












Harbour Lights CHEER Center

34211 Woods Edge Drive
Lewes, DE 19958 • 302.645.9239



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Day Celebration</p> <p>Center Closed</p> 	<p>3</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> <p>5:45-8:30 Orchestra Rehearsal</p>	<p>4</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 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</p>	<p>5</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> 	<p>6</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:15 Wordle 9:30 Sit and Be Fit 9:30 Wal-Mart and Dollar Tree 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo 1:00 Mahjongg</p>
<p>9</p> <p>8:30 Center Opens 9:00 HL Walking Club 9:00 Mahjongg 9:15 Memory Games 9:30 Redner's 10:00 Sequence 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Crissy's Matinee "The Noel Diary"</p>	<p>10</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> <p>5:45-8:30 Orchestra Rehearsal</p> 	<p>11</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 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 12:30 Defensive Driving Course</p>	<p>12</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> 	<p>13</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:00 \$tand by Me 9:15 Wordle 9:30 Sit and Be Fit 10:00 Beat the Winter Blues 10:30 Entertainment provided by Lisa Miller 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo 1:00 Mahjongg</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>Martin Luther King Jr. Day</p> <p>Center Closed</p> 	<p>17</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> <p>5:45-8:30 Orchestra Rehearsal</p>	<p>18</p> <p>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</p>	<p>19</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> 	<p>20</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:00 Breakfast Bash 9:15 Pop-up Yard Sale 9:15 Memory Games 9:30 Sit and Be Fit 9:55 New Life Thrift Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo 1:00 Mahjongg</p>
<p>23</p> <p>8:30 Center Opens 9:00 HL Walking Club 9:00 Mahjongg 9:15 Memory Games 9:30 Target, Burlington Coat Factory and Produce Junction. Lunch on your own. 10:00 Sequence 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Cooking with Crissy</p>	<p>24</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> <p>5:45-8:30 Orchestra Rehearsal</p>	<p>25</p> <p>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</p>	<p>26</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p>	<p>27</p> <p>8:30 Center Opens 9:00 Catching up with Crissy 9:15 Wordle 9:30 Sit and Be Fit 9:45 and That! and Aldi's 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo 1:00 Mahjongg</p> 
<p>30</p> <p>8:30 Center Opens 9:00 HL Walking Club 9:00 Mahjongg 9:15 Memory Games 9:30 Millsboro Roses and Goodwill 10:00 Sequence 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Crissy's Matinee "From Scratch"</p>	<p>31</p> <p>Center Closed</p> <p>Visiting Long Neck CHEER Center</p> <p>5:45-8:30 Orchestra Rehearsal</p>			

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