






**Long Neck CHEER Center—September 2019 Activities Calendar**

**La Red Health Center is at the Long Neck CHEER Center every Monday from 9-3. Call 302-855-1233 to schedule an appointment.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 Happy Labor Day! Center Closed Today.</b></p> 	<p><b>3</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <b>9:30 Trip to Wal-Mart</b> <b>10-12:30 FREE Workshop Healthy Living with Chronic Conditions. For 6 week series, begins today. Must sign up in advance.</b> 10:15 Tai Chi 12 Lunch 1 Mahjongg 1 Memory Café</p>	<p><b>4</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Michigan Rummy <b>10:30 Penny Bingo</b> 11 Swim at Sussex Academy 12 Lunch 1 Bunco 1 Crafts and Chat in Library <b>1 Bank, PO, Pharm., Grocery</b></p>	<p><b>5</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <b>9:30 Trip to Rehoboth Beach Boardwalk.</b> <i>10 Bus Available to go to Pool</i> 10:15 Tai Chi 10:15 Wii Bowling 12 Lunch 12:30 Bible Study w/Ruth 1 Nickel Poker</p>	<p><b>6</b> <b>Trap Pond Fall Festival Carnival Today.</b> <b>See Center Director for Tickets.</b> <b>Center Closed Today.</b></p> 
<p><b>9</b> 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 <b>9:30 Trip to Wal-Mart</b> 10 Weight Watchers Weigh-In #2 10:30 Weight Watchers Meeting #2 12 Lunch 1 Prize Bingo 1:30 Table Tennis 2:30 UpWords <b>5-7 Evening Dinner Club Trip</b></p>	<p><b>10</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <b>10-12:30 FREE Workshop Healthy Living with Chronic Conditions. 6 week series.</b> 10:15 Tai Chi 10-12:30 12 Lunch <b>12:15 Bus Departs for Nassau Vineyards in Lewes for Private Guided Tour and Wine Tasting - \$12 per Person.</b> 1 Mahjongg 1 Memory Café</p>	<p><b>11</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Michigan Rummy 10:30 Penny Bingo 11 Swim at Sussex Academy 12 Lunch <b>12:45 Membership Meeting at our new time. Please stay for the meeting to support your center :) Free Lunch Drawing</b> 1 Bunco 1 Crafts and Chat in Library <b>1 Bank, PO, Pharm., Grocery</b></p>	<p><b>12</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <b>9:30 Trip to Milford Wal-Mart</b> <i>10 Bus Available to go to Pool</i> 10:15 Tai Chi 10:15 Wii Bowling 12 Lunch 1 Nickel Poker</p>	<p><b>13</b> Puzzles and Crazy Hat Friday <b>Long Neck Center Recognition Day Today w/ appetizers, and door prizes. G-town visits!</b> <b>SELFIE PHOTO DAY! SMILE!!! :)</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Yoga 9 Quilting Club 10:30 Penny Bingo 12 Lunch <b>12:30 Sussex Community Gospel Choir will visit.</b> 1-2 No Parkinson Dance Today</p>

16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
<p>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 12-4 Open Computer use/Library 1 Prize Bingo 1:30 Table Tennis 2:30 UpWords</p>	<p>8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <u>9:30 Trip to Harris Teeter</u> 10:15 Tai Chi <u>10-12:30 FREE Workshop Healthy Living with Chronic Conditions. 6 week series.</u> 12 Lunch AARP Local Chapter Board Meeting as Noon <u>12:30-2:30 Music Prize Bingo with Mike</u> 1 Mahjongg 1:00 Memory Café</p>	<p>8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Michigan Rummy 10:30 Penny Bingo 11 Swim at Sussex Academy 12 Lunch 1 Bunco 1 Crafts and Chat in Library <u>1 Bank, PO, Pharm., Grocery 5-7 FREE Membership Dinner with entertainment and 50/50 drawing.</u> <u>Menu: Hamburgers and Hot Dogs, Baked Beans, Potato Salad, Dessert</u></p>	<p>10 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <u>9:30 Trip to the Dover Mall</u> 10:15 Wii Bowling 10:15 Tai Chi 12 Lunch 12:30 Bible Study w/ Ruth. In-back activity room. <u>1 Blind SIGHT Delaware Mtg. in the library</u> 1 Nickel Poker</p>	<p><b>Puzzles and Crazy Hat Friday</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Yoga 9 Quilting Club 10:30 Penny Bingo 12 Lunch <u>1 Ice Cream Excursion</u> 1-2 Parkinson Dance</p>
<p><b>23</b> 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 <u>9:30 Trip to Wal-Mart</u> 10 Weight Watchers Weigh-In #2 10:30 Weight Watchers Meeting #2 12 Lunch 1 Prize Bingo 1:30 Table Tennis/ Upwards</p>	<p><b>24 Beach Day Today!</b> <i>Center is Closed.</i></p> 	<p><b>25</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer 8 Texercise 9 Michigan Rummy 10:30 Penny Bingo 11 Swim at Sussex Academy 12 Lunch 1 Bunco 1 Crafts and Chat in Library <u>1 Bank, PO, Pharm., Grocery 4:30-7:00 Dinner and Prize Bingo</u></p>	<p><b>26</b> 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 ZUMBA <u>9:30 Trip to Bylers/Produce Junction</u> 10:15 Wii Bowling 10:15 Tai Chi 12 Lunch 1 Nickel Poker</p>	<p><b>27</b> Puzzles and Crazy Hat Friday 8 Gym Opens 8 Morning Chat 8-4 Open Computer Lab 8 Texercise 9 Yoga 9 Quilting Club 10:30 Penny Bingo 12 Lunch <u>1-3 Movie with Popcorn</u> 1-2 Parkinson Dance</p>
<p><b>30</b> 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 <u>9:30 Trip to Walmart</u> 10 Weight Watchers Weigh-In #2 10:30 Weight Watchers Meeting 2 12 Lunch 1 Prize Bingo 1:30 Table Tennis 2:30 UpWords</p>			<p>La Red Health Center is now located in the Long Neck CHEER Center each Monday from 9 a.m. – 3 p.m. If you would like to make an appointment, please call La Red @ 302-855-1233.</p>	<p>Phone: 302-945-3551 Fax: 302-945-9465 Center Director: Nancy S. Dodd Email: <a href="mailto:ndodd@cheerde.com">ndodd@cheerde.com</a> Outreach Worker: Renae Salandanan Email: <a href="mailto:rsalandanan@cheerde.com">rsalandanan@cheerde.com</a>  Visit us on the web: <a href="http://www.Cheerde.com">Www. Cheerde.com</a></p>