





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

NOVEMBER 2024



4th Ora Lee W.
 5th Louise M.
 9th Mary P.
 14th Debra D.
 27th Joan M.

Mon	Tue	Wed	Thu	Fri
<p>Roxana CHEER</p> <p>ALL FOR ONE AND ONE FOR ALL</p> 				<p>1 10:00 CHEERful Café' Snacks and Socializing</p> <p>10:45 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p>
<p>4 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Music Ministry: w/Pastor Dan & Betsy Taylor</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p> 	<p>5 10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 Breakfast, \$2 donation</p> <p>10:30 Prize Bingo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc.</p>	<p>6 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 "About Parkinsons" Speaker: Karen H./Care Patrol</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Chair Yoga</p> <p>12:30 Gratitude Journaling</p>	<p>7 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Beckett's Bulletin</p> <p>11:30 Lunch, \$ donation Or Out to Lunch, \$ - Group Vote</p> <p>12:30 "This is Us!"</p>	<p>8 10:00 CHEERful Café Snacks and Socializing</p> <p>10:45 Chair Yoga</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Shopping—Grocery etc.</p> <p>5-9 p.m. Veterans' Dinner Dance CHEER Community Center</p> 



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Debra Dudkin
Center Director
ddudkin@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>11 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Honoring Our Veteran's Music and Games—Dan F.</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p> <p>Happy Veteran's Day! </p>	<p>12 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Prize Mingo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Games, Member's Choice Chicken Foot / Uno / Hand and Foot and More</p>	<p>13 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 "About Rehab" Speaker: Erin S. / Pam Health</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Sunshine Singers: *Christmas Program*</p>	<p>14 Trip Day Big Lots 631 N. Dupont Blvd. Milford, DE (302)424-7904 *Lunch Out: Group Vote \$ Center is Open / Lunch Available \$ Activities: On Your Own Puzzles, Movies, Games Etc.</p>	<p>15 10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 "This is Us" Discussion Group</p> <p>10:45 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p>
<p>18 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Music Ministries w/Pastor Dan & Betsy Taylor</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Shopping—Grocery, Bank, P.O. and/or Drug Store</p> 	<p>19 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Prize Mingo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Games, Member's Choice Chicken Foot / Uno / Hand and Foot and More</p>	<p>20 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Gratitude Journaling</p> 	<p>21 Trip Day Walmart - G'town 28544 Dupont Blvd. Millsboro, DE (302) 934-8333 *Lunch Out: Group Vote \$ Center is Open/Lunch Available \$. Activities: On Your Own Puzzles, Movies, Games Etc.</p>	<p>22 10:00 CHEERful Café Snacks and Socializing</p> <p>10:45 Chair Yoga</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p>
<p>25 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>10:30 Stand by Me—K. Rupert</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p> <p>**CTR. CLOSES @ NOON**</p>	<p>26 CHEER HOLIDAY FEAST IN GEORGETOWN</p> <p>Tickets Required \$ See Center Director</p>  <p>Roxana Center Closed</p>	<p>27 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Armchair Travels</p>	<p>28 29</p>  <p>*ALL CHEER CENTERS ARE CLOSED!</p>	