

Long Neck CHEER Center September 2021 Activities Calendar
 Call 302-945-3551 with any questions; Lunch is open to the General Public
 Call 302-855-1233

Monday

Tuesday

Wednesday

Thursday

Friday



1
 8:00 Center & Gym Open
 8:15 Texercise
 9:00 ZOOM Zumba
 Bus Arrives at Center
 9:30 Local Banking or Other Errands
 10:00 Morning Chat
 11:00 Grab & Go Meals
 11:30 Lunch
 12:30 Prize Bingo
 1:00 Bunco
 1:30 Bus Leaves Center
 4:30 Center Closes

2
 8:00 Center & Gym Open
 9:00 ZOOM Zumba
 Bus Arrives at Center
 9:30 Scheduled Opening for Trip or Outings
 10:00 Morning Chat
 11:00 Grab & Go Meals
 11:30 Lunch
 12:30 ZOOM Yoga
 1:00 Nickel Poker
 3:00 Bus Leaves Center (if no trip is scheduled today; bus leaves 1:30)
 4:30 Center Closes

3
 9:00 Buses Leaving the Center for TRAP POND ALL-DAY EVENT

 CENTER IS CLOSED FOR LUNCH OR OTHER ACTIVITIES

6
 LABOR DAY HOLIDAY
 CENTER IS CLOSED



7
 8:00 Center & Gym Open
 8:15 Texercise
 9:00 ZOOM Zumba
 Michigan Rummy
 Bus Arrives at Center
 10:00 Morning Chat
 11:00 Grab & Go Meals
 11:30 Lunch
 12:30 ZOOM Chair Yoga
 1:00-3:00 Memory Café
 Mahjong Club
 3:00 Bus Leaves Center
 4:30 Center Closes

8
 8:00 Center & Gym Open
 8:15 Texercise
 9:00 ZOOM Zumba
 Bus Arrives at Center
 9:30 Local Banking or Other Errands
 10:00 Morning Chat
 11:00 Grab & Go Meals
 11:30 Lunch
 12:30 Prize Bingo
 1:00 Bunco
 1:30 Bus Leaves Center
 4:30 Center Closes

9
 8:00 Center & Gym Open
 9:00 ZOOM Zumba
 Bus Arrives at Center
 9:30 Scheduled Opening for Trip or Outings
 10:00 Morning Chat
 11:00 Grab & Go Meals
 11:30 Lunch
 12:30 ZOOM Yoga
 1:00 Nickel Poker
 3:00 Bus Leaves Center (if no trip is scheduled today; bus leaves 1:30)
 4:30 Center Closes

10
 8:00 Center & Gym Open
 8:15 Texercise
 9:00 Quilting Club in Library
 Bus Arrives at Center
 9:30 Pharmacy: Rite Aid and/or Walgreens
 10:00 Morning Chat
 11:00 Grab & Go Meals
 11:30 - Lunch
 12:30 - Penny Bingo
 1:30 Bus Leaves Center
 Ice Cream Store Visit
 4:30 Center Closes

Monday

Tuesday

Wednesday

Thursday

Friday

<p>13 8:00 Center & Gym Open 9:00 Knitting Club in Library Bus Arrives at Center 9:30 Grocery Shopping: Walmart's (more than 3) or Local Markets 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 Lunch 12:30 Penny Bingo 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>14 8:00 Center & Gym Open 8:15 Texercise 9:00 Zumba Starts Up Michigan Rummy Bus Arrives at Center 10:00 Morning Chat 10:15 Tai Chi Resumes 11:00 Grab & Go Meals 11:30 Lunch 12:30 ZOOM Chair Yoga 1:00-3:00 Memory Café Mahjong Club 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>15 8:00 Center & Gym Open 8:15 Texercise 9:00 Bus Arrives at Center 9:30 Local Banking or Other Errands 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 Lunch 12:30 Prize Bingo 1:00 Bunco 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>16 8:00 Center & Gym Open 9:00 Zumba Bus Arrives at Center 9:30 Scheduled Open-ing for Trip or Outings 10:00 Morning Chat 10:15 Tai Chi 11:00 Grab & Go Meals 11:30 Lunch 12:30 ZOOM Yoga 1:00-2:30 Workshop for the Visually Impaired Nickel Poker 1:30 Bus Leaves Center (if no trip scheduled today; bus leaves 1:30) 4:30 Center Closes</p>	<p>17 8:00 Center & Gym Open 8:15 Texercise 9:00 Quilting Club in Library Bus Arrives at Center 9:30 Pharmacy: Rite Aid and/or Walgreens 10:00-12:30 <u>FLU SHOT Clinic</u> Morning Chat 11:00 Grab & Go Meals 11:30 - Lunch 12:30 - Penny Bingo 1:30 Bus Leaves Center Ice Cream Store Visit 4:30 Center Closes</p>
<p>20 8:00 Center & Gym Open 9:00 Knitting Club in Library Bus Arrives at Center 9:30 Grocery Shopping: Walmart's (more than 3) or Local Markets 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 Lunch 12:30 Penny Bingo 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>21 8:00 Center & Gym Open 8:15 Texercise 9:00 Zumba Starts Up Michigan Rummy Bus Arrives at Center 10:00 Morning Chat 10:15 Tai Chi Resumes 11:00 Grab & Go Meals 11:30 Lunch 12:30 ZOOM Chair Yoga 1:00-3:00 Memory Café Mahjong Club 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>22 8:00 Center & Gym Open 8:15 Texercise 9:00 Bus Arrives at Center 9:30 Local Banking or Other Errands 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 Lunch 12:30 Prize Bingo 1:00 Bunco 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>23 8:00 Center & Gym Open 9:00 Zumba Bus Arrives at Center 9:30 Scheduled Open-ing for Trip or Outings 10:00 Morning Chat 10:15 Tai Chi 11:00 Grab & Go Meals 11:30 Lunch 12:30 ZOOM Yoga 1:00 Nickel Poker 1:30 Bus Leaves Center (if no trip scheduled today; bus leaves 1:30) 4:30 Center Closes</p>	<p>24 8:00 Center & Gym Open 8:15 Texercise 9:00 Quilting Club in Library Bus Arrives at Center 9:30 Pharmacy: Rite Aid and/or Walgreens 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 - Lunch 12:30 - Penny Bingo 1:30 Bus Leaves Center Ice Cream Store Visit 4:30 Center Closes</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>27 8:00 Center & Gym Open 9:00 Knitting Club in Library Bus Arrives at Center 9:30 Grocery Shopping: Walmart's (more than 3) or Local Markets 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 Lunch 12:30 Penny Bingo 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>28 8:00 Center & Gym Open 8:15 Texercise 9:00 Zumba Starts Up Michigan Rummy Bus Arrives at Center 10:00 Morning Chat 10:15 Tai Chi Resumes 11:00 Grab & Go Meals 11:30 Lunch 12:30 ZOOM Chair Yoga 1:00-3:00 Memory Café Mahjong Club 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>29 8:00 Center & Gym Open 8:15 Texercise 9:00 Bus Arrives at Center 9:30 Local Banking or Other Errands 10:00 Morning Chat 11:00 Grab & Go Meals 11:30 Lunch 12:30 Prize Bingo 1:00 Bunco 1:30 Bus Leaves Center 4:30 Center Closes</p>	<p>30 8:00 Center & Gym Open 9:00 Zumba Bus Arrives at Center 9:30 Scheduled Opening for Trip or Outings 10:00 Morning Chat 10:15 Tai Chi 11:00 Grab & Go Meals 11:30 Lunch 12:30 ZOOM Yoga 1:00 Nickel Poker 1:30 Bus Leaves Center (if no trip scheduled today; bus leaves 1:30) 4:30 Center Closes</p>	
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