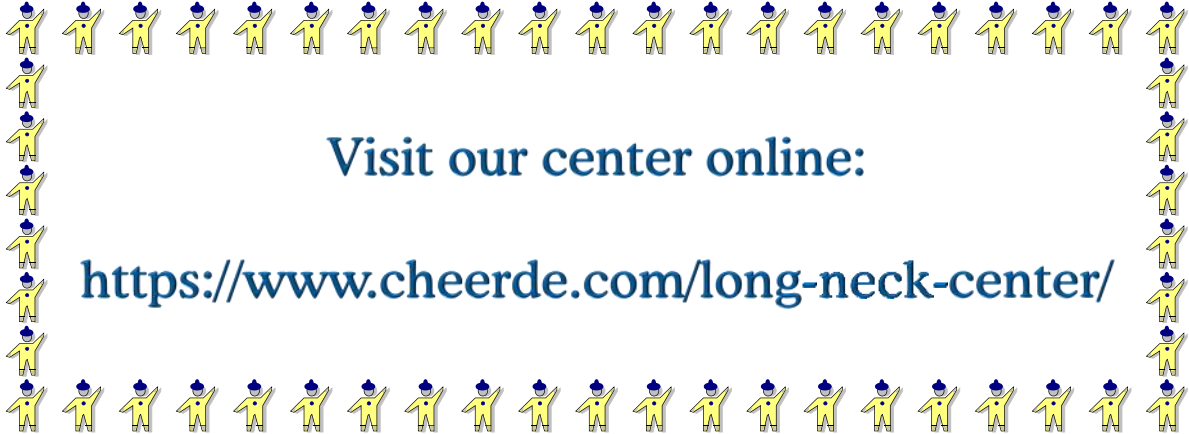


| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p>1</p> <p><b>Happy Labor Day!</b></p> <p><b>Center Closed</b></p>   | <p>2</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>8:00 - Texercise<br/>9:00 - Zumba<br/>10:15 - Tai Chi<br/>11:30 - Lunch<br/>12:00 - Nickel Poker<br/>1:00 - Mahjongg<br/>1-3:00 - Memory Café</p>  | <p>3</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>8:00 - Texercise<br/>9:00 - Michigan Rummy<br/><b>9:30 - Bank, P.O., Drug Store</b><br/>11:30 - Lunch<br/>12:30 Prize Bingo<br/>1:00 Bunco</p>  | <p>4</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>9:00 - Zumba<br/><b>9:15 - Parsoms</b><br/>10:15 - Tai Chi<br/>11:30 - Lunch<br/>12:00 - Nickel Poker<br/>12:30 - Nickel poker</p> | <p>5</p> <p><b>CENTER CLOSED</b></p> <p><b>Trap Pond Fall Festival</b></p> <p><b>10:00 a.m. - 2:00 p.m.</b></p> <p><b>Get your Tickets at the Front Desk</b></p>                     |
| <p>8</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>8:30 - Weight Watchers<br/><b>9:30 - Wal-Mart</b><br/>11:30 -Lunch<br/>12:00 - Nickel Poker<br/>12:00 - Knitting/Crocheting<br/>12:30 Penny Bingo<br/>1:30 - Cards<br/>1:30 - Table Tennis</p> | <p>9</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>8:00 - Texercise<br/>9:00 -Zumba<br/>9:00 - LA Red Mobile<br/><b>9:15 - Super Walmart in Milford/Chick-Fil-A</b><br/>10:15 - Tai Chi<br/>11:30 - Lunch<br/>12:00 - Nickel Poker<br/>1:00 - Mahjongg<br/>1-3:00 - Memory Café</p> | <p>10</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>8:00 - Texercise<br/>9:00 - Michigan Rummy<br/><b>9:30 - Bank, P.O., Drug Store</b><br/>11:30 - Lunch<br/><b>12:00 - Member Meeting</b><br/>12:30 - Prize Bingo<br/>1:00 - Bunco</p> | <p>11</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>9:00 - Zumba<br/>10:15 - Tai Chi<br/>11:30 - Lunch<br/>12:00 - Nickel Poker<br/>12:30 - Nickel poker</p>                          | <p>12</p> <p>8:00 - Gym opens<br/>8:00 - Computer Lab Opens<br/>8:00 - Texercise<br/>10:00 - Penny Bingo<br/><b>10:00 - Dollar Tree</b><br/>10:00— Bible Study<br/>11:30 - Lunch</p> |



**Hello,  
September!**



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| 15<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:30 - Weight Watchers<br><b>9:30 - Wal-Mart</b><br>11:30 - Lunch<br>12:00 - Knitting/Crocheting<br>12:00 - Nickel Poker 12:30<br>Penny Bingo<br>1:30 Cards<br>1:30 Table Tennis       | 16<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br>9:00 - Zumba<br>10:15 - Tai Chi<br>11:30 - Lunch<br>12:00 - Nickel Poker<br>1:00 - Mahjongg<br>1-3:00 - Memory Café                                     | 17<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br>9:00 - Michigan Rummy<br><b>9:30 - Bank, P.O., Drug Store</b><br>11:30 - Lunch<br>12:00 - Membership meeting<br>12:30 Prize Bingo<br>1:00 Bunco                 | 18<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>9:00 - Zumba<br>10:15 - Tai Chi<br>11:30 - Lunch<br>12:00 - Nickel Poker<br>12:30 - Nickel<br>1:00 - Peer Support DE<br><b>4:00 - Evening Event and dinner</b> | 19<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br><b>10:00 - Dollar Tree</b><br>10:00 - Bible Study<br>10:30 - Music and Memories<br>11:30 - Lunch<br>12:30 - Penny Bingo |
| 22<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:30 - Weight Watchers<br><b>9:30 - Wal-Mart</b><br>11:30 - Lunch<br>12:00 - Nickel Poker<br>12:00 - Knitting/Crocheting<br>12:30 - Penny Bingo<br>1:30 - Cards<br>1:30 - Table Tennis | 23<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br>9:00 - Zumba<br><b>9:15 - Boscovs/Food court</b><br>10:15 - Tai Chi<br>11:30 - Lunch<br>12:00 - Nickel Poker<br>1:00 - Mahjongg<br>1-3:00 - Memory Café | 24<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br>9:00 - Michigan Rummy<br><b>9:30 - Bank, P.O., Drug Store</b><br>11:30 - Lunch<br><b>12:30 - Birthday Celebtation</b><br>12:30 - Prize Bingo<br>1:00 - Bunco    | 25<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>9:00 - Zumba<br>12:30 - Penny Bingo<br>10:15 - Tai Chi<br>11:30 - Lunch<br>12:00 - Nickel Poker<br>12:30 - Nickel poker  | 26<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br><b>10:00 - Dollar Tree</b><br>10:00 - Bible Study<br>11:30 - Lunch<br>12:30 - Penny Bingo                               |
| 29<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:30 - Weight Watchers<br><b>9:30 - Wal-Mart</b><br>11:30 - Lunch<br>12:00 - Nickel Poker<br>12:00 - Knitting/Crocheting<br>12:30 - Penny Bingo<br>1:30 - Cards<br>1:30 - Table Tennis | 30<br>8:00 - Gym opens<br>8:00 - Computer Lab Opens<br>8:00 - Texercise<br>9:00 - Zumba<br><b>9:15 - Rehoboth Boardwalk</b><br>10:15 - Tai Chi<br>11:30 - Lunch<br>12:00 - Nickel Poker<br>1:00 - Mahjongg<br>1-3:00 - Memory Café | <div>  <p>Visit our center online:</p> <p><a href="https://www.cheerde.com/long-neck-center/">https://www.cheerde.com/long-neck-center/</a></p> </div> |   |  |