

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

*May 2024*



Member Birthdays:

6th Michael Leonard



Mon	Tue	Wed	Thu	Fri
<p><b>Roxana CHEER</b>  <b>All for One and One</b>  <b>for All!</b></p> 	<p><b>CHEER</b>  <b>Celebrates Older</b>  <b>Americans</b>  <b>All Month Long...</b></p> <p><b>LUNCH \$1</b>  <b>Age 60+</b></p> <p>☆☆☆☆☆</p>	<p><b>1</b></p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Sit and Fit</p> <p>11:00 Member Meeting</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Movie "Nyad" Part 1</p>	<p><b>2</b></p> <p><b>TRIP DAY</b></p> <p><b>Super Walmar in Milford</b>  <b>Lunch Out \$ -Pizza Palace</b></p> <p><b>**Lunch avail. At Center \$</b></p> <p>PM Activities: On Your Own:      Games, Movies, Puzzles Etc.</p>	<p><b>3</b></p> <p><i>Morning Welcome and Updates</i></p> <p>Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation</p> <p>10:30 Yoga w/Barbara</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Cafe</p>
<p><b>6</b></p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Chair Yoga</p> <p>11:00 Movie "Nyad" Part II</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p><b>7</b></p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30- Prize Mingo w/Dan</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Games, Member's Choice Chicken Foot / Uno / Hand and Foot and More</p>	<p><b>8</b></p> <p><i>Morning Welcome and Updates</i></p>  <p><b>Mother's Day Celebration!</b></p> <p>9:30 Morning Café, Snacks and Socializing</p> <p>10:00 Gardener's By The Sea</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Music w/ Lisa Miller</p>	<p><b>9</b></p> <p><b>TRIP DAY</b></p> <p><b>Visiting a one of our own Family Members</b></p> <p>Harbor Healthcare and Rehabilitation Center      301 Ocean View Blvd.      Lewes, DE 19958      (302) 645-4664  <b>** must wear a mask**</b></p> <p>Lunch Out—TBD</p>	<p><b>10</b></p> <p><i>Morning Welcome and Updates</i></p> <p>Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation</p> <p>10:45 Yoga w/Barbara</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Cafe</p> <p><b>RX YARD SALE</b>  <b>10AM—2PM</b></p>

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Debra Dudkin  
Center Director  
E: ddudkin@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>13 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing 10:30 <b>Moving to the Music w/Dan</b> 11:00 Inspirational Reading And Discussion Group 11:30 <b>Lunch, \$ donation</b> 12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>14 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize 10:00 Prize Bingo 11:15 <b>Lunch, \$ donation</b> 12:00 <b>Trip to OV Center for an Educational Seminar "Golden Year Guide"</b></p>	<p>15 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize 10:30 <b>"NAME THAT TUNE" w/ Mason Dixon</b> 11:30 <b>Lunch, \$ donation</b> 12:30 Chair Yoga 1:00 Trivia / Word in Word/Puzzles</p>	<p>16 <b>TRIP DAY</b> Byler's Country Mkt. West Dover 1368-A Rose Valley School Rd. Dover, DE 19904 T: 302) 674-7689</p> <p><b>Lunch @ The Countrie Eatery</b> 950 N. State Street Dover, DE 19901 (302) 674-8310</p>	<p>17 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize 10:00 Breakfast, \$ donation 10:45 <b>Chair Yoga w/Barb</b> 11:30 <b>Lunch, \$ donation</b> 12:15 <b>Memory Café</b></p>
<p>20 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing 10:30 <b>Pastor Dan/Betsy Taylor Music Ministry</b> 11:30 <b>Lunch, \$ donation</b> 12:15 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>21 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing 10:30 <b>Prize Bingo or Mingo w/Dan Group Choice</b> 11:30 <b>Lunch, \$ donation</b> 12:15 Games, Member's Choice Chicken Foot / Uno / Hand and Foot and More</p>	<p>22 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing 10:15 <b>Music w/Gloria Holland</b> 11:30 <b>Lunch, \$ donation</b> 12:30 <b>Chair Yoga w/Barb</b> 1:00 Trivia / Word in Word/Puzzles</p>	<p>23 <b>TRIP DAY</b> Nanticoke Indian Museum 27073 John J Williams Hwy. w/ story telling by Raggi Rain—\$5</p> <p><b>Lunch Out \$</b></p> <p><b>**Lunch avail. At Center \$</b></p> <p><b>PM Activities: On Your Own: Games / Movies Etc.</b></p>	<p>24 <b>Come Celebrate With Us....</b></p> <p>Georgetown CHEER Community Center</p> <p><b>"Older American's Day!"</b></p> <p>See Director for Tickets \$6 (60+)/ \$8 (59 and under)</p>
<p>27 <b>CHEER CENTERS CLOSED</b></p>	<p>28 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing 10:30 <b>Stand by Me w/K. Rupert</b> 10:30 <b>Prize Bingo or Mingo w/Dan Group Choice</b> 11:30 <b>Lunch, \$ donation</b> 12:15 Games Member's Choice 12:15 Arts &amp; Crafts—sign up</p>	<p>29 <i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing 10:30 Chair Exercises 11:30 <b>Lunch, \$ donation</b> <b>**Birthday Dessert Day**</b> 12:15 <b>"Nutrition/Healthcare Trivia" w/Victoria L., Highmark</b></p>	<p>30 <b>TRIP DAY</b></p> <p>Ollie's Bargain Outlet 258 Tilghman Rd. Salisbury, MD 21804</p> <p><b>Lunch Out \$ -Group Vote</b></p> <p><b>**Lunch avail. At Center \$</b></p> <p><b>PM Activities: On Your Own: Games / Movies Etc.</b></p>	<p>31 <i>Morning Welcome and Updates</i></p> <p>Morning Chat, Snacks &amp; Socialize 10:00 Breakfast, \$ donation 10:45 <b>Chair Yoga w/Barb</b> 11:30 <b>Lunch, \$ donation</b> 12:15 <b>Memory Café</b></p>