






Roxana CHEER Center
34314 Pyle Center Road
Frankford, DE 19945
302.732.3662

SEPTEMBER

Mon	Tue	Wed	Thu	Fri
<p>Roxana CHEER All for One and One for All!</p> 	<p>GRANDPARENTS <i>fill the world</i> with LOVE</p>	<p>SEPTEMBER IS... NATIONAL SENIOR CENTER MONTH!!</p> <p><u>Theme/Invitation To:</u> Discover Your... ?</p>		<p>1 <i>Morning Welcome</i> <i>and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Yoga w/Barbara</p> <p>11:30 Lunch, \$</p> <p>12:15 Memory Cafe</p>
<p>4</p> <p>** CHEER CENTERS CLOSED **</p> <p>HAPPY LABOR DAY</p>	<p>8</p> <p><i>Morning Welcome</i> <i>and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10-11:30 Prize Bingo</p> <p>11:30 Lunch, \$</p> <p>12:15 Arts & Crafts w/Linda</p>	<p>6</p> <p><i>Morning Welcome</i> <i>and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:00 Member Meeting</p> <p>10:30 "Fall Prevention" Speaker: Billy Nutter/PAM</p> <p>11:30 Lunch, \$</p> <p>12:15 Chair Exercises</p> <p>1:00 GAMES: Wii, Cards, Puzzles, Trivia, and/or Word Games.</p>	<p>7</p> <p><i>Morning Welcome</i> <i>and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Ken's Corner</p> <p>11:30 Lunch Out ** Group Vote**</p>	<p>8</p> <p>CHEER Trap Pond Fall Festival <i>Tickets Required</i></p>  <p>**CHEER CENTERS CLOSED**</p>

Mon	Tue	Wed	Thu	Fri
<p>11</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Sit and Fit</p> <p>11:00 Book Club: Short Story and Group Discussion</p> <p>11:30 Lunch, \$</p> <p>12:30 Grocery, Bank, PO &/or Drug Store</p>	<p>12</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10-11:30 Prize Bingo</p> <p>11:30 Lunch, \$</p> <p>12:15 Arts & Crafts w/Linda <i>**Nat'l Hug & Hi 5 Day**</i></p>	<p>13</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 "Diabetes/Heart Disease" Speaker: Natalie Andrews</p> <p>11:30 Lunch, \$</p> <p>12:15 GAMES: Wii, Cards, Puzzles, Trivia, Word Games <i>**Int'l Chocolate Day**</i></p>	<p>14</p> <p>**TRIP**</p> <p>Bylers in Harrington (8 person min.)</p> <p>Or</p> <p>Local Thrift Store Lunch Out \$</p> <p>**Group Vote**</p>	<p>15</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Yoga w/Barbara</p> <p>11:30 Lunch, \$</p> <p>12:15 Memory Cafe</p>
<p>18</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Pastor Dan & Betsy Inspirational Music</p> <p>11:30 Lunch, \$</p> <p>12:30 SHOPPING: Grocery, Bank, PO &/or Drug Store</p>	<p>19</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10-11:30 Prize Bingo</p> <p>11:30 Lunch, \$</p> <p>12:15 Arts & Crafts w/Linda</p>	<p>20</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10 CPR Class w/Beebe Health Care 20 Person Maximum Must Sign Up at Center</p> <p>11:30 Lunch, \$</p> <p>12:15 GAMES: Wii, Cards, Puzzles, Trivia, Word Games</p>	<p>21</p> <p>**TRIP**</p> <p>CHEER ANNUAL FERRY RIDE w/BAG LUNCH \$11 (8 person min.)</p>	<p>22</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Yoga w/Barbara</p> <p>11:30 Lunch, \$ <i>**Ice Cream Cone Day**</i></p> <p>12:15 Memory Café</p>
<p>25</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Sit and Fit</p> <p>10:30 Stand by Me</p> <p>11:30 Lunch, \$</p> <p>** Center Closes Early **</p> <p>12:00 <i>Grocery, Bank, PO &/or Drug Store</i></p> <p>2:00 Director's Meeting</p>	<p>26</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10-11:30 Prize Bingo</p> <p>11:30 Lunch, \$</p> <p>12:15 Arts & Crafts w/Linda</p>	<p>27</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:00 Chair Exercises</p> <p>11:30 Lunch, \$ Birthday Dessert : Monthly Birthday Celebration</p> <p>12:00 GAMES: Wii, Cards, Puzzles, Trivia, Word Games</p>	<p>28</p> <p>**TRIP**</p> <p>Super Walmart in Georgetown (8 person min.)</p> <p>Or</p> <p>Local Shopping</p> <p>Lunch Out - Group Vote</p>	<p>29</p> <p><i>Morning Welcome and Updates</i></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:30 Music by Imagine *Ocean View Ctr. Visit*</p> <p>11:30 Lunch, \$</p> <p>12:15 Prize Bingo</p>