



# Harbour Lights CHEER Center

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## November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b>Center Closed</b></p> <p>Visiting Long Neck CHEER Center</p> <p><b>5-8:30 Orchestra Rehearsal</b></p>	<p>2</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:30 Chair Exercises <b>9:30 Fresh Market</b> <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>12:15 Nickel Bingo</b></p>	<p>3</p> <p><b>Center Closed</b></p> <p>Visiting Long Neck CHEER Center</p> <p><b>9:30 Memory Café</b> <b>11:30 Lunch</b></p>	<p>4</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:30 Sit and Be Fit <b>9:30 Roses and Goodwill</b> 11:00 Grab and Go 11:30 Lunch <b>12:15 Prize Bingo</b></p>
<p>7</p> <p>8:30 Center Opens 9:00 HL Walking Club <b>9:00 Mahjongg</b> 9:15 Memory Games <b>9:30 Wal-Mart and Dollar Tree</b> 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch <b>12:00 Crissy's Matinee "The Bucket List"</b></p>	<p>8</p> <p><b>Center Closed</b></p> <p>Visiting Long Neck CHEER Center</p> <p><b>5-8:30 Orchestra Rehearsal</b></p> 	<p>9</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>12:30 Defensive Driving Refresher Course</b></p>	<p>10</p> <p><b>Center Closed</b></p> <p>Visiting Long Neck CHEER Center</p> <p><b>9:30 Memory Café</b> <b>11:30 Lunch</b></p> 	<p>11</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:00 \$tand by Me <b>9:00 Breakfast Bash</b> <b>9:15 Pop-up Yard Sale</b> 9:30 Sit and Be Fit <b>9:45 New Life Thrift Store</b> 11:00 Grab and Go 11:30 Lunch <b>12:15 Prize Bingo</b></p>



Monday	Tuesday	Wednesday	Thursday	Friday
14 8:30 Center Opens 9:00 HL Walking Club 9:00 Mahjongg 9:15 Memory Games 9:30 Save-a-Lot and Family Dollar 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Cooking with Crissy	15 <b>Center Closed</b>  Visiting Long Neck CHEER Center  <b>5-8:30 Orchestra Rehearsal</b>	16 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Chair Exercises 9:30 Fresh Market 9:45 Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo	17 <b>Center Closed</b>  Visiting Long Neck CHEER Center  <b>9:30 Memory Café</b> <b>11:30 Lunch</b>	18 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Sit and Be Fit 9:45 and That! and Aldis 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo
21 8:30 Center Opens 9:00 HL Walking Club 9:00 Mahjongg 9:15 Memory Games 9:30 Byler's and Dover Mall Lunch on your own (8) 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Crissy's Matinee "The Notebook"	22 <b>Center Closed</b>  Visiting Long Neck CHEER Center  <b>No Orchestra Rehearsal</b>	23 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Chair Exercises 9:45 Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo	24 <b>Thanksgiving Day</b> <b>Center Closed</b>	25 <b>Day After Thanksgiving</b> <b>Center Closed</b>
28 8:30 Center Opens 9:00 HL Walking Club 9:00 Mahjongg 9:15 Memory Games 9:45 Homegoods and Marshalls 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:00 Crissy's Matinee "The Holiday"	29 <b>Center Closed</b>  Visiting Long Neck CHEER Center  <b>5-8:30 Orchestra Rehearsal</b>	30 8:30 Center Opens 9:00 Catching up with Crissy 9:15 Memory Games 9:30 Chair Exercises 9:45 Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo		

**“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”**