





# Harbour Lights CHEER Center

34211 Woods Edge Drive  
Lewes, DE 19958 • 302.645.9239

## September 2022



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</p>			<p>1 <b>Center Closed</b></p> <p>Visiting Milton CHEER Center</p> <p><b>9:30 Memory Café</b> <b>11:30 Lunch</b></p>	<p>2 Center Closed</p> <p>Trap Pond Fall Festival</p> <p>Bus leaves center 9 a.m.</p>
<p>5</p> 	<p>6</p> <p><b>Center Closed</b></p> <p><b>9:30 Visiting Milton CHEER Center</b></p> <p><b>Orchestra Rehearsal</b></p>	<p>7</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:30 Chair Exercises <b>9:45 Grocery Store, Bank, Post Office, and Drug Store</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>12:00 Crissy’s Matinee “The Curious Case of Benjamin Button”</b></p>	<p>8</p> <p><b>Center Closed</b></p> <p>Visiting Milton CHEER Center</p> <p><b>9:30 Memory Café</b> <b>11:30 Lunch</b></p>	<p>9</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:00 \$tand by Me <b>9:30 Walmart/Dollar Tree</b> 9:30 Sit and Be Fit 11:00 Grab and Go 11:30 Lunch <b>12:00 Creamsicle Floats \$1</b> 12:30 Prize Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12 8:30 Center Opens 9:00 HL Walking Club <b>9:00 Mahjongg</b> 9:15 Memory Games <b>9:30 Save-A-Lot/Family Dollar in Millsboro</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>11:45 Cholesterol Awareness</b> 12:30 Cooking with Crissy</p>	<p>13 <b>Center Closed</b>  <b>9:30 Visiting Milton CHEER Center</b>  <b>5-8:30 Orchestra Rehearsal</b></p>	<p>14 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Chair Exercises <b>9:45 Grocery Store, Bank, Post Office, Drug Store</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>12:00 Crissy's Matinee "Age of Adaline"</b> 12:30 Corn Hole</p>	<p>15  <b>Center Closed</b> <b>Ferry Excursion</b></p>	<p>16 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Sit and Be Fit 9:30 Skip Bo <b>9:45 andThat//Aldi's</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:30 Prize Bingo</p>
<p>19 8:30 Center Opens 9:00 HL Walking Club <b>9:00 Mahjongg</b> 9:15 Memory Games <b>9:30 Roses &amp; Goodwill</b> 9:45 Corn Hole 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>11:45 Fall Prevention</b> 12:30 Cornhole</p>	<p>20 <b>Center Closed</b>  <b>9:30 Visiting Milton CHEER Center</b>  <b>5-8:30 Orchestra Rehearsal</b></p>	<p>21 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Chair Exercises <b>9:45 Grocery Store, Bank, Post Office, and Drug Store</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>12:00 Crissy's Matinee I'll See You in my Dreams</b></p>	<p>22 <b>Center Closed</b>  Visiting Milton CHEER Center  <b>9:30 Memory Café</b> <b>11:30 Lunch</b></p>	<p>23 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Sit and Be Fit 9:30 Skip Bo <b>9:30 Wal-Mart &amp; Dollar Tree</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:30 Prize Bingo</p>
<p>26 8:30 Center Opens 9:00 HL Walking Club <b>9:00 Mahjongg</b> 9:15 Memory Games <b>9:30 Milton Family Dollar, Food Lion</b> 9:45 Corn Hole 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>12:00 Crissy's Matinee "Still Mine"</b></p>	<p>27 <b>Center Closed</b>  <b>9:30 Visiting Milton CHEER Center</b>  <b>5-8:30 Orchestra Rehearsal</b></p>	<p>28 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Chair Exercises <b>9:45 Grocery Store, Bank, Post Office, Drug Store</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:00 Mental Health Awareness 12:30 Corn Hole</p>	<p>29  <b>Center Closed</b>  Visiting Milton CHEER Center  <b>9:30 Memory Café</b> <b>11:30 Lunch</b></p>	<p>30 8:30 Center Opens 9:00 Catching up with Crissy <b>9:00 Breakfast Bash</b> 9:15 Memory Games 9:30 Sit and Be Fit 9:30 Skip Bo <b>9:45 New Life Thrift Store</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:30 Prize Bingo</p>