



Greenwood CHEER Activity Center “Home Away From Home”

JANUARY 2019

Phone: 349-5237



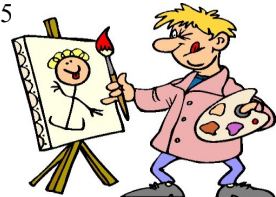
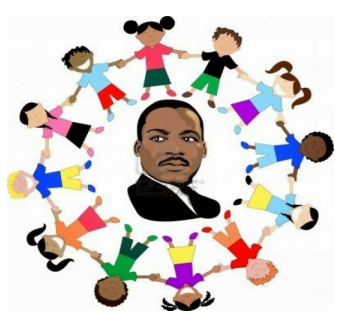
Mon	Tue	Wed	Thu	Fri
<p>Paint Day With Judy Friday, January 18th 12 to 2 pm</p>  <p>Sign up with Fran. Only \$20</p>	<p>1 CENTER CLOSED</p> <p>Happy New Year!</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Wanda’s Corner 11:30 Lunch 12:00 “Luncheon Card Club” 12:15 Bus departs for Milford Bowling Lanes</p>	<p>3</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone Class 10:30 Gina Schoenberg, Deputy Attorney General presentation “Senior Scams & Frauds” 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café 1:00 Alzheimer's Caregiver Support Group</p>	<p>4</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 Wii Bowling 10:30 Jackpot Game 11:30 Lunch 12:15 Nutrition Education-Speaker Ruth Thomas “Vitamin B 12”</p>
<p>7</p> <p>Post Office & Bank 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:30 Card Games 10:30 Bible Study 11:30 Lunch 2:30 “Luncheon Card Club” 12:30 Jackpot Game</p>	<p>8</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Walking Club 10:00 “Lunch Bunch on the Go” Lunch at the Westside Restaurant and Shopping at Big Lots in Milford 11:30 Lunch 1:45 Yoga with Chuck</p> <p>Stop by and meet the new Yoga Instructor</p>	<p>9</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Wanda’s Corner 11:30 Lunch 12:00 “Luncheon Card Club” 12:15 Bus departs for Milford Bowling Lanes</p> 	<p>10</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:30 Bus departs for the Laurel Senior Center for Bingo and lunch. Lunch is \$3.50 10:00 Cell Phone 101 and Computer Class with Chris 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café</p> <p>Dinner & Bingo Spaghetti/Meat Sauce</p>	<p>11</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 Wii Bowling 10:30 Georgetown CHEER here for lunch and Bingo 11:30 Lunch 12:30 “Life Smatters” Robin Miller from the Greenwood Library</p>

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Mon	Tue	Wed	Thu	Fri
<p>14 Post Office & Bank 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:30 Card Games 10:30 Bible Study 11:30 Lunch 12:00 AARP REFRESHER Driving Class 12:30 "Luncheon Card Club" 12:30 Jackpot Game</p>	<p>15 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:00 Hospice Support Group for Men "Coffee Club" 10:30 Prize Bingo and guests from the Roxana CHEER 11:30 Lunch 12:15 Shopping trip to Roses in Seaford 1:45 Yoga with Chuck</p>	<p>16 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 "Walk Away the Pounds" 10:30 Wanda's Corner 11:30 Lunch 12:00 "Luncheon Card Club" 12:15 Bus departs for Milford Bowling Lanes</p>	<p>17 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone 101 and Computer Class with Chris 10:30 Cards/Games 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café</p>	<p>18 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 We visit the Roxana CHEER for lunch & Bingo 10:00 Wii Bowling 10:30 11:30 Lunch 12 to 2 Paint Day with Judy 12:15</p> 
<p>21 CENTER CLOSED</p>  <p>MARTIN LUTHER KING, JR DAY</p>	<p>22 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:30 Prize Bingo and guests from Milton CHEER Center at 10:30 am 11:30 Lunch 12:15 Shopping trip to WalMart in Milford 1:45 Yoga with Chuck</p>	<p>23 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 "Walk Away the Pounds" 10:30 Wanda's Corner 11:30 Lunch 12:00 "Luncheon Card Club" 12:15 Bus departs for Milford Bowling Lanes</p>	<p>24 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone 101 and Computer Class with Chris 10:30 Cards/Games 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café</p>	<p>25 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 Wii Bowling 10:30 Jackpot Game 11:30 Lunch 12:30 Member's Meeting</p>




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28 Post Office & Bank 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:30 Card Games 10:30 Bible Study 11:30 Lunch 12:15 Luncheon Card Club	29 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:30 Prize Bingo 11:30 Lunch 12:15 Shopping trip to Dollar General in Greenwood 1:45 Yoga with Chuck	30 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Wanda’s Corner 11:30 Lunch 12:00 “Luncheon Card Club” 12:15 Bus departs for Milford Bowling Lanes	31 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:30 Bus departs to the Georgetown CHEER Center for lunch & Bingo 10:00 Cell Phone 101 and Computer Class with Chris 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café	

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 ★ **Suggested Lunch Donation** ★
 ★ \$3.00 for those 60 + ★
 ★ There is a \$1 trip donation when ★
 ★ you ride the bus. Please give the ★
 ★ money to the bus driver when you ★
 ★ board the bus. ★
 ★★★★★★★★★★★★★★★



January

★★★★★★★★★★★★★★★
 ★ **Bowling in Milford** ★
 ★ Bus departs at 12:15 pm ★
 ★ 1/2 ★
 ★ 1/9 ★
 ★ 1/16 ★
 ★ 1/23 ★
 ★ 1/30 ★
 ★★★★★★★★★★★★★★★

