




# Greenwood CHEER Activity Center “Home Away From Home”

## FEBRUARY 2019

Phone: 349-5237



Mon	Tue	Wed	Thu	Fri
<p>Valentine's Party Thursday, February 14th 10:30 am</p>  <p>Entertainment by Dawn Jones</p>		<p>Exciting New Program every third Friday Monthly at the Greenwood Library</p>  <p><b>OWL—Older &amp; Wiser Living</b> -Receive tools &amp; resources to manage your health -Monthly programs will focus on helpful tools such as stretching, fall prevention, nutrition &amp; much more</p>		<p><b>1</b> 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 <b>Hot Breakfast</b> 10:00 Wii Bowling 10:30 <b>Jackpot Game</b> 11:30 Lunch 12:30 <b>Exercise Program—</b> <b>”Exercise Your Body”</b></p>
<p><b>4</b> <b>Post Office &amp; Bank</b> 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:00 Blood Pressure check 9:30 Card Games 10:30 Bible Study 11:30 Lunch 12:30 “Luncheon Card Club” Hand &amp; Foot 12:30 Jackpot Game</p>	<p><b>5</b> 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Walking Club 11:00 <b>“Lunch Bunch on the Go” Lunch at Emma’s in Greenwood</b> 11:30 Lunch 12:30 <b>Shopping trip to Redner’s in Milford</b> 1:45 <b>Yoga with Chuck</b></p>	<p><b>6</b> 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 <b>Hot Breakfast</b> 9:30 “Walk Away the Pounds” 10:30 <b>Positive Music Time Program — “Remembering the Times”</b> 30 Lunch 12:00 “Luncheon Card Club” 12:15 <b>Bus departs for Milford Bowling Lanes</b></p> 	<p><b>7</b> 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone 101 and Computer Class with Chris 11:30 Lunch 10:30 <b>Pet Therapy—Visit with Bruno</b> 12:30 Food Lion Shopping &amp; Walgreens in Bridgeville 1:00 <b>Memory Café</b></p>	<p><b>8</b> 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 <b>Hot Breakfast</b> 10:00 Wii Bowling 10:30 <b>Jackpot Game</b> 11:30 Lunch 12:30 <b>“Life Smatters” Robin Miller from the Greenwood Library</b></p>



