

JUNE 2023

Sunday Closed 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

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|---|---|---|--|--|---|--|---|---|--|
| <p>** Win Halcyon Cash * Must be signed-up *** Join us on June 16 for Volunteer Cleaning & receive a free lunch</p> |  | | | | | | <p>1 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike</p> | <p>2 10:00 Pool W/ Mike 1:00 Market Walk 3:00 Cards 5:00 Meal</p> | <p>3 1:00 Bingo 2:30 Wii Games</p> |
| <p>4 Closed</p> | <p>5 10:00 Current Events 11:00 Journaling 1:30 Crafts 3:00 Switch</p> | <p>6 10:00 Wii Games 11:00 Member's Choice 1:30 Baking W/ Joe 3:00 Chat & Snack</p> | <p>7 10:00 Games 11:00 Movie 3:00 Cards 5:00 Meal</p> | <p>8 10:00 Computers 11:00 Market Walk 1:30 Crafts 3:00 Bingo</p> | <p>9 10:00 Pool W/ Mike 1:00 Walk 3:00 Cards 5:00 Meal</p> | <p>10 1:00 Crafts 2:30 Pool</p> | | | |
| <p>11 Closed</p> | <p>12 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Switch</p> | <p>13 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike</p> | <p>14 10:00 SKIP-BO 11:00 Member's Choice 3:00 Cards 5:00 Meal</p> | <p>15 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike</p> | <p>16 10:00 Pool W/ Mike 11:00 Volunteer Cleaning*** 3:00 Cards 5:00 Meal</p> | <p>17 1:00 Bingo 2:30 Board Games</p> | | | |
| <p>18 Closed</p> | <p>19 CLOSED FOR JUNETEENTH!</p> | <p>20 10:00 Wii Games 11:00 Member's Choice 1:30 Baking W/ Joe 3:00 Pool W/ Mike</p> | <p>21 10:00 Games 11:00 Movie 3:00 Cards 5:00 Meal</p> | <p>22 10:00 Computers 11:00 Market Walk 1:30 Crafts 3:00 Bingo</p> | <p>23 10:00 Pool W/ Mike 11:00 Movie 3:00 Cards 5:00 Meal</p> | <p>24 1:00 Pool Tourney** 2:30 Cards</p> | | | |
| <p>25 Closed</p> | <p>26 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Switch</p> | <p>27 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike</p> | <p>28 10:00 UNO 11:00 Member's Choice 3:00 Cards 5:00 Meal</p> | <p>29 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike</p> | <p>30 10:00 Pool W/ Mike 1:00 Market Walk 3:00 Cards 5:00 Meal</p> | | | | |



Halcyon Happenings

728 Walnut Street Lebanon, PA 17042
717-272-3291 www.halcyonpsr.org
www.facebook.com/halcyonpsr

June is Posttraumatic Stress Disorder (PTSD) Awareness Month. PTSD is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death. PTSD may result in sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation. Some people may recover a few months after the event, but for others it may take years. For some, PTSD may begin long after the events occur. However, PTSD can be treated. The Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Institute of Mental Health (NIMH) offer a variety of resources designed to help people who suffer from PTSD, as well as aid their families and friends in better understanding and dealing with trauma's aftermath.



Congratulations to our March
\$15 Halcyon Cash Winner!



Thelma V.

6/4-John S.

6/6-Bethann B,

6/8-Robert B.

6/10-Karrie S.

6/19-Barbara M.



Important

- Please try to arrive 15 minutes for all activities that you are participating in. For evening activities we can leave earlier if everyone is here.
- Stop by Halcyon and check out the Mural that Local artist Hope is painting. There will be opportunities for members to paint and be a part of the mural process.
- Due to lack of attendance, Halcyon will no longer be open on Sundays. Please keep an eye out for changing hours.

Updates

Halcyon will be closed June 19th for Juneteenth.

We are posting a menu for our free meals on Wednesdays and Fridays at 5. Check it out on the white board.

We still have one spot available for a female on our Ocean City Trip!