



Long Neck CHEER Center - March 2020



Monday

Tuesday

Wednesday

Thursday

Friday

2

8 Gym Opens, Morning chat
 9 Knit & Crochet club
 8:30 Weight Watchers
 Weigh-In
 9:30 Weight Watchers Meeting
9:30 Trip to Wal-Mart
 10 Weight Watchers Weigh-In #2
 10:30 Weight Watchers Meeting #2
 12 Lunch
 1 Penny Bingo
 1 Belly Dancing
 1:30 Table Tennis
 2:30 UpWords

5:45-7:00: Evening ZUMBA

3

8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA
 10:15 Tai Chi
10:00 Hair cuts with Ann at Sand Hill
 12 Lunch
 1 Mahjongg
 1 Memory Café



4

8 Gym Opens, Morning chat
 8:15 Texercise
 9 Michigan Rummy
 10:30 Prize Bingo
 12 Lunch
 1 Bunco
 1 Crafts and Chat in Library
1 Bank, PO, Pharm., Grocery

5

8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA
 9 Adult Coloring
10 Trip to Big Lots Seaford and lunch stop
 10:15 Tai Chi
 12 Lunch
 1 Nickel Poker
 1 Coloring in the Library

6

8 Gym Opens, Morning chat
 8:15 Texercise
 9 Yoga
 9 Quilting Club
9:30 AARP Tax Aide-By Appointment Only. See Front Desk for Appointment
 10:30 Penny Bingo
11:30 Parkinson's Presentation by Glen Henderson
 12 Lunch
12:45 Trip to Dollar General
 1-2 Parkinson Dance

**Remember, Day Light Saving Time Begins this Sunday, 3/8*

9

8 Gym Opens, Morning Chat
 9 Knit & Crochet club
 8:30 Weight Watchers
 Weigh-In
 9:30 Weight Watchers Meeting
9:30 Trip to Wal-Mart
 10 Weight Watchers Weigh-In #2
 10:30 Weight Watchers Meeting #2
 12 Lunch
 1 Penny Bingo
 1 Belly Dancing
 1:30 Table Tennis
 2:30 UpWords

5:45-7:00: Evening ZUMBA

10

8 Gym Opens, Morning Chat
 8:15 Texercise
 9 ZUMBA
9:30 Trip to Beebe Treasure Chest Thrift Shop in Rehoboth, lunch at Chinese Buffet in Rehoboth
 10:15 Tai Chi
 12 Lunch
 1 Mahjongg
 1 Memory Café

11

8 Gym Opens, Morning Chat
 8:15 Texercise
 9 Michigan Rummy
10 -2 CHEER mobile market
 10:30 Prize Bingo
 12 Lunch
12:45 Membership Meeting. Please stay after lunch to support your center.
 1 Bunco
 1 Crafts and Chat in Library
1 pm -Bank, PO, Pharm., Grocery

5-7pm Night Bingo

12

8 Gym Opens, Morning Chat
 8:15 Texercise
 9 ZUMBA
 9 Adult Coloring
10 Bus Trip to And That!, stop Chick-Fil-A for lunch
 10:15 Tai Chi
11:15-Fall Prevention by Fox Rehab
 12 Lunch
 12:30 Bible Study with Ruth
 1 Nickel Poker

4:30-7 Dinner Club trip to Po' Boys in Milton

13


8 Gym Opens, Morning Chat
 8:15 Texercise
 9 Yoga
 9 Quilting Club
9:30 AARP Tax Aide-By Appointment Only. See Front Desk for Appointment
 10:30 Penny Bingo
12:45 Trip to Dollar General
 1-2 Parkinson Dance

16 Monday
 8 Gym Opens, Morning chat
 9:00 Knitting/Crocheting Club
 8:30 Weight Watchers Weigh-In
 9:30 Weight Watchers Meeting
 10 Weight Watchers Weigh-In #2
9:30 Trip to Walmart
 10:30 Weight Watchers Mtg #2
 12 Lunch
 12-4 Open Computer use/Library
 1 Penny Bingo
 1 Belly Dancing
 1:30 Table Tennis
 2:30 UpWords
 5:45-7:00 Evening ZUMBA

17 Tuesday
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA
 10:15 Tai Chi
10:30 AARP Board Mtg
10:30 St Patty's Day Party with Sky Brady
 12 Lunch
 1 Mahjongg
 1 Memory Café

**HAPPY
ST. PATTY'S DAY!**

18 Wednesday
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 Michigan Rummy
 10:30 Prize Bingo
 12 Lunch
 1 Bunco
 1 Crafts and Chat in Library
1 Bank, PO, Pharm., Grocery



19 Thursday
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA , Adult Coloring
9:30 Trip to Byler's and Produce Junction with a Sandwich Stop
 10 Stand By Me 50+
 10:15 Tai Chi
11:30 What is Tai Chi ?by John Clancy
 12 Lunch
 1 Nickel Poker
 1 Blind Sight Delaware
 5pm—March for Meals Dinner and Music

20 Friday
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 Yoga
 9 Quilting Club
9:30 AARP Tax Aide-By Appointment Only. See Front Desk for Appointment
 10:30 Penny Bingo
 12 Lunch
12:45 Trip to Dollar General
 1-2 Parkinson Dance

23
 8 Gym Opens, Morning chat
 9:00 Knitting/Crocheting Club
 8:30 Weight Watchers Weigh-In
 9:30 Weight Watchers Meeting
 10 Weight Watchers Weigh-In #2
9:30 Trip to Walmart
 10:30 Weight Watchers Mting #2
 12 Lunch
 12-4 Open Computer use/Library
 1 Penny Bingo
 1 Belly Dancing
 1:30 Table Tennis
 2:30 UpWords
 5:45-7:00 Evening ZUMBA

24
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA
9:30 Trip to Dover Mall, and lunch stop
 10:15 Tai Chi
 12 Lunch
 1 Mahjongg
 1 Memory Café

25
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 Michigan Rummy
 10:30 Prize Bingo
 12 Lunch
 1 Bunco
 1 Crafts and Chat in Library
1 Bank, PO, Pharm., Grocery


5-7pm Soap Making with the Crazy Soap Lady
Reservation Required—\$20

26
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA
 9 Adult Coloring
10:30 Lunch at Pizza Palace in Millsboro, then Atlantic Community Thrift Shop in Ocean View
 10:15 Tai Chi
 12 Lunch
12:30 Bible Study w/ Ruth
 1 Nickel Poker

27
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 Yoga
 9 Quilting Club
9:30 AARP Tax Aide-By Appointment Only. See Front Desk for Appointment
 10:30 Penny Bingo
 12 Lunch
12:45-Trip to Dollar General
 1-2 Parkinson Dance

30
 8 Gym Opens, Morning chat
 9:00 Knitting/Crocheting Club
 8:30 Weight Watchers Weigh-In
 9:30 Weight Watchers Meeting
 10 Weight Watchers Weigh-In #2
9:30 Trip to Walmart
 10:30 Weight Watchers Mting #2
 12 Lunch
 1 Penny Bingo
 1 Belly Dancing
 1:30 Table Tennis
 2:30 UpWords
 5:45-7:00 Evening ZUMBA

31
 8 Gym Opens, Morning chat
 8:15 Texercise
 9 ZUMBA
 10:15 Tai Chi
11:00 Music by Wayne Myers
 12 Lunch
 1 Mahjongg
 1 Memory Café



Long Neck
CHEER Center

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Now Scheduling
Appointments for Tax
Preparation with
AARPI
Available every Friday
in March and the first
Friday in April!
Call or stop in to make
your appointment!

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