 3:00 PM</p>
<p>11 CLOSED</p>	<p>12 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Card Games 5:00 GAMES w/Sam</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 Chair Exercises 1:30 Rail Trail Walk 3:00 Shanghai Darts**</p>	<p>15 Drop-In Center CLOSED TODAY Due to Severe Weather Holiday Dinner @ St Marks POSTPONED until Thursday, December 6th</p>	<p>16 10:00 Pool w/Mike 11:00 Volunteer Cleaning-FREE lunch for volunteers 1:30 Rail Trail Walk 3:00 Wii Games 5:00 POOL TOURNEY** w/Rich</p>	<p>17 PING-PONG T** w/Tama 1:00 PM Wii GAMES w/Sam 3:00 PM</p>
<p>18 CLOSED</p>	<p>19 10:00 Current Events 11-1:30 Country Fare - \$2 +cost of lunch* 1:30 Crafts 3:00 Wii Games 5:00 SAND ART w/Sam</p>	<p>20 10:00 Board/Card Games 11:00 Wii Games 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Ladder Golf**</p>	<p>21 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Rail Trail Walk 3:00 Wii 4 Hole Golf Tourney**</p>	<p>22 Drop-In Center Closed  Happy Thanksgiving</p>	<p>23 10:00 Pool w/Danielle 11:00 Coloring Club 1:30 Movie & Popcorn 3:00 Board/Card Games 5:00 BOWLING TOURNEY w/Sam**</p>	<p>24 BAKING w/Joe 1:00 PM CRAFT w/Shelly 3:00 PM</p>
<p>25 CLOSED</p>	<p>26 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Card Games 5:00 RUMMY TOURNEY** w/Rich</p>	<p>27 10:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 BINGO</p>	<p>28 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 SHANGHAI DART TOURNAMENT**</p>	<p>29 10:00 Computers w/Sam 11:00 Know Your Rights! - "Meds & Informed Consent" 1:30 Ceramic Crafts 2:00 Yoga w/Dani 3:00 Ladder Golf**</p>	<p>30 10:00 Pool w/Mike 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Wii Games 5:00 CARDS w/Rich</p>	<p>New Winter Hours Begin on Monday December 3rd!! <i>Halcyon will be closed on Monday evenings thru February 2019.</i> </p>

Too Much Screen Time?

For many of us, smartphones have become part of our daily routine – they are our alarm clock, provide us with our favorite music and games, and make it easy for us to answer texts and keep in touch. While smartphones make our lives easier and provide us with entertainment, they may negatively affect mental health. It is important to know these facts about smartphones; and be aware of how often and how long we look at our screens.



- ◆ When you choose to put your phone down and listen, you are giving someone the gift of your full attention, and also living in the moment. Both of these things will benefit your overall mood.
- ◆ Spending time staring at a screen has been shown to affect our impulsivity, mood and our ability to pay attention.
- ◆ The amount of time we spend looking at our phone screen increases the negative thoughts that come into our head. These are the thoughts we try to push away, but can sneak back in when we spend too much time on our smartphones.
- ◆ Many of us seem to get in the routine of browsing social media or the internet on our phones before we fall asleep; however, studies show that this habit actually makes it harder to fall asleep.
- ◆ Sometimes we may look to our phones to connect us with other people, but it turns out that smartphone dependency increases feelings of loneliness. Making new friends and building relationships is much harder when you are focused on your smart phone.

Let's try to challenge each other to try to limit the amount of time spent on our phones and electronic devices.

The next time you sit down for a meal with others, go on a walk, or attend an activity at Halcyon, ask everyone put their phones away in a safe place and connect with the people around you. You'll be glad you did!

