



**Greenwood CHEER Activity Center**  
**“Home Away From Home”**  
**MARCH 2023**  
**302- 349-5237**



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



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

