

CHEER October VIRTUAL CALENDAR

(Calendar subject to change without notice.)
Members need to call hosting center 24 hours in advance to register.

<u>Program</u>	<u>Day</u>	<u>Time</u>	<u>Hosting Center</u>
Bingo	Ev. Mon. - Fri.	10 a.m. 11 a.m. 1 p.m.	Adult Day Ctr. 302-854-2882 Adult Day Ctr. 302-854-2882 Adult Day Ctr. 302-854-2882
Yoga	Ev. Mon. Ev. Mon. & Wed.	9 a.m. 10:30 a.m.	Ocean View 302-539-2671 Milton 302-684-4819
Bible Study	Ev. Mon.	10 a.m.	Greenwood 302-349-5237
Tai Chi	Ev. Mon.	10:30 a.m.	Long Neck 302-945-3551
Trivia Music & Movies	Ev. Mon.	2 p.m.	Greenwood 302-349-5237
Zumba	Ev. Mon. - Fri. Ev. Tues. & Thurs.	8 a.m. 9 a.m.	Milton 302-684-4819 Long Neck 302-945-3551
Chair Yoga	Ev. Tues. Ev. Tues. Ev. Thurs.	1 p.m. 12:30 p.m. 1 p.m.	Ocean View 302-539-2671 Long Neck 302-945-3551 Greenwood 302-349-5237
Virtual Tech Hour	Ev. Tues.	1 p.m.	Lewes 302-645-9239
Movie Trivia	Ev. Tues.	11 a.m.	Milton 302-684-4819
Texercise	Ev. Tues., Wed., Thurs., Fri.	8:15 a.m.	Long Neck 302-645-3551
Catching Up With Crissy	Ev. Wed.	9 a.m.	Lewes 302-645-9239
Painting With Marina	Ev. Wed.	10 a.m.	Ocean View 302-539-2671
That Was The Year Trivia	Ev. Wed.	11 a.m.	Greenwood 302-349-5237
Virtual Trip	Ev. Wed.	1:30 p.m.	Lewes 302-645-9239
Ken's Korner	Thurs., Oct. 1	10 a.m.	Ocean View 302-539-2671
Virtual Travel Tour	Ev. Thurs.	11 a.m.	Milton 302-684-4819
Book Club	Ev. Thurs.	12 p.m.	Lewes 302-645-9239
Nutrition Education	Ev. Fri.	10 a.m.	Greenwood 302-349-5237