

Agency Wide Activity Centers Monthly Calendar All CHEER Members are welcome to any and all activities at any and all Centers. Call for times, details and any cost.

| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
|-----------|---|--|--|--|--|--|--|
| 1 - Tues | Center Closed Happy New Year! | Center Closed Happy New Year! | Center Closed Happy New Year! | Center Closed Happy New Year! | Center Closed Happy New Year! | Center Closed Happy New Year! | Center Closed Happy New Year! |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 2 - Wed | 10:00 - Trip to Dickinson | 9:00 - Hot Breakfast | 10:00 - Milford Bowling Lanes | 10:30 - Prize Bingo | 8:15 - Zumba | 9:30 - Tai Chi | 9:30 - Trip to Laurel Junction |
| | Plantation Museum | 9:30 - Walk Away the Pounds | 10:00 - Tech Class w/Crissy | 1:00 - Bunco | 9:30 - Membership Meeting | 10:00 - Bingo | for Lunch & Entertainment |
| | w/Bagged Lunch | 12:30 - "Luncheon Card Club" | 12:00 - Brain Teasers | 1:00 - Crafts & Chat | 10:00 - Bible Study | 12:30 - Tablet Class | |
| | Cost: \$3.00 per person | 12:15 - Milford Bowling Lanes | | 1:00 - Bank, PO & Drug Store | 1:00 - Intution Circle | 1:30 - Sit & Fit | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 3 - Thurs | 10:30 - Prize Bingo | 10:30 - Guest Speaker: | 8:30 - Texercise | 9:00 - Zumba | 8:30 - Trip to Amish Market | 8:00 - Fitness Center Opens | 10:30 - Prize Bingo |
| | 12:30 - Full Card Bingo | Gina Schoenberg D.A.G. | 9:30 - Trip to Bank, PO & Drug Store | 10:15 - Tai Chi | 9:30 - Memory Café | 10:15 - Chair Yoga | 12:30 - Full Card Bingo |
| | 12:30 - Trip to Wal-Mart | TOPIC: Senior Scams & Frauds | 12:30 - Bingo | 12:00 - Open Computer Lab | 12:30 - Penny Bingo | 1:00 - La Red Health Services | |
| | 5:00 - Dinner & Bingo | 1:00 - Memory Cafe | 3:00 - LOUDCrowd | 1:00 - Nickel Poker | 12:30 - Ukulele Lessons | 6:00 - Alzheimer's Support Group | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 4 - Fri | National Trivia Day | 9:00 - Hot Breakfast | 9:30 - Memory Café | 8:00 - Open Computer Lab | 8:15 - Zumba | 9:00 - Yoga | 9:30 - Walmart |
| | 10:30 - Morning Chat | 10:00 - Wii Bowling | 9:45 - Trip to and That! Store | 8:00 - Texercise | 9:30 - Breakfast Café | 11:00 - Drop in Mahjongg | 12:30 - Trivia |
| | 12:30 - Wii Bowling | 12:15 - Nutrition Seminar w/Ruth Thomas | 12:00 - Member Appreciation | 9:00 - Quilting Club | 10:30 - Prize Bingo | 12:30 - Poker Club | |
| | 1:00 - Trip to Dollar Tree | TOPIC: B-12 | 12:00 - Member Meeting | 10:30 - Penny Bingo | 10:45 - Yoga | 12:30 - Spades Club | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 7 - Mon | 10:30 - Bible Study | 9:30 - Card Games | 8:30 - Texercise | 8:30 - Weight Watchers Meeting | Milton CHEER Center visits | 9:00 - Puzzle Mania | Milton CHEER Center visits |
| | 10:30 - Nutrition Seminar w/ Ruth Thomas | 10:30 - Bible Study | 9:30 - Trip to Byler's Market | 9:00 - Knitting & Crocheting | Roxana CHEER Center | 10:00 - Belly Dancing | Roxana CHEER Center |
| | TOPIC: B-12 | 12:30 - Jackpot Game | 10:15 - Skip Bo | 1:00 - Table Tennis | 10:00 - Tai Chi | 12:30 - Bridge | 10:00 - Positive Time Music |
| | 12:30 - Trivia | 2:30 - "Luncheon Card Club" | 5:30 - ZUMBA Gold | 2:30 - UpWords | 1:00 - New Knitting Group | 12:30 - Low Back Pain Management | w/Randy Potter |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 8 - Tues | 10:00 - Memory Café | 10:00 - Walking Club | 9:00 - Light Breakfast | 8:00 - Texercise | 9:00- Strength & Toning | 9:30 - Hand & Foot | 10:00 - Current Events |

Agency Wide Activity Centers Monthly Calendar All CHEER Members are welcome to any and all activities at any and all Centers. Call for times, details and any cost.

| | | | | | | | |
|-------------------|---------------------------------------|---------------------------------------|---------------------------------------|------------------------------------|-------------------------------|----------------------------------|------------------------------------|
| | 10:30 - Swim @ Sussex Academy | 10:00 - Lunch Bunch on the Go" | 12:30 - Lewes Public Library | 9:00 - Zumba | 9:30 - Breakfast Variety | 10:00 - Painting Class | |
| | 12:30 - Wii Bowling | Lunch at Westside | 12:30 - Hand & Foot Card Game | 10:15 - Tai Chi | 5:00 - Dinner & Bingo | 10:30 - Mahjongg | 11:00 - Word Finds |
| | 1:00 - Trip to Food Lion | Shopping at Big Lots | 6:30 - New Ballroom Dancing Class | 1:00 - Memory Café | | 12:45 - Chair Yoga | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 9 - Wed | 10:00 - Trip to Salisbury Mall | 9:00 - Hot Breakfast | 10:00 - Trip to Milford Bowling Lanes | 8:00 - Texercise | 8:15 - Zumba | 10:00 - Bingo | 10:00 - SMP Medicaid Fraud |
| | w/Bag Lunch | 9:30 - Walk Away the Pounds | 10:00 - Tech Class w/Crissy | 8:30 - Lewes Lions Clubs Eye Exams | 8:30 - Trip to Salvation Army | 10:00 - Drawing Class | w/Guest Speaker Patrick Carney |
| | | 10:30 - Wanda's Corner | 12:00 - Brain Teasers | 10:30 - Sussex Academy Pool | Lunch at Westside Diner | 12:30 - Poker Club | 12:30 - Pet Therapy |
| | | 12:30 - Trip to Milford Bowling Lanes | 5:30 - ZUMBA Gold | 11:15 - Membership Meeting | 10:00 - Bible Study | 12:30 - Knitting Club | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 10 - Thurs | 10:30 - Q&A w/Randy the Pharmacist | Greenwood CHEER Center visits | 8:30 - Texercise | 8:00 - Texercise | 9:00 - Strength & Toning | 10:15 - Chair Yoga | 10:00 - Garden Therapy |
| | 12:30 - Full Card Bingo | Laurel Senior Center | 9:00 - Light Breakfast | 9:00 - Zumba | 9:30 - Memory Café | 12:30 - Hand & Foot | 11:00 - Word Finds |
| | 1:00 - Trip to Walmart | 10:00 - Cell Phone 101 | 10:00 - Bank, PO & Drug Store | 10:15 - Tai Chi | 12:30 - Penny Bingo | 1:00 - Line Dancing | |
| | | 1:00 - Memory Café | 3:00 - LOUDCrowd | 1:00 - Nickel Poker | 2:00 - Ukulele Play Along | 2:30 - Parkinson's Exercise | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 11 - Fri | Georgetown CHEER Center visits | Georgetown CHEER Center visits | 9:30 - Memory Café | 8:00 - Texercise | 8:15 - Zumba | 9:00 - Yoga | 9:30 - Shopping in Millsboro |
| | Greenwood CHEER Center | Greenwood CHEER Center | 10:00 - Trip to Walmart & Dollar Tree | 9:00 - Quilting Club | 10:15 - Prize Bingo | 10:30 - Drop in Mahjongg | 11:00 - Trip to Byler's Market |
| | | 12:30 - "Life Smatters" w/Robin | 12:30 - Bingo | 10:30 - Penny Bingo | 10:45 - Yoga | 12:30 - Spades | |
| | | | 1:30 - Cards & Board Games | 12:00 - Open Computer Lab | | 12:30 - Clay Creations | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 14 - Mon | 10:30 - Bible Study | 9:30 - Card Games | 8:30 - Texercise | 9:00 - Knitting & Crocheting Club | 8:15 - Zumba Toning | 9:00 - Yoga | 9:30 - Shopping Trip to Selbyville |
| | 12:30 - Wii Bowling | 10:30 - Bible Study | 10:00 - Thrifting w/Kelley | 9:30 - Weight Watchers Meeting | 10:00 - Crafts w/Wanda | 10:00 - Belly Dancing | 11:30 - Word Finds & Tech Time |
| | 1:00 - Trip to Bank, PO & Drug Store | 12:30 - "Luncheon Card Club" | 12:00 - Crafts w/Crissy | 10:30 - Walking Club to Wal-Mart | 10:00 - Tai Chi | 11:00 - Mahjongg | 12:30 - Brain Teasers |
| | | 12:30 - Jackpot Game | 5:30 - Zumba Gold | 1:00 - Penny Bingo | 1:00 - Knitting Group | 12:30 - Conversational Italian | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 15 - Tues | National Hat Day | Roxana CHEER Center visits | 9:30 - Dover Mall & Produce Junction | 8:00 - Texercise | 9:00 - Strength & Toning | 9:00 - DVD Art | Roxana CHEER Center visits |

Agency Wide Activity Centers Monthly Calendar All CHEER Members are welcome to any and all activities at any and all Centers. Call for times, details and any cost.

| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
|-------------------|--------------------------------------|---|---------------------------------------|--------------------------------|---------------------------|----------------------------------|---|
| 28 - Mon | 10:30 - Bible Study | 9:30 - Card Games | 8:30 - Texercise | 8:30 - Weight Watchers Meeting | 8:15 - Zumba | 9:00 - Yoga | 9:30 - Shopping Trip to Selbyville |
| | 12:30 - Trivia | 10:30 - Bible Study | 10:00 - Skip Bo | 10:00 - Walmart | 9:30 - Breakfast Variety | 10:00 - Belly Dancing | 12:30 - Brain Teasers |
| | 1:00 - Trip to Bank, PO & Drug Store | 12:15 - Luncheon Card Club | 12:30 - Bingo | 1:00 - Penny Bingo | 10:00 - Tai Chi | 12:30 - Tablet Class | |
| | | | 5:30 - Zumba Gold | 1:30 - Table Tennis | 1:00 - Knitting Group | 12:30 - Quilting Club | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 29 - Tues | 9:30 - Memory Café | 10:30 - Prize Bingo | 9:45 - Trip to Walmart & Dollar Tree | 8:00 - Texercise | 9:00 - Strength & Toning | 9:00 - DVD Art | 9:00 - Newspaper & Chat |
| | 10:30 - Swim @ Sussex Academy | 12:15 - Shopping trip to Dollar General | 10:00 - Skip Bo | 9:00 - Zumba | 9:30 - Breakfast Variety | 11:00 - Mahjonn | 9:30 - Bible Study |
| | 12:30 - Wii Bowling | 1:45 - Yoga w/Chuck | 12:30 - Hand & Foot Cards | 10:15 - Tai Chi | 5:00 - Dinner & Bingo | 12:30 - Mardi Gras Play Practice | |
| | 1:00 - Trip to Food Lion | | 6:30 - Ballroom Dancing | 1:00 - Memory Café | | 5:00 - Dinner & Movie | |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 30 - Wed | 10:00 - Trip to Byler's Market | 9:30 - "Walk-Away - the Pounds" | 10:00 - Trip to Milford Bowling Lanes | 8:00 - Texercise | 8:15 - Zumba | 9:00 - Tai Chi | 9:00 - Newspaper & Chat |
| | w/Bagged Lunch | 10:30 - Wanda's Corner | 10:00 - Tech Hour w/Crissy | 10:30 - Prize Bingo | 9:30 - Breakfast Variety | 10:00 - Bingo | 10:30 - Word Games |
| | COST: \$3.00 per person | 12:30 - Luncheon Card Club | 12:00 - Brain Teasers | 1:00 - Bunco | 10:00 - Bible Study | 12:30 - Knitting Club | 12:30 - Nutrition Seminar w/Ruth Thomas |
| | | 12:30 - Trip to Milford Bowling Lanes | 5:30 - ZUMBA Gold | 1:00 - Crafts & Chat | 10:00 - Bridge Club | 2:00 - Computers w/Pepe | Topic: B-12 |
| JAN. | Georgetown - 302-515-3040 | Greenwood - 302-349-5237 | Lewes - 302-645-9239 | Long Neck - 302-945-3551 | Milton - 302-684-4819 | Ocean View - 302-539-2671 | Roxana - 302-732-3662 |
| 31 - Thurs | Greenwood CHEER Center visits | Greenwood CHEER Center visits | 8:30 - Texercise | 8:00 - Texercise | 9:00 - Strength & Toning | 10:15 - Chair Yoga | 10:30 - Prize Bingo |
| | Georgetown CHEER Center | Georgetown CHEER Center | 12:30 - Bingo | 9:00 - Zumba | 9:30 - Memory Café | 1:00 - Line Dancing | 12:30 - Full Card Bingo |
| | 10:30 - Prize Bingo | 10:00 - Cell Phone 101 | 12:30 - Hand & Foot Cards | 9:30 - Trip to Salisbury Mall | 12:30 - Penny Bingo | 3:00 - La Red Health Services | |
| | 12:30 - Full Card Bingo | 1:00 - Memory Café | 3:00 - LOUDCrowd | Lunch at Golden Corral | 2:00 - Ukulele Play Along | 2:30 - Parkinson's Exercise | |