

Greenwood CHEER Activity Center JANUARY 2024 302-349-5237



Mon	Tue	Wed	Thu	Fri
1 CENTER CLOSED Turble Jews	Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo 11:30 Lunch 12:15 Prize & Full Card Bingo	3 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Penny Bingo. Don't forget to bring your pennies 11:30 Lunch 12:15 Full Card Bingo 12:30 Luncheon Card Club "Hand & Foot	4 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 10:30 Beckett's Bulletin. CEO Beckett Wheatley discusses events and happenings at CHEER 11:30 Lunch 12:00 "Across These United States" by Mason Dixon 1:00 Memory Café 1:00 Alzheimer's Caregiver Support Group	5 8:00 Fitness Center Opens 9:00 to 10:15 BREAKFAST 10:00 Lifeway Church of God Ladies Prayer Group 10:30 Morning Chat 10:30 Entertainment by Lisa Miller. Georgetown CHEER visiting. 11:30 Lunch 12:15 Full Card Bingo 1:00 Luncheon Card Club
8 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:00 Bible Study 11:30 Lunch 12:00 Music Ministry with Pastor Dan & Betsy Taylor 1:00 Luncheon Card Club "Hand & Foot"	9 Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo 11:30 Lunch 12:15 Prize & Full Card Bingo	10 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Positive Music Time w/Randy 11:30 Lunch 12:30 Luncheon Card Club "Hand & Foot	11 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Café 9:30 Visiting Laurel Senior Center 11:30 Lunch 1:00 Memory Café 1:00 Alzheimer's Caregiver Support Group	8:00 Fitness Center Opens 9:00 to 10:15 BREAKFAST 10:00 Lifeway Church of God Ladies Prayer Group 10:00 Blood Pressure Self- Monitoring Program with Betty Fletcher ⇒ Manage and understand BP. ⇒ Set and achieve goals.
		************************* Every Wednesday and Thursday from 10:00 a.m. * to noon LaRed Health Center will administer the * COVID vaccine and booster at the Greenwood * CHEER Center by appointment only. Please call 303-349-5237 to schedule your appointment.		⇒ Adopt healthier eating



Greenwood CHEER Activity Center JANUARY 2024 302-349-5237



Mon	Tue	Wed	Thu	Fri
CENTER CLOSED MARTIN KING, JR O O O O O O O O O O O O O	Bus Riders to Bank and Post Office before drop off 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo 11:30 Lunch 12:15 Prize & Full Card Bingo	17 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 9:30 Bus departs for shopping at the Dover Mall and lunch at Red Lobster 10:00 Mobile Food Pantry 11:30 Lunch 12:30 Luncheon Card Club "Hand & Foot"	Bus Riders to Bank and P.O. before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Café 10:30 "Stroll Down Memory Lane" Music & Memories, Trivia, Q & A, and "Name That Tune" w/Mason Dixon. 11:30 Lunch 12:15 Speaker Billy Nutter, PAM Rehab 1:00 Memory Café	8:00 Fitness Center Opens 9:00 to 10:15 BREAKFAST 10:00 Lifeway Church of God Ladies Prayer Group 9:30 Trip to Georgetown CHEER Center 11:30 Lunch 12:30 Luncheon Card Club "Hand & Foot"
8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:00 Bible Study 11:30 Lunch 12:30 Luncheon Card Club "Hand & Foot	23 Bus Riders to Bank and Post Office before drop off 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo. Laurel Senior Center visiting 11:30 Lunch 12:15 Prize & Full Card Bingo	24 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 9:00 to 3:30 AARP Defensive Driving Class 10:00 B.P. Self- Monitoring Program w/Betty Fletcher 11:30 Lunch 12:00 Left Right Center game 12:30 Luncheon Card Club "Hand & Foot"	25 Bus Riders to Bank and Post Office before drop off at Center 8:00 Fitness Center Opens 9:00 CHEERful Morning Café 10:30 Speaker Dr. Ann, PT Works 11:30 Lunch 1:00 Memory Café 5:00 Dinner	26 8:00 Fitness Center Opens 9:00 to 10:15 BREAKFAST 10:00 Lifeway Church of God Ladies Prayer Group 10:30 TBD 11:30 Lunch 12:00 Member's Meeting 1:00 Luncheon Card Club "Hand & Foot"
8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:00 Bible Study 11:30 Lunch 12:30 Luncheon Card Club "Hand & Foot	30 Bus Riders to Bank and Post Office before drop off 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 10:30 Prize Bingo. Bridgeville Senior Center visiting 11:30 Lunch 12:15 Prize & Full Card Bingo	31 8:00 Fitness Center Opens 9:00 CHEERful Morning Coffee Time Cafe 11:30 Lunch 12:00 12:30 Luncheon Card Club "Hand & Foot"	******************************* * Suggested Lunch Donation is \$3.50 for those 60+. * There is a \$1 trip donation when you ride the bus. Please give the money to the bus driver when you board the bus.	