

Long Neck CHEER Center May 2025 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 - Gym Opens 8:00 - Computer Lab Opens 9:00 - Zumba 9:15 Boscovs and food court 10:15 -Tai Chi 11:30 -Lunch 12:00 - Nickel Poker 12:30 -Nickel poker	2 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:00 - Texercise 10:00 - Dollar Tree 10:00- Bible Study 11:30 - Lunch 12:30 - Penny Bingo
5 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:30 - Weight Watchers 9:30 Wal-Mart 11:30 -Lunch 12:00 - Nickel Poker 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 Table Tennis	6 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:00 - Texercise 9:00 -Zumba 10:15 - Tai Chi 11:30 - Lunch 1:00 - Mahjongg 1-3:00 - Memory Café	7 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:00 - Texercise 9:00 - Michigan Rummy 9:30 -Bank, P.O., Drug Store 10:00 M&T Bank Credit presentation 11:30 - Lunch 12:00 - Membership Meeting 12:30 Prize Bingo 1:00 Bunco	8 8:00 - Gym Opens 8:00 - Computer Lab Opens 9:00 - Zumba 9:15 Dover Air Force Base Museum and lunch 10:15 - Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 12:30 - Nickel Poker 1:00 Peer Support DE	9 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:00 - Texercise 10:00 - Dollar Tree 10:00– Bible Study 11:30 - Lunch 12:30 Penny Bingo

Monday	Tuesday	Wednesday	Thursday	Friday
12 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:30 Weight Watchers 9:30 Wal-Mart 10:00 Music by Tyler Greene 11:30 Lunch 12:00 Knitting & Crocheting 12:00 - Nickel Poker 12:30 Penny Bingo	13 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:00 Texercise 9:00 Zumba 9:15 Kohls and Olive Garden Dover 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café	14 8:00 - Gym Opens 8:00 - Computer Lab Opens 8:00 - Texercise 9:00 - Michigan Rummy 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:30 Prize Bingo 1:00 Bunco	15 8:00 - Gym Opens 8:00 - Computer Lab Opens 9:00 Zumba 10:15-Tai Chi 11:30 Lunch 12:00 - Nickel Poker 12:30 Nickel poker 4:00-6:00– Evening Event and Dinner	16 8:00 - Gym Opens 8:00 - Computer Lab 8:00 Texercise 10:00 Dollar Tree 10:00– Bible Study 11:30 Lunch 12:30 Penny Bingo
19 8:00 - Gym Opens 8:00 - Computer Lab 8:30 Weight Watchers 9:30 - Wal-Mart 11:30 Lunch 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	20 8:00 - Gym Opens 8:00 - Computer Lab 8:00 Texercise 9:00 Zumba 9:15 Parsons 9:00– LA Red Mobile Medical 9:30 Stand by Me 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1-3:00 Memory Café	21 8:00 - Gym Opens 8:00 - Computer Lab 8:00 - Texercise 9:00 - Michigan Rummy 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:30 - Prize Bingo 1:00 - Bunco	22 8:00 - Gym Opens 8:00 - Computer Lab 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 12:30 Nickel poker	23 8:00 - Gym Opens 8:00 - Computer Lab 8:00 Texercise 9:30 Music and Memories 10:00 Dollar Tree 10:00– Bible Study 11:30 Lunch 12:30 Penny Bingo
26 8:00 - Gym Opens 8:00 - Computer Lab 8:30 - Weight Watchers 9:30 - Wal-Mart 11:30 - Lunch 12:00 - Nickel Poker 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Table Tennis	27 8:00 - Gym Opens 8:00 - Computer Lab 8:00 - Texercise 9:00 - Zumba 10:15 - Tai Chi 11:30 Lunch 1:00 - Mahjongg 1-3:00 - Memory Café	28 8:00 - Gym Opens 8:00 - Computer Lab 8:00 - Texercise 9:00 - Michigan Rummy 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:00 - Birthday Celebration 12:30 - Prize Bingo 1:00 - Bunco	29 8:00 - Gym Opens 8:00 - Computer Lab 9:00 - Zumba 10:15 - Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 12:30 - Nickel poker	³⁰ Center Closed for Older American's Celebration at Community Center