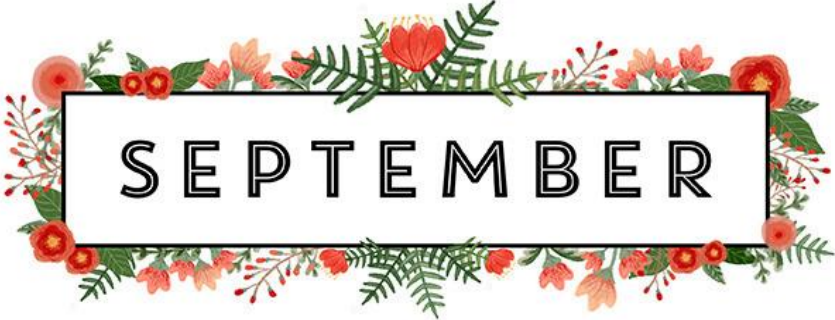



Long Neck CHEER Center

September 2022 Activities Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 10:30 Ken's Corner at Harbour Lights 11:30 Lunch 12:30 Nickel Poker</p>	<p>2. Trap Pond Fall Festival! Center Closed</p>
<p>5.</p> 	<p>6. 8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 9:30 Boscov's/ Bylers 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>7. 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>8. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker</p>	<p>9. 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>12. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 11:30 Grandparents Day! 12:00 Knitting and Crocheting 12:30 Penny Bingo</p>	<p>13. 8:00 Gym, Texercise, Socialize, Morning Chat 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:00 Tour of Games 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>14. 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>15. 8:00 Gym, Socialize, Morning, Chat 9:00 Zumba 10:15 Tai Chi 10:15 Ferry Trip 11:00 Stand by Me 11:30 Lunch 12:30 Nickel poker 1:00 Blind Sight DE</p>	<p>16. 8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>

Long Neck CHEER Center

September 2022 Activities Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
19. 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	20. 8:00 Gym, Texercise, Socialize, Morning Chat 9:00 ZUMBA 10:15 Tai Chi 11:30 Lunch 12:00 Tour of Games 1:00 Mahjongg 1-3:00 Memory Café 3:30 Long Neck Diner	21. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:00 Quilting Club 11:30 Lunch - Donna's 1 year Anniversary Celebration as Center Director 12:30 Prize Bingo	22. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker	23. 8:00 Gym, Morning Chat, Socialize, Café Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo
26. 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	27. 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	28. 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	29. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker	30. 8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo - Homemade Vegetable Soup

Trap Pond Fall Festival

Friday, September 2

10 a.m. to 2 p.m.

Lots of food and fun.

Entertainment by Popular D.J. Sky Brady.

\$6 for seniors 60+/\$8 under 60.

