
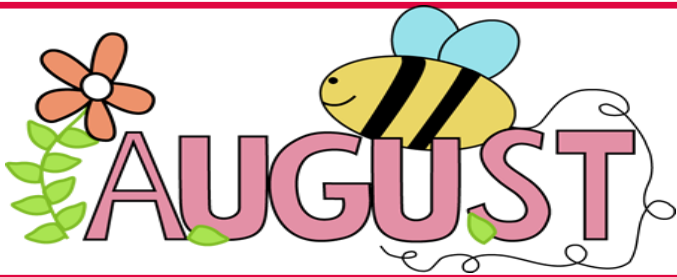


# AUGUST 2023



| 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<br/>* Must be signed-up<br/>*** Join us on<br/>Aug. 18 for<br/>Volunteer Cleaning<br/>&amp; receive a free lunch</p> |  <p>7<br/>10:00 Coloring Club<br/>11:00 Movie<br/>1:30 Crafts<br/>3:00 Switch</p> | <p>1<br/>10:00 Wii Games<br/>11:00 Journaling<br/>1:30 Movie<br/>3:00 Pool W/ Mike</p> | <p>2<br/>10:00 Rummy<br/>11:00 Member's Choice<br/>3:00 Cards<br/>5:00 Meal</p>            | <p>3<br/>10:00 Board Games<br/>11:00 Card Games<br/>1:30 Crafts<br/>3:00 Pool W/ Mike</p>          | <p>4<br/>10:00 Pool W/ Mike<br/>11:00 Movie<br/>3:00 Cards<br/>5:00 Meal</p> | <p>5<br/>1:00 Ice Cream Social<br/>2:30 Bingo</p> |
| <p>6<br/>Closed</p>   | <p>8<br/>CLOSED FOR<br/>TODAY!</p>   | <p>9<br/>10:00 Games<br/>11:00 Movie<br/>3:00 Cards<br/>5:00 Meal</p>                  | <p>10<br/>10:00 Computers<br/>11:00 Market Walk<br/>1:30 Crafts<br/>3:00 Bingo</p>         | <p>11<br/>10:00 Pool W/ Mike<br/>1:00 Market Walk<br/>3:00 Cards<br/>Closing at 4:30</p>           | <p>12<br/>1:00 Crafts<br/>2:30 Pool</p>                                      | <p>13<br/>Closed</p>                              |
| <p>14<br/>10:00 Member's Choice<br/>11:00 Coloring Club<br/>1:30 Crafts<br/>3:00 Switch</p>   | <p>15<br/>10:00 Wii Games<br/>11:00 Journaling<br/>1:30 Movie<br/>3:00 Pool W/ Mike</p>  | <p>16<br/>10:00 SKIP-BO<br/>11:00 Member's Choice<br/>3:00 Cards<br/>5:00 Meal</p>     | <p>17<br/>10:00 Board Games<br/>11:00 Card Games<br/>1:30 Crafts<br/>3:00 Pool W/ Mike</p> | <p>18<br/>10:00 Pool W/ Mike<br/>11:00 Volunteer<br/>Cleaning ***<br/>3:00 Cards<br/>5:00 Meal</p> | <p>19<br/>1:00 Bingo<br/>2:30 Board Games</p>                                | <p>20<br/>Closed</p>                              |
| <p>21<br/>10:00 Coloring Club<br/>11:00 Movie<br/>1:30 Crafts<br/>3:00 Switch</p>   | <p>22<br/>10:00 Wii Games<br/>11:00 Member's Choice<br/>1:30 Baking W/ Joe<br/>3:00 Pool W/ Mike</p>   | <p>23<br/>10:00 Games<br/>11:00 Movie<br/>3:00 Cards<br/>5:00 Meal</p>                 | <p>24<br/>10:00 Computers<br/>11:00 Market Walk<br/>1:30 Crafts<br/>3:00 Bingo</p>         | <p>25<br/>10:00 Pool W/ Mike<br/>11:00 Volunteer<br/>Cleaning ***<br/>3:00 Cards<br/>5:00 Meal</p> | <p>26<br/>1:00 Crafts<br/>2:30 Cards</p>                                     | <p>27<br/>CLOSED</p>                              |
| <p>28<br/>10:00 Member's Choice<br/>11:00 Coloring Club<br/>1:30 Crafts<br/>3:00 Switch</p>   | <p>29<br/>10:00 Wii Games<br/>11:00 Journaling<br/>1:30 Movie<br/>3:00 Pool W/ Mike</p>  | <p>30<br/>10:00 UNO<br/>11:00 Member's Choice<br/>3:00 Cards<br/>5:00 Meal</p>         | <p>31<br/>10:00 Board Games<br/>11:00 Card Games<br/>1:30 Crafts<br/>3:00 Pool W/ Mike</p> |  |  |   |



# Halcyon Happenings

728 Walnut Street Lebanon, PA 17042

717-272-3291

[www.halcyonpsr.org](http://www.halcyonpsr.org)

[www.facebook.com/halcyonpsr](https://www.facebook.com/halcyonpsr)

Everyday, should be 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 rebalance. 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.



Congratulations to our June \$15 Halcyon Cash Winner!

Photo Not Available!



**Chestina H**

8/4 Julianne F.

8/6 Jackie C

8/8 Margaret J

8/17 Sandy Y

8/21 Kathy B

8/24 Gabriel 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.
- Please note that Halcyon will be closing at 6 on Fridays instead of 7.

## AUGUST MENU:

Aug. 2 Tacos

Aug. 4 Meatloaf & Mashed Potatoes

Aug. 9 Hamburger BBQ & Chips

Aug. 11 NO MEAL

Aug. 16 Cheesy Ranch Chicken

Aug. 18 Cheesesteaks & Chips

Aug. 23 Chicken Nuggets & Fries

Aug. 25 Baked BBQ Chicken

Aug. 30 Western Omelette & Home Fries

\*MENU can be subject to change

Without notice or cancelled!