


Long Neck CHEER Center

July 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 - Gym opens 8:00 – Computer Lab Opens 8:00 - Texercise 9:00 -Zumba 10:15 - Tai Chi 11:30 - Lunch 12:00 Nickel Poker 1:00 - Mahjongg 1-3:00 - Memory Café	2 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	3 8:00 - Gym opens 8:00 – Computer Lab Opens 9:00 - Zumba 9:15 Laurel Dutch Market 10:15 -Tai Chi 11:30 -Lunch 12:00 - Nickel Poker 12:30 -Nickel poker	4 Center Closed Happy 4th of July
	7 8:00 - Gym opens 8:00 – Computer Lab Opens 8:30 - Weight Watchers 9:30 - Penny Bingo 9:30 Wal-Mart 11:30 -Lunch 12:00 - Nickel Poker 12:00 - Knitting & Crocheting 12:00 4th of July Celebration 1:30 - Cards 1:30 Table Tennis	8 8:00 - Gym opens 8:00 – Computer Lab Opens 8:00 - Texercise 9:00 -Zumba 9:15 Byler and Rudys in Harrington 10:15 - Tai Chi 11:30 - Lunch 12:00 Nickel Poker 1:00 - Mahjongg 1-3:00 - Memory Café	9 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 12:00 - Membership Meeting 12:30 Prize Bingo 1:00 Bunco	10 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 1:00 Peer Support DE

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<p>14</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:30 Weight Watchers</p> <p>9:30 Wal-Mart</p> <p>11:30 Lunch</p> <p>12:00 Knitting & Crocheting</p> <p>12:00 - Nickel Poker 12:30 Penny Bingo</p> <p>1:30 Cards</p> <p>1:30 Table Tennis</p>	<p>15</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 Texercise</p> <p>9:00 Zumba</p> <p>10:15 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 Nickel Poker</p> <p>1:00 Mahjongg</p> <p>1-3:00 Memory Café</p>	<p>16</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 - Texercise</p> <p>9:00 - Michigan Rummy</p> <p>9:30 -Bank, P.O., Drug Store</p> <p>10:30 Sunshine Singers</p> <p>11:30 - Lunch</p> <p>12:30 Prize Bingo</p> <p>1:00 Bunco</p>	<p>17</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>9:00 Zumba</p> <p>9:15 Super Walmart in Milford</p> <p>10:15 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 - Nickel Poker</p> <p>12:30 Nickel</p> <p>4:00 Evening Bingo and dinner</p>	<p>18</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 Texercise</p> <p>10:00 Dollar Tree</p> <p>10:00– Bible Study</p> <p>11:30 Lunch</p> <p>12:30 Penny Bingo</p>
<p>21</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:30 Weight Watchers</p> <p>9:30 Wal-Mart</p> <p>11:30 Lunch</p> <p>12:00 - Nickel Poker</p> <p>12:00 Knitting & Crocheting</p> <p>12:30 Penny Bingo</p> <p>1:30 Cards</p> <p>1:30 Table Tennis</p>	<p>22</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 Texercise</p> <p>9:00 Zumba</p> <p>10:15 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 Nickel Poker</p> <p>1:00 Mahjongg</p> <p>1-3:00 Memory Café</p>	<p>23</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 - Texercise</p> <p>9:00 - Michigan Rummy</p> <p>9:30 -Bank, P.O., Drug Store</p> <p>11:30 - Lunch</p> <p>12:30 Prize Bingo</p> <p>1:00 Bunco</p>	<p>24</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>9:00 Zumba</p> <p>9:15 DE State Fair 60+ Free</p> <p>12:30 - Penny Bingo</p> <p>10:15 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 - Nickel Poker</p> <p>12:30 Nickel poker</p>	<p>25</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 Texercise</p> <p>10:00 Dollar Tree</p> <p>10:00– Bible Study</p> <p>10:30 Music and Memories</p> <p>11:30 Lunch</p> <p>12:30 Penny Bingo</p>
<p>28</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:30 Weight Watchers</p> <p>9:30 Wal-Mart</p> <p>11:30 Lunch</p> <p>12:00 - Nickel Poker</p> <p>12:00 Knitting & Crocheting</p> <p>12:30 Penny Bingo</p> <p>1:30 Cards</p> <p>1:30 Table Tennis</p>	<p>29</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 Texercise</p> <p>9:00 Zumba</p> <p>9:15 Aldis, Petsmart, CFA</p> <p>10:15 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 Nickel Poker</p> <p>1:00 Mahjongg</p> <p>1-3:00 Memory Café</p>	<p>30</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>8:00 - Texercise</p> <p>9:00 - Michigan Rummy</p> <p>9:30 -Bank, P.O., Drug Store</p> <p>11:30 - Lunch</p> <p>12:30 Prize Bingo</p> <p>12:30 Birthday Celebtation</p> <p>1:00 Bunco</p>	<p>31</p> <p>8:00 - Gym opens</p> <p>8:00 – Computer Lab Opens</p> <p>9:00 Zumba</p> <p>10:15 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 - Nickel Poker</p> <p>12:30 Nickel poker</p>	