





# Long Neck CHEER Center January 2023 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>Center Closed</p>	<p>3</p> <p>8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1:00 Care Giver Support Group 1:00 Memory Café</p>	<p>4</p> <p>8:00 Gym, Morning Chat, Café, Socialize, Texercise 9:00 Michigan Rummy 9:00 Quilting Club 9:30 Bank/PO, Drug-Store 10 Seabrook Mtg 11:30 Lunch 11:30 Life Hacks 12:30 Prize Bingo 1:00 Bunco</p>	<p>5</p> <p>8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 9:30 Trip to Dover Target-Lunch TBA 10:15 Tai Chi 10:30 Ken's Corner 11:30 Lunch 12:30 Nickel poker DIY CRAFT</p>	<p>6</p> <p>8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Knitting/Crocheting 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>
<p>9</p> <p>8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:00 Knitting/Crocheting 9:30 WALMART 11:30 Lunch 12:30 Penny Bingo 1:30 Cards</p>	<p>10</p> <p>8:00 Gym, Texercise, Morning Chat, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Left Right Center 1:00 Mahjongg 1:00 Memory Café</p>	<p>11</p> <p>8:00 Gym, Morning Chat, Café, Socialize, Texercise 9:00 Michigan Rummy 9:30 Bank/PO, Drug-Store 11:45 Membership Mtg. 11:00 DIY CRAFT 11:30 Lunch 11:30 Life Hacks 12:30 Prize Bingo 1:00 Bunco</p>	<p>12</p> <p>8:00 Gym, Morning Chat, Café, Socialize 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker</p>	<p>13</p> <p>8:00 Gym, Morning Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16 Center Closed Martin Luther King Day</p> 	<p>17 8:00 Gym, Texercise, Socialize, Morning- Chat, 9:00 Zumba 9:30 BYLERS 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1:00 Memory Café</p>	<p>18 8:00 Gym, Morning Chat, Café, Socialize, Texercise 9:00 Michigan Rummy 9:30 Bank/PO, Drug Store 11:30 - Lunch 12:30 Prize Bingo 1:00 Bunco</p>	<p>19 8:00 Gym, Socialize, Morning Chat 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:30 Nickel poker 1:00 Blind Sight Delaware</p>	<p>20 8:00 Gym, Morning-Chat, Socialize, Café, Texercise 9:00 Quilting Club 10:00 Dollar Tree 1030 Sunshine Club Meeting 11:30 Lunch 12:30 Penny Bingo</p>
<p>23 8:00 Gym, Morning Chat, Socialize, Café 8:00 Weight Watchers 9:00 Knitting/Crocheting 11:30 Lunch 12:30 Penny Bingo 1:30 Cards</p>	<p>24 8:00 Gym, Texercise, Socialize, Morning Chat 9:00 ZUMBA 9:30 Dover Mall 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café</p>	<p>25 8:00- Gym, Morning- Chat, Café, Socialize &amp; Texercise 9:00- Michigan Rummy 9:00-Quilting Club 9:30- Bank/PO, Drug- Store 11:30- Lunch 12:30- Prize Bingo</p>	<p>26 8:00 - Gym, Morning Chat, Café, Socialize 9:00- Zumba 10:15- Tai Chi 11:30- Lunch 12:30- Nickel poker</p>	<p>27 8:00- Gym, Morning-Chat, Socialize, Café &amp; Texercise 9:00- Quilting Club 10:00- Dollar Tree 11:30- Lunch 12:30- Penny Bingo</p>
<p>30 8:00 Gym, Morning-Chat, Socialize, Café 8:00 Weight Watchers 9:00 Knitting/Crocheting 9:30 Walmart 11:30 Lunch 12:30 Penny Bingo</p>	<p>31 8:00 Gym, Texercise, Socialize, Morning Chat 9:00 ZUMBA 9:30 Dover Mall 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1:00 Memory Café 1:001 Mahjong</p>	