



**Roxana CHEER Center**  
**34314 Pyle Center Road • Frankford, DE 19945**  
**302.732.3662**  
**NOVEMBER 2023**

*Member Birthdays:*  
 4th Ora Lee  
 30th Meri-Jo



Mon	Tue	Wed	Thu	Fri
<p>Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.            ~ Henry Van Dyke</p> <p style="text-align: right; font-size: small;">morefamousquotes.com</p>		<p><b>1</b>  <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café            Snacks and Socializing</p> <p>10:30 <b>Member Meeting</b></p> <p>11:00 Sit &amp; Fit</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Games / Puzzles or Trivia</p>	<p><b>2</b>  <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café,            Snacks and Socializing</p> <p>10:30 <b>Ken's Corner</b></p> <p>11:30 Lunch Out            ** Group Vote**  <b>OR</b></p> <p>11:30 Lunch @ Center</p> <p>12:00 Board Games</p>	<p><b>3</b>  <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café,            Snacks and Socializing</p> <p>10:30 <b>Yoga w/Barbara</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:15 <b>Memory Café</b></p>
<p><b>6</b>  <i>Morning Welcome and Updates</i></p> <p><b>RX Visit Harbour Lights</b>  <b>** Prize Bingo **</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Grocery, Bank, P.O .            and Drug Store</p>	<p><b>7</b>  <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café,            Snacks and Socializing</p> <p>10:30-11:30 Prize Bingo</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Prize Bingo Resumes</p>	<p><b>8</b>  <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café,            Snacks and Socializing</p> <p>10:30 <b>*Medicare Updates*</b>  <b>Speaker: Kenneth Baron</b></p> <p>11:00 Sit &amp; Fit</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Games / Puzzles or Trivia</p>	<p><b>9</b>  <b>**TRIP**</b></p> <p><b>Bylers in Harrington</b>  <b>(8 person min.)</b></p> <p><b>Or</b></p> <p><b>Local Thrift Store</b></p> <p><b>Lunch Out \$</b>  <b>**Group Vote**</b></p>	<p><b>10</b>  <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café,            Snacks and Socializing</p> <p>10:30 <b>Yoga w/Barbara</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:15 <b>Memory Cafe</b></p>

