

OCTOBER 2023

Sunday Closed	Monday 9:00-4:30	Tuesday 9:00-4:30	Wednesday 9:00-6:00	Thursday 9:00-4:30	Friday 9:00-6:00	Saturday 11:00-3:00	
1	2 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Member's Choice W/Sam	3 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike	4 10:00 SKIP-BO 11:00 Games 3:00 Cards 5:00 Meal * Sycamore Orchard	5 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike	6 10:00 Pool W/ Mike 1:00 Movie 3:00 Cards NO MEAL TODAY!	7 HALCYON WILL BE CLOSED TODAY!	
8	9 Closed Columbus Day	10 10:00 WII GAMES 11:00 Member's Choice 1:30 Movie 3:00 Pool * 5K Walk	11 10:00 Rummy 11:00 Movie 3:00 Cards 5:00 Meal	12 10:00 Computers 11:00 Nail Painting 1:30 Crafts 3:00 Bingo	13 10:00 Pool W/ Mike 1:00 Market Walk 3:00 Cards 5:00 Meal * Seyfers Corn Maze	14 1:00 Bingo 2:00 Crafts	
15	16 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Member's Choice W/ Sam	17 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike *Quittie Walk & Hoss's	18 10:00 SKIP-BO 11:00 Member's Choice 3:00 Cards 5:00 Meal	19 10:00 Board Games 11:00 Card Games 1:30 Crafts 3:00 Pool W/ Mike * Karaoke	20 10:00 Pool W/ Mike 11:00 Volunteer Cleaning*** 3:00 Cards 5:00 Meal	21 1:00 Bingo	
22	23 10:00 Coloring Club 11:00 Movie 1:30 Crafts 3:00 Member's choice w/Sam	24 10:00 Wii Games 11:00 Member's Choice 1:30 Baking W/ Joe 3:00 Pool W/ Mike * Halloween Craft	25 10:00 UNO 11:00 Movie 3:00 Cards 5:00 Meal	26 10:00 Computers 11:00 Nail Painting 1:30 Crafts 3:00 Bingo	27 10:00 Pool W/ Mike 1:00 Market Walk 3:00 Cards 5:00 Meal	28 1:00 Wii Games 2:00 Crafts	
29	30 10:00 Member's Choice 11:00 Coloring Club 1:30 Crafts 3:00 Member's Choice W/ Sam	31 10:00 Wii Games 11:00 Journaling 1:30 Movie 3:00 Pool W/ Mike				**** Denotes Evening Activities. Must have been signed-up by September 15TH.	** Win Halcyon Cash * Must be signed-up *** Join us for Volunteer Cleaning & receive a free Lunch

Halcyon Happenings

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

October is Depression and Mental Health Awareness Month Here are some steps to better help with your Depression and Mental Health:

- Eat a regularly healthy diet
- Be physically active every day
- Set aside time for fun and relaxation
- Avoid alcohol and non-prescription drugs
- Stay connected with friends and family



Congratulations to our Sept.
Halcyon Winner!



Dan B.



10/1 Richard Cassel

10/13 Ashley Murphy

10/16 Dawn Scramuzzino

10/27 Brian Johnson

10/27 Frederick Thornley

10/29 George Keener

OCTOBER MENU

Oct. 4 Tacos

Oct. 6 No Meal

Oct. 9 Closed

Oct.11 Grilled Cheese & Chips

Oct. 13 French Bread Pizza

**Oct. 18 Grilled Chicken & Mashed
Potatoes**

Oct. 20 Lasagna & Garlic Bread

Oct. 25 Chicken Nuggets & Fries

Oct. 27 Macaroni & Cheese

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.

All meals are subject to change and cancellation without notice.

Members should always clean-up after themselves; especially after meals & activities.

Please make sure you have enough money when there is activity away from the center.