



Greenwood CHEER Activity Center “Home Away From Home”

Lunch Lottery
Pick your card at the
front desk

MARCH 2019

Phone: 349-5237



Mon	Tue	Wed	Thu	Fri
<p>MARCH FOR MEALS FUNDRAISER DINNER</p> <p>THURSDAY, MARCH 21ST 5:00 PM</p> <p>ENTERTAINMENT SUZETTE PRITCHETT</p> <p>Menu Chicken Cordon Bleu/cheese sauce Potato Salad Spring Blend Vegetables Dinner Roll Cookies & Ice Cream</p>		<p>Exciting New Program every third Friday Monthly at the Greenwood Library</p>  <p>OWL—Older & Wiser Living -Receive tools & resources to manage your health -Monthly programs will focus on helpful tools such as stretching, fall prevention, nutrition & much more</p>		<p>1 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 Wii Bowling 10:30 Speaker Mike Lowe , Senior Instructor, Delaware State Fire School 11:30 Lunch 12:30 Penny Bingo (Bring Your Pennies to Play)</p>
<p>4 Post Office & Bank 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 & Foot 12:30 Jackpot Game</p>	<p>5 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Walking Club 10:00 “Lunch Bunch on the Go” Trip to WalMart and lunch at Westside Restaurant in Milford 11:30 Lunch 1:45 Yoga with Chuck</p>	<p>6 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Wanda’s Corner 30 Lunch 12:00 “Luncheon Card Club” 12:15 Bus departs for Milford Bowling Lanes</p> 	<p>7 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 Intern Rene Salandanan, Presentation on Interning at the Greenwood CHEER 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café 1:00 Alzheimer's Caregiver Support Group. Jamie Megee Facilitator</p>	<p>8 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 “Life Smatters” Robin Miller from the Greenwood Library</p>

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<p>11 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” Hand & Foot 12:30 Jackpot Game</p>	<p>12 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. Milton CHEER Visits 11:30 Lunch 12:15 Shopping trip to Goodwill in Bridgeville 1:45 Yoga with Chuck 5:00 “Get Away Club” Red Lobster in Dover</p>	<p>13 7:30 Rep. Jesse Vanderwende Community Meeting 9:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Spreaker Steven Swierzsy “Beating the Winter Blues” 11:30 Lunch 12:00 “Luncheon Card Club” 12:15 Bus departs for Milford Bowling Lanes</p>	<p>14 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone 101 and Computer Class with Chris 10:00 We visit the Georgetown CHEER. Suzette Pritchett entertains 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café</p>	<p>15 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 “Older & Wiser Living” Program at the Greenwood Library 10:00 Wii Bowling 11:30 Lunch 12:30 Shopping Trip. Patsy Chooses</p>
<p>18 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 12:30 “Luncheon Card Club” Hand & Foot 12:30 Jackpot Game</p>	<p>19 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 Tree in Milford 1:45 Yoga with Chuck</p>	<p>20 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Speaker Antoinette Wright -Johnson, Community Legal Aid. “What’s a POA” & What’s a Health Care Directive” 11:30 Lunch 12:00 “Luncheon Card Club” 12:15 Bus departs for Milford Bowling Lanes</p> <p style="text-align: center;">First Day of Spring</p>	<p>21 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone 101 and Computer Class with Chris 10:39 Pet Therapy—Bruno visits 10:30 Yatzee 11:45 Lunch 12:30 Shopping in Bridgeville 1:00 Memory Café</p> <p style="text-align: center;">March for Meals Fundraising Dinner at 5:00 pm Entertainment Suzette Pritchett \$6.00</p>	<p>22 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 Visit the Bridgeville Senior Center for lunch & Bingo 11:30 Lunch</p>

