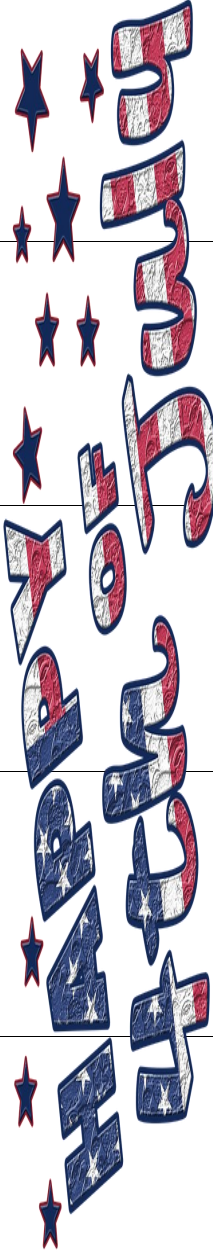


JULY 2023

	Sunday 11:00-3:00	Monday 9:00-4:30	Tuesday 9:00-4:30	Wednesday 9:00-6:00	Thursday 9:00-4:30	Friday 9:00-6:00	Saturday 11:00-4:00	
	<p>** Win Halcyon Cash * Must be signed-up *** Join us on July 21 for Volunteer Cleaning & receive a free lunch</p>							<p>1 1:00 Ice Cream Social 2:30 Wii Games</p>
2	Closed	<p>3 10:00 Coloring Club 11:00 Movie 1:30 Crafts 3:00 Switch</p>	<p>4 CLOSED FOR THE JULY 4TH HOLIDAY!</p>	<p>5 10:00 Games 11:00 Movie 3:00 Cards 5:00 Meal</p>	<p>6 10:00 Computers 11:00 Market Walk 1:30 Crafts 3:00 Bingo</p>	<p>7 10:00 Pool W/ Mike 1:00 Market Walk 3:00 Cards 5:00 Meal</p>	<p>8 1:00 Crafts 2:30 Pool</p>	
9	Closed	<p>10 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Switch</p>	<p>11 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike</p>	<p>12 10:00 SKIP-BO 11:00 Member's Choice 3:00 Cards 5:00 Meal</p>	<p>13 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike</p>	<p>14 10:00 Pool W/ Mike 12:00 Free Lunch* 3:00 Cards 5:00 Meal</p>	<p>15 1:00 Bingo 2:30 Board Games</p>	
16	Closed	<p>17 10:00 Coloring Club 11:00 Movie 1:30 Crafts 3:00 Switch</p>	<p>18 10:00 Wii Games 11:00 Member's Choice 1:30 Baking W/ Joe 3:00 Pool W/ Mike</p>	<p>19 10:00 Games 11:00 Movie 3:00 Cards 5:00 Meal</p>	<p>20 10:00 Computers 11:00 Market Walk 1:30 Crafts 3:00 Bingo</p>	<p>21 10:00 Pool W/ Mike 11:00 Volunteer Cleaning *** 3:00 Cards 5:00 Meal</p>	<p>22 1:00 Crafts 2:30 Cards</p>	
23	Closed	<p>24 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Switch</p>	<p>25 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike</p>	<p>26 10:00 UNO 11:00 Member's Choice 3:00 Cards 5:00 Meal</p>	<p>27 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike</p>	<p>28 10:00 Pool W/ Mike 1:00 Market Walk 3:00 Cards 5:00 Meal</p>	<p>29 1:00 Bingo 2:30 Pool Tournament**</p>	
30	Closed							
		<p>31 Same times and activities As July 17TH.</p>						



Halcyon Happenings

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

www.halcyonpsr.org

www.facebook.com/halcyonpsr

July 24th is international self care day. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. A self-care day is a day when you suspend your normal responsibilities and duties to take care of your own needs. Those needs can be physical, mental, emotional, or social. Activities during a self-care day should be designed to satisfy your needs, take you out of your current life and dramas and give you room to breathe and mentally re-balance. When you plan a self-care day, be sure that it is not about being perfect, but rather about being human and embracing that it's okay to be human. Self-care is about you, what you need, and what you can comfortably engage in.



International
Self Care
Day

Congratulations to our March
\$15 Halcyon Cash Winner!



Susan S.

7/6-Derek R.

7/8-Brian G., Megan B.

7/9-Erin R., Lisa C.

7/15-Michael R.

7/18-John P.

7/21-Tara S.

7/28-Charles L., Randy G., Joseph W.

7/29-Jeff R., Alex Z.



Updates

Halcyon will be closed July 4th.

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! All funds must be paid by August 4th!

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.
- Please note that Halcyon will be closing at 6 on Fridays instead of 7.
- BreAnna's last day will be June 29th!