



Long Neck CHEER Center October 2023

Activities Calendar

Call 302-855-1233



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 - Gym Opens 8:00 -Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong 	3 8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 9:00 - Morning Chat / Socialize 9:30 - Trip to Roses Dept Store in Seaford Lunch at Stargate 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café 1:00 - Caregiver Support Group	4 8:00 - Gym Opens 8:15 -Texercise 9:00 - Morning Chat Socialize 9:00 - Michigan Rummy 9:45 - Scrabble 11:30 - Lunch 12:30 - Prize Bingo 1:00 - Bunco 	5 8:00 - Gym Opens 9:00 -Zumba 9:00 - Morning Chat Socialize 9:30 - Bank, PO, and Drug Store 11:30 - Lunch 12:30 - Nickel poker 	6 8:00 - Gym Opens 8:15 - Texercise 8:30 - Breakfast 9:00 - Morning Chat 10:00 - Dollar Tree 11:30 - Lunch 12:30 - Penny Bingo  
9 8:00 - Gym Opens 8:00 -Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong 	10 8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 9:00 - Morning Socialize 9:30 - Bank, PO, and Drug Store 11:30 - Lunch 1:00 - Mahjongg 1:00 -Memory Café 	11 8:00 - Gym Opens 8:15 -Texercise 9:00 - Morning Chat Socialize 9:00 - Michigan Rummy 9:45 - Scrabble 11:30 - Lunch 12:30 - Prize Bingo 1:00 - Bunco 	12 8:00 - Gym Opens 9:00 -Zumba 9:00 - Morning Chat Socialize 11:30 - Lunch 12:30 - Nickel poker 	13 8:00 - Gym Opens 8:15 - Texercise 8:30 - Breakfast 9:00 - Morning Chat 10:00 - Dollar Tree 11:30 - Lunch 12:30 - Penny Bingo Craft Show at CHEER Community Center in Georgetown 10 am - 2 pm

Monday	Monday	Monday	Monday	Monday
16 8:00 - Gym Opens 8:00 -Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 11:30 - Lunch 12:00 - Knitting and Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong 	17 8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 9:00 - Morning Chat / Socialize 9:30 - Bank, PO, and Drug Store 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café 1:00 - Caregiver Support Group	18 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat/Socialize 9:00 - Michigan Rummy 9:45 - Scrabble 10:30 -Sunshine Singers 11:30 - Lunch 1:00 - Bunco 	19 8:00 - Gym Opens 9:00- Zumba 9:00 - Morning Chat/ Socialize 11:30 - Lunch 12:30 - Nickel Poker 1:00 - Blind Sight DE	20 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 
23 8:00 - Gym Opens 8:00 -Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 11:30 - Lunch 12:00 - Knitting/Crocheting 1:30 - Cards 1:30 - Ping Pong 	24 8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 9:30 - Big Lots in Milford Lunch at Chic-Fil-A 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café	25 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 	26 8:00 - Gym Open 9:00 - Zumba 9:00 - Morning Chat Socialize 9:30 - Stand By Me w/ Kathleen Rupert 11:30 - Lunch 12:30 - Nickel poker	27 8:00- Gym Opens 8:15 -Texercise 8:30 - Breakfast 9:00 - Morning Chat / Socialize 10:00 - Halloween Party 11:30 - Lunch 12:30 - Penny Bingo 
30 8:00 - Gym Opens 8:00 -Weight Watchers 9:30 - Trip to Byler's and Produce Junction 11:30 - Lunch 12:00 -Knitting and Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong	31 8:00 - Gym Opens 8:15 - Texercise 9:00 - Zumba 9:30 - Bank, PO, and Drug Store 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café	For More Information on how to join the Long Neck CHEER Center Call 302-945-3551		