



# Greenwood CHEER Activity Center

## HOME AWAY FROM HOME

### OCTOBER 2023 • 302- 349-5237






**Mon**

**Tue**

**Wed**

**Thu**

**Fri00**

<p><b>2</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>              10:00 <b>Bible Study</b>              10:45 Drive Thru Lunches              11:00 Social Time              11:30 Lunch  <b>12:30 Luncheon Card Club</b></p> 	<p><b>3</b>  <b>Bus Riders to Bank and Post Office before drop off at Center</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>              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><b>4</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>              9:30 <b>Trip to Laurel Senior Center. Bible Study at Laurel</b>              10:45 Drive Thru Lunches              11:30 Lunch  <b>12:30 Luncheon Card Club</b>  <b>10:00 COVID Vaccine and Booster by LaRed by appointment only. Please call 349-5237 to register</b></p>	<p><b>5</b>  <b>Bus Riders to Bank and Post Office before drop off at Center</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>  <b>10:30 Ken's Korner w/CEO Ken Bock</b>              10:45 Drive Thru Lunches              11:00 Social Time              11:30 Lunch  <b>12:00 "Across these United States" by Mason Dixon.</b>  <b>1:00 Memory Café</b></p>	<p><b>6</b>              8:00 Fitness Center Opens              9:00 <b>BREAKFAST</b>              9:00 <b>Lifeway Church of God Ladies Prayer Group meet</b>              10:30 <b>Entertainment w/Lisa Miller. Georgetown CHEER visiting</b>              10:45 Drive Thru Lunches              11:00 Social Time              11:30 Lunch  <b>12:15 Full Card Bingo</b>  <b>1:00 Luncheon Card Club</b></p>
<p><b>9</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>              10:00 <b>Bible Study</b>              10:45 Drive Thru Lunches              11:00 Social Time              11:30 Lunch              12:15 <b>Music Ministry with Pastor Dan and Betsy Taylor</b>  <b>*1:00 Luncheon Card Club</b>  <b>*Please Note Card Club starts at 1:00 p.m.</b></p>	<p><b>10</b>  <b>Bus Riders to Bank and Post Office before drop off at Center</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>              10:30 <b>Prize Bingo</b>              10:45 Drive Thru Lunches              11:30 Lunch              12:15 <b>Prize &amp; Full Card Bingo</b></p> 	<p><b>11</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>              10:30 <b>Positive Music Time w/ Randy</b>              10:45 Drive Thru Lunches              11:30 Lunch  <b>11:30 Lunch with Ken Huff &amp; Mr. Goodwood</b>  <b>12:30 Luncheon Card Club</b>  <b>10:00 COVID Vaccine and Booster by LaRed by appointment only. Please call 349-5237 to register</b></p>	<p><b>12</b>  <b>Bus Riders to Bank and Post Office before drop off at Center</b>              8:00 Fitness Center Opens              9:00 <b>CHEERful Morning</b>  <b>Coffee Time Cafe</b>  <b>10:30 Let's create crafts for the homebound clients with Sylvia and Charlene</b>              10:45 Drive Thru Lunches              11:00 Social Time              11:30 Lunch  <b>1:00 Memory Café</b></p> 	<p><b>13</b>              8:00 Fitness Center Opens              9:00 <b>Lifeway Church of God Ladies Prayer Group meet</b>              10:00 <b>NEW PROGRAM</b>  <b>Healthy Heart Ambassador Betty Fletcher BLOOD PRESSURE Self-Monitoring Program.</b>              ⇒ Manage and understand BP.              ⇒ Set and achieve goals.              ⇒ Identify the triggers that can raise BP.              ⇒ Adopt healthier eating habits.              ⇒ Increase physical activity  <b>12:00 "Life Smatters"</b>  <b>1:00 Luncheon Card Club</b></p>



**Dinner at the Center**  
**Thursday, October 26th • 5 p.m.**  
**With Entertainment by Suzette Pritchett**  
**Meatballs and Gravy with Noodles and Veggies**  
**Get your tickets now.**





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### OCTOBER 2023 • 302- 349-5237



Mon	Tue	Wed	Thu	Fri
<b>16</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:00 <b>Bible Study</b> 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch <b>12:30 Luncheon Card Club</b>	<b>17</b> <b>Bus Riders to Bank and Post Office before drop off at Center</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:30 <b>Prize Bingo &amp; guests from the Laurel Senior Center</b> 10:45 Drive Thru Lunches 11:30 Lunch 12:15 <b>Prize &amp; Full Card Bingo</b>	<b>18</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> <b>9:30 Trip to Trap Pond State Park Pontoon Boat Ride. Only \$10 and includes bag lunch. Space is limited.</b> <b>11:00 Food Bank Mobile Food Pantry</b> 10:45 Drive Thru Lunches 11:30 Lunch <b>12:30 Luncheon Card Club</b> <b>10:00 COVID Vaccine/Booster by LaRed. Call 349-5237 to register</b>	<b>19</b> <b>Bus Riders to Bank and Post Office before drop off at Center</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:30 <b>"Stroll Down Memory Lane" Music, Trivia, Q &amp; A, and "Name That Tune" w/Mason Dixon</b> 10:45 Drive Thru Lunches 11:30 Lunch 12:15 <b>Speaker Billy Nutter—PAM Rehab</b> <b>1:00 Memory Café</b>	<b>20</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 9:00 <b>Lifeway Church of God Ladies Prayer Group meet in the Conference Room</b> <b>9:30 Trip to the Georgetown CHEER Center</b> 10:45 Drive Thru Lunches 11:30 Lunch <b>12:30 Luncheon Card Club</b>
<b>23</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:00 <b>Bible Study</b> 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch <b>12:30 Luncheon Card Club</b>	<b>24</b> <b>Bus Riders to Bank and Post Office before drop off at Center</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:30 <b>Prize Bingo</b> 10:45 Drive Thru Lunches 11:30 Lunch 12:15 <b>Prize Bingo &amp; Full Card Bingo</b>	<b>25</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 9:00 to 3:30 <b>AARP Defensive Driving Class</b> <b>10:30 Long Neck CHEER Sunshine Singers</b> 10:45 Drive Thru Lunches 11:30 Lunch 12:15 <b>Speaker "Medicare"</b> <b>1:00 Luncheon Card Club</b> <b>10:00 COVID Vaccine/Booster by LaRed. Call 349-5237 to register</b>	<b>26</b> <b>Bus Riders to Bank and Post Office before drop off at Center</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> <b>10:30 Guest Speaker Dr. George Rodriguera, PT</b> 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch <b>1:00 Memory Café</b> <b>5:00 p.m. Dinner-Entertainment by Suzette Pritchett</b>	<b>27</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 9:00 <b>Lifeway Church of God Ladies Prayer Group meet in the Conference Room</b> <b>10:30 Penny and Full Card Bingo</b> 10:45 Drive Thru Lunches 11:30 Lunch <b>12:00 Members' Meeting. Please Plan to attend</b> 1:00 Luncheon Card Club
<b>30</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:00 <b>Bible Study</b> 10:45 Drive Thru Lunches 11:00 Social Time 11:30 Lunch <b>12:30 Luncheon Card Club</b>	<b>31</b> <b>Bus Riders to Bank and Post Office before drop off at Center</b> 8:00 Fitness Center Opens 9:00 <b>CHEERful Morning</b> <b>Coffee Time Cafe</b> 10:30 <b>Prize Bingo</b> 10:45 Drive Thru Lunches 11:30 Lunch 12:15 <b>Prize &amp; Full Card Bingo</b>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>*****</p> <p><b>Suggested Lunch Donation</b> \$3.50 for those 60+</p> <p>There is a \$1 trip donation when you ride the bus. Please give the money to the bus driver when you board the bus.</p>  <p>*****</p> </div>		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>*****</p> <p>Every Wednesday and Thursday from 10:00 to noon LaRed Health Center will administer the COVID vaccine and booster at the Greenwood CHEER Center by appointment only</p> <p>Please call 303-349-5237 to schedule your appointment</p>  <p>*****</p> </div>