

Greenwood CHEER Activity Center “Home Away From Home”

Older Americans
Month
Lunches are only \$1.00

MAY 2019
Phone: 349-5237



Mon	Tue	Wed	Thu	Fri
<p>Older Americans Day Celebration</p> <p>CHEER Community Center</p> <p>Friday, May 24th</p> <p>Please see Fran for Tickets</p>		<p>1</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 “Walk Away the Pounds” 10:30 Positive Music Time Program with Randy 11:30 Lunch 12:00 “Luncheon Card Club” Hand & Foot 12:15 Bus departs for Milford Bowling Lanes</p>	<p>2</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:30 Sharon Ciarlo Community Outreach United Health Care. “Ask the Expert” 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café 1:00 Alzheimer's Caregiver Support Group. Jamie Megee Facilitator</p>	<p>3</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:30 Nutrition Speaker Ruth Thomas “Calcium” 11:30 Lunch 12:30 Penny Bingo. Bring Your Pennies</p>
<p>6</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 12:30 “Luncheon Card Club” Hand & Foot 12:30 Jackpot Game</p>	<p>7</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Walking Club 10:30 Prize Bingo and guests from Milton CHEER 11:30 Lunch 12:15 Shopping at Dollar Tree in Milford 1:45 Yoga with Chuck</p>	<p>8</p> <p>7:30 Rep. Jesse Vanderwende Community Meeting 8:00 Fitness Center Opens 9:00 Morning Chat 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>9</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:00 Cell Phone 101 and Computer Class with Chris 9:30 We visit the Roxana CHEER Center 11:30 Lunch 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café</p>	<p>10</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 We visit the Milton CHEER Center 11:30 Lunch 12:00 to 2:00 Paint Day with Judy (Meeting in Conference Room)</p>

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<p>13 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>14 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:00 Hospice Support Group for Men 10:30 "Lunch Bunch" Lunch at the Eagle Diner in Seaford 11:30 Lunch 12:30 Shopping at Roses in Seaford after lunch trip 1:45 Yoga with Chuck</p>	<p>15 9:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 "Walk Away the Pounds" 10:30 Trip to Lewes Vietnam Veterans Moving Wall & Bag Lunch 11:30 Lunch 12:00 "Luncheon Card Club" 12:30 Bowling at the Milford Bowling Lanes</p>	<p>16 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 Antoinette Johnson , Community Legal Aid "What's a POA? & "What's a Health Care Directive?" 12:30 Food Lion Shopping & Walgreens in Bridgeville 1:00 Memory Café 5:00 Dinner & Bingo Hot Dogs & Hamburgers</p>	<p>17 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 10:00 Wii Bowling 10:30 Prize Bingo and guests from the Georgetown CHEER 11:30 Lunch 12:30 "Life Smatters" with Robin Miller from the Greenwood Library</p>
<p>20 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>21 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 9:00 to 3:00 AARP BASIC Defensive Driving Class 10:30 Prize Bingo 11:30 Lunch 12:15 Shopping at WalMart in Milford 1:45 Yoga with Chuck "Get Away Club" Dinner at Bella Capri Georgetown Bus departs at 5:00 p. m.</p>	<p>22 8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Hot Breakfast 9:30 "Walk Away the Pounds" 10:30 Presentation by Outreach Worker Robin Peterson. "The Outreach Corner" 11:30 Lunch 12:00 "Luncheon Card Club" 12:15 Bus departs for Milford Bowling Lanes</p>	<p>23 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 Speaker Holly Heilner "Life...Be Proactive" 11:45 Lunch 12:30 Shopping in Bridgeville 1:00 Memory Café</p>	<p>24 Center Closed Older American Celebration CHEER Community Center Please See Fran for Tickets</p>

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Mon	Tue	Wed	Thu	Fri
<p>27</p> <p>MEMORIAL DAY</p>  <p>CENTER CLOSED</p>	<p>28</p> <p>8:00 Fitness Center Opens 9:00 Morning Chat 9:00 Breakfast Snacks 10:30 Prize Bingo 11:30 Lunch 12:15 Shopping at Redner's in Milford 1:45 Yoga with Chuck</p>	<p>29</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>30</p> <p>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 Special Entertainment by Suzette Pritchett and guests from the Laurel Senior 11:30 Lunch 12:30 Shopping in Bridgeville 1:00 Memory Café</p>	<p>31</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 12:30 Trip to Byler's</p>

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.




chibird.tumblr.com

Bowling in Milford
 Bus departs at 12:15 pm
 Wednesdays

