







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

OCTOBER 2024



2nd Mae Reynolds
 12th Patsy Fortune
 21st Mark Newsome
 24th Peter Canakis
 25th Cece Chambers

Mon	Tue	Wed	Thu	Fri
<p><u>BREAKFAST</u> <u>MOVED TO</u> <u>TUESDAYS !!!</u></p> 	<p>1 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation</p> <p>Roxana visits OV Center <u>FIESTA</u></p> <p>Lunch & Music w/ The Hot Sauce Band</p> 	<p>2 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Walking Club</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Armchair Travels</p>	<p>3 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Beckett's Bulletin <i>Interactive Zoom Meeting for CHEER updates.</i></p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>Or</p> <p>Lunch Out—Group Vote \$</p>	<p>4 10:00 Morning Café, Snacks and Socializing</p> <p>10:45 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:15 Memory Café</p> 
<p>7 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Music Ministry and/or Bible Study w/Pastor Dan & Betsy Taylor</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:30 Shopping—Grocery, Bank, P.O . and/or Drug Store</p> 	<p>8 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation \$2</p> <p>10:30 Prize Mingo, \$1</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Medicare Speaker Tennant Barron</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc.</p>	<p>9 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Coastal Gardeners A&C Project. 12 max. **Sign up required.</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Hispanic Heritage Celebration</p> 	<p>10 <i>Trip Day</i></p> <p>Samaritan Thrift Store 38293 London Ave. Selbyville, DE 19975</p> <p>**Lunch Out** Group Vote</p> <p>Center Activities: <u>On Your Own</u> Games / Puzzles / Movies Etc. *Please sign up—Thanks!**</p> <p>*Lunch avail. At Center \$</p>	<p>11 10:00 Morning Café, Snacks and Socializing</p> <p>10:45 Chair Yoga</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:15 Memory Café</p> 



OCTOBER 2024



Debra Dudkin
Center Director
E: ddudkin@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>14 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 This is us! Interactive Group Chat</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>15 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation \$2</p> <p>10:30 Prize Bingo, \$1</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc</p>	<p>16 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Walking Club</p> <p>10:30 TBC: Gardener's By The Sea Fall Wreath—Sign up Required</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Chair Exercises</p>	<p>17 TRIP DAY Walmart—G'town 28544 Dupont Blvd. Millsboro, DE (302) 934-8333</p> <p>Lunch at Pizza Palace \$</p> <p>Center Activities: <u>On Your Own</u> Games / Puzzles / Movies Etc. *Please sign up—Thanks!**</p>	<p>18 10:00 Morning Café, Snacks and Socializing</p> <p>10:45 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:15 Memory Café</p>
<p>21 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Music Ministry and/or Bible Study w/Pastor Dan & Betsy Taylor</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>22 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation \$2</p> <p>10:30 Prize Mingo, \$1</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc.</p>	<p>23 10:00 Morning Café, Snacks and Socializing</p> <p>10:30 Walking Club</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Family Feud</p>	<p>24 TRIP DAY BYLER'S COUNTRY MKT. 17104 S. Dupont Hwy. Harrington, DE 19952</p> <p>Lunch at Pizza Palace \$</p> <p>Center Activities: <u>On Your Own</u> Games / Puzzles / Movies Etc. *Please sign up—Thanks!**</p>	<p>25 10:00 Morning Café, Snacks and Socializing</p> <p>10:45 Chair Yoga</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:15 Memory Café</p>
<p>28 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Stand by Me w/K. Ruppert</p> <p>10:30 This is us! Interactive Group Chat</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store **CTR. CLOSES @ NOON**</p>	<p>29 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Breakfast, \$ donation \$2</p> <p>10:30 Prize Bingo, \$1</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc.</p>	<p>30 TRIP DAY Family Dollar & Dollar Tree Millsboro, DE</p> <p>Lunch at McDonalds \$</p> <p>Center Activities: <u>On Your Own</u> Games / Puzzles / Movies Etc. *Please sign up—Thanks!**</p>	<p>31 10:00 Morning Café, Snacks and Socializing</p> <p>10:00 Chair Exercises \$2</p> <p>11:30 Lunch, \$ donation \$3.50 / \$4.50</p> <p>12:00 Daycare Visits for Halloween: Trick or Treaters</p> <p>Happy Halloween </p>	<p>Roxana CHEER All for One and One for All!</p> 