

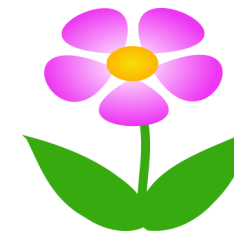






# Greenwood CHEER Activity Center

## “Home Away From Home”

### MARCH 2023

302- 349-5237



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







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

