




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

*January 2024*



*Member Birthdays:*

24th Al  
28th Rose

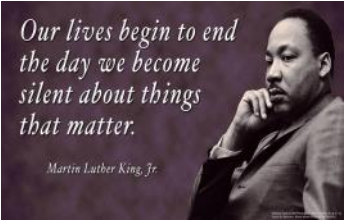


Mon	Tue	Wed	Thu	Fri
<b>1</b>  <b>ALL CENTERS CLOSED</b>  	<b>2</b>  <i>Morning Welcome and Updates</i>  10:00 Morning Café, Snacks and Socializing  10:30 Prize Bingo  11:30 Lunch, \$ donation  12:00 Shopping - Grocery, Bank, P.O. and/or Drug Store	<b>3</b>  <i>Morning Welcome and Updates</i>  10:00 Morning Café, Snacks and Socializing  10:30 Sit & Fit  11:00 <b>Member Meeting</b>  11:30 Lunch, \$ donation  12:30 Games/ Puzzles or Trivia	<b>4</b>  <i>Morning Welcome and Updates</i>  10:00 Morning Café, Snacks and Socializing  10:30 Beckett's Bulletin Zoom Meeting  Lunch Out \$ <b>** Group Vote **</b>	<b>5</b>  <i>Morning Welcome and Updates</i>  Morning Café, Snacks and Socializing  10:00 Breakfast, \$ donation  10:30 <b>Yoga w/Barbara</b>  11:30 Lunch, \$ donation  12:15 <b>Memory Cafe</b>
<b>8</b>  <i>Morning Welcome and Updates</i>  10:00 Morning Café, Snacks and Socializing  10:30 <b>Pastor Dan &amp; Betsy Bible Study/Music Ministry</b>  11:30 Lunch, \$ donation  12:00 Games/ Puzzles or Trivia  12:30 Shopping—Grocery, Bank, P.O., and/or Drug Store.	<b>9</b>  <i>Morning Welcome and Updates</i>  10:00 Morning Café, Snacks and Socializing  10:30– Prize Bingo  11:30 Lunch, \$ donation  12:00 Arts & Crafts <b>** Sign up Required **</b>	<b>10</b>  <i>Morning Welcome and Updates</i>  10:00 Morning Café, Snacks and Socializing  10:30 Sit & Fit  11:00 *This is Us! *  11:30 Lunch, \$ donation  12:30 Games/ Puzzles or Trivia	<b>11</b>  <b>**TRIP**</b>  <b>Rose's in Seaford (8 person min.)</b>  Lunch Out \$ <b>** Group Vote **</b>	<b>12</b>  <i>Morning Welcome and Updates</i>  Morning Café, Snacks and Socializing  10:00 Breakfast, \$ donation  10:30 <b>Yoga w/Barbara</b>  11:30 Lunch, \$ donation  12:15 <b>Memory Cafe</b>



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**JANUARY 2024**

Live   
Your life at its fullest!  
Laugh   
At all the things that don't matter!  
Love   
With all that you have and more!

Mon	Tue	Wed	Thu	Fri
<p>15 <b>ALL CENTERS CLOSED</b> In Honor of Martin Luther King Jr.</p> 	<p>16 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize</p> <p>10:30 Prize Bingo</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Shopping - Grocery, Bank, P.O. and/or Drug Store</p>	<p>17 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize</p> <p>10:30 <b>Speaker from Pam Health - Topic TBD</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Games / Puzzles and/or Trivia</p>	<p>18 <b>**TRIP**</b></p> <p><b>Super Walmart—G'town (8 person min.)</b></p> <p><b>Lunch Out \$ **Group Vote*</b></p>	<p>19 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize</p> <p>10:00 Breakfast, \$ donation</p> <p>10:30 <b>Chair Yoga w/Barb</b></p> <p>11:30 Lunch, \$ donation</p>
<p>22 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Pastor Dan &amp; Betsy Bible Study/Music Ministry</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Grocery, Bank, P.O., and/or Drug Store</p>	<p>23 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10-11:30 Prize Bingo</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Puzzles &amp; Games: Uno/LRC and/or Hand and Foot</p>	<p>24 <b>Nat'l Compliment Day</b> <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Sit &amp; Fit</p> <p>11:00 * This is Us! *</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Karaoke w/Horizon</p>	<p>25 <b>**TRIP**</b></p> <p><b>Bylers in Harrington (8 person min.) Or Local Thrift Store</b></p> <p><b>Lunch Out \$ **Group Vote**</b></p>	<p>26 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize</p> <p>10:00 Breakfast, \$ donation</p> <p>10:30 <b>Chair Yoga w/Barb</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:15 <b>Memory Café</b></p>
<p>29 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Inspirational Reading With Linda</b></p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Grocery, Bank, P.O., and/or Drug Store</p>	<p>30 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10-11:30 Prize Bingo</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Arts &amp; Crafts <b>**Sign Up Required**</b></p>	<p>31 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Sit &amp; Fit</p> <p>11:00 *This is Us! *</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Games/Puzzles or Trivia</p>	 <div style="text-align: center;"> <p><b>Roxana CHEER</b> <b>All for One</b> <b>and One for All!</b></p>  </div>	