

April 2021

Sunday 12:00-4:00	Monday 9:00-4:30	Tuesday 9:00-4:30	Wednesday 9:00-6:00	Thursday 9:00-4:30	Friday 9:00-7:00	Saturday 11:00-4:00
<p>** Win Halcyon Cash!</p> <p>*Must be signed up in advance</p>	<p>Reminder: All areas in the Center are open for members use even without a group (ie- if you want to do a craft- you're welcome to at anytime).</p>	<p>ALL GROUPS AND ACTIVITIES SUBJECT TO CHANGE BASED ON CURRENT CDC and DOH recommendations.</p>	<p>***Join us on April 16th for Volunteer cleaning and receive a FREE lunch!</p>	<p>1</p> <p>10:00 Computers w/ Sam 11:00 Market Walk 1:30 Crafts 3:00 Uno</p>	<p>2</p> <p>9:00 Free Pancake Breakfast* 10:00 Pool w/ Danielle 1:00 Movie & Popcorn 5:00 Meal (dinner)</p>	<p>3</p> <p>BINGO 12:00 pm</p> <p>Pool Tourney 2:00 pm</p>
<p>4</p> <p>Walk 1:00 pm</p> <p>Crafts 2:30 pm</p>	<p>5</p> <p>10:00 Current Events 11:30 Baking w/ Joe 1:30 Crafts 3:00 Wii Games</p>	<p>6</p> <p>10:00 Wii Games 11:00 Journaling 1:30 Drum Circle 3:00 Chat & Snack</p>	<p>7</p> <p>10:00 Wii Games 11:00 Member's Choice 3:00 Card Games 5:00 Meal (dinner)</p>	<p>8</p> <p>10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Rummy**</p>	<p>9</p> <p>10:00 Pool w/ Mike 10:30 Budget Shopping* \$2.00 3:00 Board Games 5:00 Meal (dinner)</p>	<p>10</p> <p>Board Games 12:00 pm</p> <p>Skip-Bo 2:00 pm</p>
<p>11</p> <p>Pool 1:00 pm</p> <p>UNO 2:30 pm</p>	<p>12</p> <p>10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Wii Games</p>	<p>13</p> <p>10:00 Wii Games 11:00 Journaling 1:30 Drum Circle 3:00 Ladder Golf**</p>	<p>14</p> <p>10:00 Action Movie 11:00 Member's Choice 3:00 Card Games 5:00 Meal (dinner)</p>	<p>15</p> <p>10:00 Computers w/ Sam 11:00 Market Walk 1:30 Crafts 3:00 BINGO**</p>	<p>16</p> <p>10:00 Pool w/ AJ 11:00 Volunteer Cleaning*** 3:00 Cards Games 5:00 Meal (dinner)</p>	<p>17</p> <p>Baking w/ Joe 12:00 pm</p> <p>Crafts 2:00 pm</p>
<p>18</p> <p>Walk 1:00 pm</p> <p>Member's Choice 2:30 pm</p>	<p>19</p> <p>10:00 Current Events 11:30 Baking w/ Joe 1:30 Crafts 3:00 Wii Games</p>	<p>20</p> <p>10:00 Wii Games 11:00 Journaling 1:30 Drum Circle 3:00 Corn Hole Toss**</p>	<p>21</p> <p>10:00 Wii Games 11:00 Member's Choice 3:00 Card Games 5:00 Meal (dinner)</p>	<p>22</p> <p>10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Rummy**</p>	<p>23</p> <p>10:00 Pool w/ Danielle 1:00 Market Walk 3:00 Board Games 5:00 Meal (dinner)</p>	<p>24</p> <p>Pool 12:00 pm</p> <p>Rummy Tourney 2:00 pm</p>
<p>25</p> <p>BINGO 1:00 pm</p> <p>Wii Games 2:00 pm</p>	<p>26</p> <p>10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Wii Games</p>	<p>27</p> <p>10:00 Wii Games 11:00 Journaling 1:30 Drum Circle 3:00 Ladder Golf**</p>	<p>28</p> <p>10:00 Comedy Movie 11:00 Member's Choice 3:00 Card Games 5:00 Meal (dinner)</p>	<p>29</p> <p>10:00 Computers w/ Sam 11:00 Market Walk 1:30 Crafts 3:00 Uno</p>	<p>30</p> <p>10:00 Pool w/ Mike 1:00 Market Walk 3:00 Board Games 5:00 Meal (dinner)</p>	<p>Budget Shopping will be going to Wegmans and stopping for lunch.</p>

Halcyon Happenings

728 Walnut Street Lebanon, PA 17042 - 717-272-3291

Go Outside and Get Some Sun!

We've survived another cold, harsh, snow filled winter. It hasn't been easy, but you made it! With warmer weather approaching, try to take some time to get outside and soak in the sun! Sunlight helps the body produce vitamin D, an essential nutrient that helps our body absorb calcium. Calcium keeps your bones, teeth and muscles healthy! Low levels of vitamin D can lead to worsening symptoms of eating disorders, depression and schizophrenia, as well as increase the risk of many other diseases. Studies have shown that sunlight is essential for optimal functionality of the body and mind. While getting frequent doses of sunlight is vital for your health, be sure to follow safe practices to get it so that you don't end up burned! Remember to use sunscreen for prolonged exposure, to drink plenty of fluids, and to wear your mask when you're around other people!

Congratulations to our \$15.00 Halcyon Cash Winner



Kris D

April

4/1— April Fool's Day
4/2— Autism Awareness Day
4/4— Easter Sunday
4/22—Earth Day
4/30—Arbor Day

April



4/3—Lee B
4/9—Dan B
4/19—Michael S
4/19—Amanda G
4/21—Kerry B
4/24—Candy B
4/27— Barbara F
4/27—Lisa H
4/29—Debbie H

Reminders

- Halcyon is providing dinners free of charge to all members every Wednesday and Friday evening at 5pm. No signup is necessary!
- We will be going to Wegman's on April 8th for Budget Shopping. The cost is \$2 and includes transportation home. Contact Joe or AJ to sign up!

All Halcyon groups, activities, etc. are subject to change based on COVID-19 response guidelines and recommendations. Any updates will be posted to our Facebook page.

Contact Us: aj.hewitt@halcyonpsr.org mike.witmer@halcyonpsr.org