

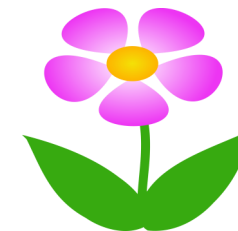






Greenwood CHEER Activity Center

“Home Away From Home”

MARCH 2023

302- 349-5237



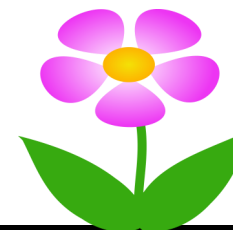
Mon	Tue	Wed	Thu	Fri
<p>“Eat Smart, Live Strong”</p> <p>Sessions 3 & 4</p> <p>March 6th and March 13th</p> <p>12:00 p.m. to 1:00 p.m.</p> <p>Enjoy fun and interactive activities with other older adults! Talk about easy ways to make smart food choices and exercise more.</p>		<p>1</p> <p>8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 9:30 Trip to Byler’s in Dover. Lunch at the King Buffet. Please register as bus space is limited 10:45 Drive Thru Lunches 11:30 Lunch</p> <p>Luncheon Card Club is Cancelled today</p>	<p>2</p> <p>8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:00 Blood Pressure check with Betty Fletcher 10:30 Ken’s Korner. CEO Ken Bock discusses happenings and events at CHEER via ZOOM 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch 12:00 Slide Show Presentation by Mason Dixon. “Across these United States” 1:00 Memory Café 1:00 Alzheimer’s Caregiver</p>	<p>3</p> <p>8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:30 Entertainment with Lisa Miller 10:45 Drive Thru Lunches 11:30 Lunch 12:00 “Life Smatters” with Robin Miller from the Greenwood Library 1:00 Luncheon Card Club</p> 
<p>6</p> <p>8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:00 Bible Study 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch 12:00 “Eat Smart, Live Strong” presented by Alicia Vogel from the Delaware Food Bank. Session 3 “Colorful & Classic Favorites” 1:15 Luncheon Card Club</p> 	<p>7</p> <p>Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:30 Prize Bingo 10:45 Drive Thru Lunches 11:30 Lunch 12:15 Prize Bingo & Full Card</p>	<p>8</p> <p>8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:30 Positive Music Time with Randy 10:45 Drive Thru Lunches 11:30 Lunch 12:15 Left Center Right Game 12:30 Luncheon Card Club</p>	<p>9</p> <p>Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:30 Crafts with Sylvia and Charlene 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch 12:15 Speaker Cpl. Briggs Delaware State Police 1:00 Memory Café</p> 	<p>10</p> <p>8:00 Fitness Center Opens 9:30 CHEERful Morning Coffee Time Café 10:30 Karaoke with Wayne. Bring your singing voices. 10:45 Drive Thru Lunches 11:30 Lunch 12:30 Luncheon Card Club</p> 







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Mon	Tue	Wed	Thu	Fri
<p>13 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:00 Bible Study 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch 12:00 “Eat Smart, Live Strong” presented by Alicia Vogel from the Delaware Food Bank. Session 4 “Eat Smart, Spend Less” 1:15 Luncheon Card Club</p> 	<p>14 Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo & Guests from the Laurel Senior Center 10:45 Drive Thru Lunches 11:30 Lunch 12:15 Prize Bingo & Full Card Bingo</p>	<p>15 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Music Ministry with Pastor Dan & Betsy Taylor 10:45 Drive Thru Lunches 11:30 Lunch 12:30 Luncheon Card Club</p> 	<p>16 Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 “Stroll Down Memory Lane” Music, Trivia, Q & A, and “Name That Tune” entertainment with Mason Dixon 10:45 Drive Thru Lunches *11:45 Lunch 1:00 Memory Café</p> <p>*please note that lunch will be served at 11:45 am instead of the usual 11:30 slot.</p>	<p>17 8:00 Fitness Center Opens 9:30 Bus departs for the Laurel Senior Center CHEER 10:30 Morning Chat 10:45 Drive Thru Lunches 11:30 Lunch 12:30 Luncheon Card Club</p> <p style="text-align: center;">Happy St. Patrick’s Day</p> 
<p>20 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:00 Bible Study 11:00 Social Time 11:30 Lunch 12:30 Luncheon Card Club 1:00 to 3:00 COVID Vaccine and Booster administered by LaRed.</p> <p>Please call 349-5237 to register</p>	<p>21 Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo 10:45 Drive Thru Lunches 11:30 Lunch 12:15 Prize Bingo & Full Card Bingo</p> <p style="text-align: center;">Happy First Day of Spring</p> 	<p>22 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 9:00 to 3:30 AARP Defensive Driving Class. Please call Fran to register 9:30 Bus departs for the Georgetown CHEER Center 10:45 Drive Thru Lunches 11:30 Lunch 12:30 Luncheon Card Club</p>	<p>23 Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 9:30 Bus departs for the Georgetown CHEER Center 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch 1:00 Memory Café</p>	<p>24 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 9:30 Bus departs for the Georgetown CHEER Center 10:45 Drive Thru Lunches 11:45 Lunch 12:30 Luncheon Card Club</p>

A stylized purple flower with a yellow center and green leaves. The flower has five petals and a central yellow circle. It is attached to a green stem with two large green leaves.

Every Monday from 1:00 p.m. to 3:00 p.m. LaRed Health Center will administer the COVID vaccine and booster at the Greenwood CHEER Center

Please call 303-349-5237 to schedule your appointment