

Long Neck CHEER Center June 2019 Activities Calendar

Monday

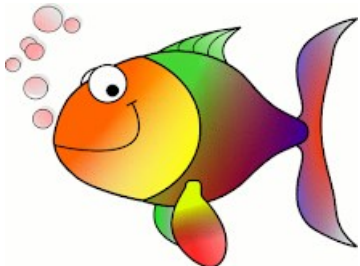

Tuesday

Wednesday

Thursday

Friday

<p>3 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 9:00 Knitting and Crocheting Club 8:30 Weight Watchers Weigh-In 9:30 Weight Watchers Meeting 10 Trip to Wal-Mart 10 Weight Watchers Weigh-In #2 10:30 Weight Watchers Meeting #2 12 Lunch 1 Penny Bingo 1:30 Table Tennis 2:30 UpWords</p>	<p>4 8 Gym Opens 8 Morning Chat 8-4 Open Computer 8 Texercise 9 ZUMBA 9:30 Trip to Delaware Learning Institute to Pamper Ourselves. Hair cuts and more 10:15 Tai Chi 12 Lunch 1 Mahjongg 1 Memory Café</p>	<p>5 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Michigan Rummy <i>10 Bus available to go to Pool</i> 10:30 Membership 50/50 Raffle 10:30 Prize Bingo 12 Lunch 12:30 Elder Abuse Presentation 1 Bunco 1 Crafts and Chat in Library 1 Bank, PO, Pharm., Grocery</p>	<p>6 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA 9:30 Trip to the Dollar Tree <i>10 Bus available to go to Pool</i> 10:00 Wii Bowling 10:15 Tai Chi 12 Lunch 12:30 Sun Behavioral Presentation 1 Nickel Poker</p>	<p>7 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Yoga 9 Quilting Club 9-3 Jewelry Day w/ repairs, appraisals and much more 10:30 Penny Bingo 12 Lunch 12:15 Beebe Presentation/Be Proactive with medical decisions 12-4 Open Computer Lab 1-2 Parkinson Dance</p>
<p>10 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 9:00 Knitting, Crochet- ing club 8:30 Weight Watchers Weigh-In 9:30 Weight Watchers Meeting 10 Trip to Wal-Mart 10 Weight Watchers Weigh-In #2 10:30 Weight Watchers Meeting #2 12 Lunch 1 Penny Bingo 1:30 Table Tennis 2:30 UpWords 5-7 Dinner Club Trip to Legends in Milton</p>	<p>11 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA 9:30 Trip to Greenwood CHEER for Music Bingo 10:15 Tai Chi 12 Lunch 1 Mahjongg 1 Memory Café</p>	<p>12 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Michigan Rummy <i>10 Bus Available to go to Pool</i> 10:30 Membership 50/50 Raffle 10:30 Membership Meeting No Bingo Today 12 Lunch 1 Bunco 1 Crafts and Chat in Library 1 Bank, PO, Pharm., Grocery</p>	<p>13 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA 9:30 Trip to the Dover Mall <i>10 Bus Available to go to Pool</i> 10:00 Wii Bowling 10:15 Tai Chi 10:15 Wii Bowling 12 Lunch 1 Nickel Poker</p>	<p>14 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Yoga 9:30 Trip to Dollar General 9 Quilting Club 10:30 Penny Bingo 12 Lunch 12:30 Movie and Popcorn 1-2 Parkinson Dance</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17 8 Gym Opens 8 Morning Chat 9:00 Knitting and Crocheting Club 8:30 Weight Watchers Weigh-In 9:30 Weight Watchers Meeting 10 Weight Watchers Weigh-In #2 <u>9:30 Trip to Walmart</u> 10:30 Weight Watchers Meeting #2 12 Lunch 12:15 Elder Abuse Presentation 12-4 Open Computer use/Library 1 Penny Bingo 1:30 Table Tennis 2:30 UpWords</p>	<p>18 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA 10:15 Tai Chi 10:30-Noon Meeting for AARP Local Chapter within the Library 12 Lunch <u>12:30-2:30 Music Bingo with Mike</u> 1 Mahjongg 1:00 Memory Café</p>	<p>19 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Michigan Rummy <i>10 Bus available to go to Pool</i> <u>10:30 Membership 50/50 Raffle</u> 10:30 Prize Bingo 12 Lunch 1 Bunco 1 Crafts and Chat in Library <u>1 Bank, PO, Pharm., Grocery 5-7 FREE MEMBERSHIP DINNER</u> <u>ELVIS (BOB LOUGHEED) WILL BE IN THE BUILDING FROM 6-7</u></p>	<p>20 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA 9:30 Trip to Rehoboth Boardwalk 10:15 Wii Bowling 10:15 Tai Chi 12 Lunch <u>12-4 Open Computer Lab</u> <u>1 Blind SIGHT Delaware Mtg.</u> 1 Nickel Poker</p>	<p>21 SUMMER BEGINS! SUMMER PARTY ALL DAY W/REFRESHMENTS GREENWOOD CHEER CENTER WILL BE OUR GUEST TODAY 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise Yoga 9 Quilting Club 10:30 Penny Bingo 12 Lunch <u>12:30 Entertainment</u> 12-4 Open Computer Lab 1-2 Parkinson Dance</p>
<p>24 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 9:00 Knitting, Crocheting Club 8:30 Weight Watchers Weigh-In 9:30 Weight Watchers Meeting 10 Weight Watchers Weigh-In #2 10:30 Weight Watchers Meeting #2 12 Lunch 12 CHEER Presentation 1 Penny Bingo 1:30 Table Tennis 2:30 UpWords</p>	<p>25 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <u>9:30 Trip to Salisbury Zoo</u> 10:15 Tai Chi 12 Lunch 1 Mahjongg 1:00 Memory Café</p>	<p>26 8 Gym Opens 8 Morning Chat 8-4 Open Computer 8 Texercise 9Michigan Rummy <i>10 Bus available to go to Pool</i> 10:30 Prize Bingo 12 Lunch 1 Bunco 1 Crafts and Chat in Library <u>1 Bank, PO, Pharm., Grocery 4:30-7:30Dinner with Paint Night with Kathy Fessenbecker</u></p>	<p>27 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <u>9:30 Trip to Byler's and Produce</u> 10:15 Wii Bowling 10:15 Tai Chi 12 Lunch 1 Nickel Poker</p>	<p>28 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Yoga 9 Quilting Club <u>9:30 Trip to Dave's Treasure Hunt in Frankford</u> 10:30 Penny Bingo 12 Lunch 1:00 Trip to Dairy Queen 1-2 Parkinson Dance</p>
	<p>WE NOW HAVE YOGA AT LONG NECK CHEER! EVERY FRIDAY FROM 9-10 A.M.</p>	<p>CHECK OUT CHEER ON THE WEB TO LEARN MORE ABOUT OUR PROGRAMS, LUNCHESES, EMPLOYMENT AND MUCH MORE.</p>		<p>Long Neck CHEER Center Director: Nancy S. Dodd Email: ndodd@cheerde.com Outreach Worker: Renee Salandanan Email: rsalandanan@cheerde.com Phone: 302-945-3551</p>