




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 <i>Halcyon Cash</i> Certificates!</p>			<p><b>Remember:</b> <i>Halcyon Cash</i> may not be sold or transferred and it must be used within 60 days of issue.</p>		<p><b>1</b> 9:00 FREE <b>Pancake Brkfst*</b> 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board/Card Games 5:00 Cards w/Rich</p>	<p><b>2</b> LUNCH w/Joe* - \$3 1:00 PM GAMES w/Sam 3:00 PM</p>
<p><b>3</b> CLOSED</p>	<p><b>4 DROP-IN CLOSED FOR THE HOLIDAY</b></p> 	<p><b>5</b> 10:00 Board/Card Games 11:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 "Chat &amp; Snack" Monthly Member Meeting</p>	<p><b>6</b> 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Wii Frisbee Golf Tourney** 3:00 Rail Trail Walk</p>	<p><b>7</b> 10:00 Computers w/Sam 11:00 Know Your Rights! - "Meds &amp; Informed Consent" 1:30 Ceramic Crafts w/Beth 2:00 Yoga in the Park 3:00 Indoor/Outdoor Ladder Golf**</p>	<p><b>8</b> <b>9-2 River Walk &amp; Lunch in Columbia-\$5*</b> 10:00 Pool w/Mike 11:00 Wii Games 1:30 <b>Movie, Beverages &amp; Popcorn-FREE!</b> 5:00 CRAFTS w/Beth</p>	<p><b>9</b> SCRABBLE w/Tama 1:00 PM POOL TOURNEY w/Rich** 3:00 PM</p>
<p><b>10</b> CLOSED</p>	<p><b>11</b> 10:00 Current Events 11:00 Hands Only CPR 12:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 5:00 CRAFTS w/Beth 6:00-8:00 WRAP Class*</p>	<p><b>12</b> 10:00 Coloring Club <b>10:30-1:30 Budget Shopping w/Joe-\$1*</b> 1:30 Drum Circle 3:00 Corn Hole Toss**</p>	<p><b>13</b> 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Darts**</p>	<p><b>14</b> 10:00 Card/Board Games 11:00 Resistance Bands 1:30 Crafts 3:00 Nerf™ Volleyball</p>	<p><b>15</b> 10:00 Pool w/Danielle 11:00 Volunteer Cleaning-<b>FREE lunch for volunteers</b> 1:30 <b>Movie, Beverages &amp; Popcorn-FREE!</b> 5:00 Wii BOWL TOURNEY w/Sam**</p>	<p><b>16</b> SKIP-BO w/Rich 1:00 PM CRAFTS w/Beth 3:00 PM</p>
<p><b>17</b> CLOSED</p>	<p><b>18</b> <b>10:00 -2:30 Park City Mall Trip -\$3*</b> 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Games w/Rich 6:00-8:00 WRAP Class*</p>	<p><b>19</b> 10:00 Board/Card Games 11:00 Wii Games 1:00 Coloring Club 1:30 Drum Circle 3:00 Indoor/Outdoor Ladder Golf**</p>	<p><b>20</b> 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Wii Golf Tourney** 3:00 Rail Trail Walk</p>	<p><b>21</b> 10:00 Computers w/Sam 11:00 Know Your Rights! - "Get Out &amp; Vote" 1:30 Crafts w/Beth 2:00 Yoga in the Park 3:00 Darts**</p>	<p><b>22</b> 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Rail Trail Walk 3:00 Board Games 5:00 DINNER -\$4 w/Joe*</p>	<p><b>23</b> BINGO w/Rich 1:00 PM POOL TOURNEY w/Tama** 3:00 PM</p>
<p><b>24</b> CLOSED</p>	<p><b>25</b> 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 6:00-8:00 WRAP Class*</p>	<p><b>26</b> 10:00 Coloring Club 1:00 Journaling 1:30 Drum Circle 3:00 BINGO</p>	<p><b>27</b> 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Mall Walk 3:00 Nerf™ Volleyball</p>	<p><b>28</b> 10:00 Card/Board Games 11:00 Resistance Bands <b>12:30-2:00 CSP@Salem Luth*</b> 1:30 Ceramic Crafts 3:00 Board/Card Games</p>	<p><b>29</b> 10:00 Pool w/Mike 11:00 Wii Games 1:30 <b>Movie, Beverages &amp; Popcorn-FREE!</b> 5:00 GAMES w/Sam</p>	<p><b>30</b> Rummy Tourney w/Tama** 1:00 PM GAMES w/Sam 3:00 PM</p>



**Wellness Recovery Action Planning (WRAP®)  
Certified WRAP facilitators**

*September 11, 18, 25, October 2, 9, 16, 24, 31*  
**6:00PM – 8:00PM – No Cost**

- **DEVELOP A DAILY MAINTENANCE PLAN**
- **IDENTIFY TRIGGERS AND HOW TO DEAL WITH THEM**
- **IDENTIFY EARLY WARNING SIGNS**
- **DEVELOP AN ACTION PLAN FOR WHEN IN CRISIS**
- **LEARN HOW TO LIVE A HEALTHY, INDEPENDENT LIFE**

**Held at HALCYON  
728 Walnut Street  
Lebanon, PA 17042**

Workbook, snacks and drinks provided  
Certificate received upon completion of all 8 week sessions

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

