









Long Neck CHEER Center September 2023 Activities Calendar  
 302-945-3551 to reserve your spot for lunch and activities.



Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;"><i>“A fallen leaf is nothing more than a summer’s wave goodbye.”</i></p> <p style="text-align: center;">– Unknown</p>			<p style="text-align: center;"><i>“Gonna drink a Pumpkin Spice Latte to cope with the pain of saying goodbye to summer.”</i></p> 	<p>1</p> <ul style="list-style-type: none"> <li>8:00 - Gym Opens</li> <li>8:15 - Texercise</li> <li>8:30 - Breakfast</li> <li>9:00 - Morning Chat</li> <li>10:00 - Dollar Tree</li> <li>11:30 - Lunch</li> <li>12:30 - Penny Bingo</li> </ul>
<p>4</p> <p style="text-align: center; color: red;"><b>Center Closed for Labor Day</b></p>	<p>5</p> <ul style="list-style-type: none"> <li>8:00 - Gym Opens</li> <li>8:15 - Texercise</li> <li>9:00 - Zumba</li> <li>9:00 - Morning Socialize</li> <li style="color: orange;">9:30 - Trip to Walmart</li> <li>10:15 - Tai Chi</li> <li>11:30 - Lunch</li> <li>1:00 - Mahjongg</li> <li>1:00 - Memory Café</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>8:00 - Gym Opens</li> <li>8:15 -Texercise</li> <li>9:00 - Morning Chat Socialize</li> <li>9:00 - Michigan Rummy</li> <li>9:45 - Scrabble</li> <li>11:30 - Lunch</li> <li>12:30 - Prize Bingo</li> <li>1:00 - Bunco</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>8:00 - Gym Opens</li> <li>9:00 -Zumba</li> <li>9:00 - Morning Chat Socialize</li> <li>10:15 - Tai Chi</li> <li>11:30 - Lunch</li> <li>12:30 - Nickel poker</li> </ul>	<p>8</p> <p style="text-align: center; color: orange;"><b>Center Closed Trap Pond Fall Festival</b></p> <p style="text-align: center; color: orange;">10:00 am - 2:00 pm</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p>8:00 - Gym Opens 8:00 -Weight Watchers 9:00 - Morning Chat / Socialize 11:30 - Lunch 12:00 - Knitting &amp; Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong</p> 	<p>12</p> <p>8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 9:00 - Morning Chat / Socialize <b>9:30 - Marshalls, Michaels &amp; Walmart Trip</b> 10:15 - Tai Chi 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café 1:00 - Caregiver Support Group</p>	<p>13</p> <p>8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat/Socialize 9:00 - Michigan Rummy 9:45 - Scrabble <b>9:30 - Bank, PO, and Drug Store</b> <b>10:30 - Membership Meeting</b> 11:30 - Lunch 1:00 - Bunco</p> 	<p>14</p> <p>8:00 - Gym Opens 9:00- Zumba 9:00 - Morning Chat/ Socialize <b>9:30 - Dutch Country Market Laurel</b> 10:15 - Tai Chi 11:30 - Lunch 12:30 - Nickel Poker 1:00 - Blind Sight DE</p>	<p>15</p> <p>8:00- Gym Opens 8:15 - Texercise 8:30 - Breakfast 9:00 - Morning Chat / Socialize 11:30 - Lunch 12:30 - Penny Bingo</p> 
<p>18</p> <p>8:00 - Gym Opens 8:00 -Weight Watchers 9:00 - Morning Chat / Socialize <b>10:00 - Trip to Walmart</b> 11:30 - Lunch 12:00 - Knitting &amp; Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong</p>	<p>19</p> <p>8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba <b>10:00 -Discovery Sea Shipwreck Museum Fenwick Island</b> 10:15 - Tai Chi 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café</p> 	<p>20</p> <p>8:00 - Gym Opens 8:15 - Texercise 9:00 - Michigan Rummy 9:00 - Morning Chat Socialize 9:45 - Scrabble 11:30 - Lunch 12:30 - Prized Bingo 1:00 - Bunco</p>	<p>21</p> <p>8:00 - Gym Open 9:00 - Zumba 9:00 - Morning Chat Socialize <b>9:30 - Stand By Me w/ Kathleen Rupert</b> 10:15 - Tai Chi 11:30 - Lunch 12:30 - Nickel poker</p> 	<p>22</p> <p>8:00- Gym Opens 8:15 -Texercise 8:30 - Breakfast 9:00 - Morning Chat / Socialize 10:00 - Trip to Dollar Tree 11:30 - Lunch 12:30 - Penny Bingo</p>
<p>28</p> <p>8:00 - Gym Opens 8:00 -Weight Watchers 10:00 - Trip to Walmart 11:30 - Lunch 12:00 -Knitting &amp; Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong</p> 	<p>29</p> <p>8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 10:15 - Tai Chi 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café</p>	<p>30</p> <p>8:00 - Gym Opens 8:15 - Texercise 9:00 - Michigan Rummy 9:00 - Morning Chat/Socialize 9:45 - Scrabble 11:30 - Lunch <b>12:00 - September Birthday Celebration</b> 12:30 - Prized Bingo 1:00 - Bunco</p>	<p>31</p> <p>8:00 - Gym Open 9:00 - Zumba 9:00 - Morning Chat Socialize 10:15 - Tai Chi 11:30 - Lunch 12:30 - Nickel poker</p>	<p><b><u>HAPPY BIRTHDAY</u></b> <b><u>TO ALL OF OUR</u></b> <b><u>SEPTEMBER</u></b> <b><u>MEMBERS</u></b></p> 