



Long Neck CHEER Center

August 2022 Activities Calendar

**Call 302-945-3551 to reserve your spot
for lunch and activities.
Call 302-945-3551**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 12:00 Knitting and Crocheting 12:30 Penny Bingo 1:30 Cards</p>	<p>2. 8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 9:30– And That Store/ Aldi’s Rehoboth, De 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>3. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:30 Bank, P.O., Drug Store 12:30 Prize Bingo 1:00 Bunco</p>	<p>4. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 10:30– Ken’s Corner Roxanna 11:30 Lunch 12:30 Nickel poker</p>	<p>5. 8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Knitting and Crocheting 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>
<p>8. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 12:00 Knitting and Crocheting 12:30 Penny Bingo 1:30 Cards</p>	<p>9. 8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 9:30– Boscov’s/ Produce Junction 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>10. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:30 Bank, P.O., Drug Store 12:30 Prize Bingo 1:00 Bunco</p>	<p>11. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker</p>	<p>12. 8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>15. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 12:00 Knitting and Crocheting 12:30 Penny Bingo 1:30 Cards</p>	<p>16. 8:00 Gym, Texercise, Socialize, Morning Chat, 9:00 Zumba 9:30– Salisbury Zoo 10:15 Tai Chi 11:30 Lunch 12:00 Tour of Games 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>17. 8:00 Gym, Morning Chat, Breakfast, Socialize, Texercise 9:00 Michigan Rummy 9:30 Bank, P.O. Drug Store, 11:30 Lunch 12:30 Prize Bingo 1:00 Bunco</p>	<p>18. 8:00 Gym, Socialize, Morning, Chat 9:00 Zumba 9:30– Dover Air Force Base Museum 10:15 Tai Chi 11:00 Stand by Me 11:30 Lunch 12:30 Nickel poker 1:00 Blind Sight DE</p>	<p>19. 8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>
<p>22. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 12:00 Knitting and Crocheting 12:30 Penny Bingo 1:30 Cards</p>	<p>23. 8:00 Gym, Texercise, Socialize, Morning Chat 9:00- ZUMBA 9:30– Rehoboth Boardwalk 10:15 Tai Chi 11:30 Lunch 12:00 Tour of Games 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>24. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:00 Quilting Club 9:30 Bank, P.O. Drug Store, 11:30 Lunch 12:30 Prize Bingo</p>	<p>25. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 9:30– Bylers/ Rudy's Harrington, De 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker</p>	<p>26. 8:00 Gym, Morning Chat, Socialize, Café Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>
<p>29. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 12:00 Knitting 12:30 Penny Bingo 1:30– Cards</p>	<p>30. 8:00 Gym, Texercise, Morning Chat, Café Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>31. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:00 Quilting Club 9:30 Roses/ Goodwill 11:30 Lunch 12:30 Prize Bingo</p>		