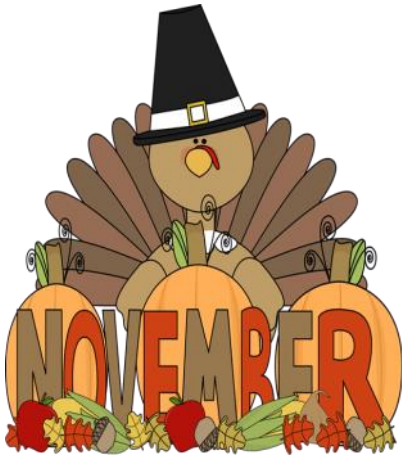


Long Neck CHEER Center November 2022 Activities Calendar

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

	Tuesday	Wednesday	Thursday	Friday
	<p>1. 8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 9:30- Christiana Mall 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>2. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:30 Bank, P.O., Drug Store 11:30- Lunch 12:30 Prize Bingo 1:00 Bunco</p>	<p>3. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 10:30- Ken's Corner at Long Neck 11:30 Lunch 12:30 Nickel poker</p>	<p>4. 8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 10:30- Aveanna Hospice presentation 11:30 Lunch 12:30 Penny Bingo</p>
<p>7. 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:30 Walmart 11:30 Lunch 12:00 Knitting and Crocheting</p>	<p>8. 8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 9:30- Boscov's/ Bylers 10:15 Tai Chi 10:30- Cooking with Seniors 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>9. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:30 Bank, P.O., Drug Store 10:30- Mystery Day???</p> <p>11:30- lunch 12:30 Prize Bingo 1:00 Bunco</p>	<p>10. 8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 9:30- Byler's/ Produce Junction 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker 5:00 p.m.- 9:00 p.m. Veteran's Day Celebration</p>	<p>11. 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 November 2022 Activities Calendar

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

Call 302-945-3551

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14. 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>15. 8:00 Gym, Texercise, Socialize, Morning Chat, 9:00 Zumba 9:30– Marshall’s Rehoboth, De 10:15 Tai Chi 11:30 Lunch 12:00 Tour of Games 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>16. 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>17. 8:00 Gym, Socialize, Morning, Chat 9:00 Zumba 10:15 Tai Chi 11:00 Stand by Me 11:30 Lunch 12:30 Nickel poker 1:00 Blind Sight DE 3:00– Evening Dinner Ocean Grille</p>	<p>18. 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>21. 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>22. 10:00– 2:00 Holiday Feast at Cheer Community Center All CHEER centers will be closed</p>	<p>23. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:00 Quilting Club 11:30 Lunch 12:30 Prize Bingo</p>	<p>24. 25. <i>HAPPY Thanksgiving</i> </p>	
<p>28. 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>29. 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>30. 8:00 Gym, Morning Chat, Café, Socialize, Texercise, Breakfast 9:00 Michigan Rummy 9:00 Quilting Club 11:30 Lunch 12:30 Prize Bingo</p>	<p>All CHEER Centers are CLOSED for the Thanksgiving Holidays.</p>	