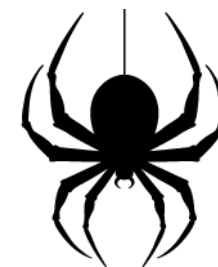




Roxana CHEER Center
34314 Pyle Center Road • Frankford, DE 19945
302.732.3662
OCTOBER 2023



Mon	Tue	Wed	Thu	Fri
2 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Pastor Dan & Betsy Bible Study 11:30 Lunch, \$ 12:30 Grocery, Bank, P.O. and Drug Store	3 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10-11:30 Prize Bingo 11:30 Lunch, \$ 12:15 Prize Bingo Resumes	4 <i>Morning Welcome and Updates</i> 9:30 Morning Café Snacks and Socializing 10:00 Member Meeting 10:30 Sit & Be Fit 11:30 Lunch, \$ 12:15 Group Trivia 1:00 Games / Puzzles	5 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Ken's Corner 11:30 Lunch Out ** Group Vote**	6 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Yoga w/Barbara 11:30 Lunch, \$ 12:15 Memory Cafe
9 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Sit and Fit 11:00 Inspirational Reading & Group Discussion 11:30 Lunch, \$ 12:30 Grocery, Bank, P.O. and Drug Store	10 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10-11:30 Prize Bingo 11:30 Lunch, \$ 12:15 Arts & Crafts w/Linda	11 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Gardener's By The Sea 11:30 Lunch, \$ 12:00 Ice Cream Social 12:30 Games / Puzzles 	12 **TRIP** Bylers in Harrington (8 person min.) Or Local Thrift Store Lunch Out \$ **Group Vote**	13 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Yoga w/Barbara 11:30 Lunch, \$ 12:15 Memory Cafe



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Mon	Tue	Wed	Thu	Fri
16 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Pastor Dan & Betsy Music Ministry 11:30 Lunch, \$ 12:30 Grocery, Bank, P.O. And/or Drug Store	17 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10-11:30 Prize Bingo 11:30 Lunch, \$ 12:15 Prize Bingo Resumes	18 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Diabetes/Heart Disease Speaker: Natalie Andrews 11:30 Lunch, \$ 12:15 Games / Puzzles	19 **TRIP** DE Botanical Gardens Fall Foliage : Walking & Golf Cart Tour Lunch Out \$ **Group Vote** 	20 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Yoga w/Barbara 11:30 Lunch, \$ 12:15 Memory Café
23 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Sit and Fit / Stand By Me w/Kathleen Rupert 11:00 Inspirational Reading & Group Discussion 11:30 Lunch, \$ 12:30 Grocery, Bank, P.O. and Drug Store	24 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10-11:30 Prize Bingo 11:30 Lunch, \$ 12:15 Arts & Crafts w/Linda	25 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 PAM Health Speaker TOPIC: TBD 11:30 Lunch, \$ **Birthday Dessert*** Monthly Birthday Celebration 12:15 Games / Puzzles	26 **TRIP** Super Walmart—G'town (8 person min.) Or Local Thrift Store Lunch Out \$ **Group Vote**	27 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Yoga w/Barbara 11:30 Lunch, \$ 12:15 Memory Café
30 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 10:30 Sit and Fit 11:30 Lunch, \$ ** Center Closes Early ** 12:30 Grocery, Bank, P.O. and Drug Store 2:00 Director's Meeting	31 <i>Morning Welcome and Updates</i> 9:30 Morning Café, Snacks and Socializing 9:30 Entertainment—Imagine Daycare Visit: Trick or Treat & Dancing 11:30 Lunch, \$ 12:15 Games / Puzzles			Roxana CHEER All for One and One for All! 