



Long Neck CHEER Center December 2025

Activities Calendar



Monday

Tuesday

Wednesday

Thursday

Friday

1 8:00 - Gym Opens 8:30 - Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 9:30 Holiday gnome craft 10 Chair Yoga 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong	2 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Mahjongg 1:00 - Memory Café	3 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Michigan Rummy 9:30 Holiday gnome craft 9:45 - Scrabble 10:00 Lakettes Singers 11:30 - Lunch 12:30 - Prize Bingo 1:00 - Bunco	4 8:00 - Gym Opens 9:00 - Morning Chat / Socialize 9:00 - Zumba 9:30 - Trip Wal-Mart Milford 10:15 Tai Chi 10:30 Beckett's Bulletin 11:30 - Lunch 12:00 - Nickel poker	5 8:00 - Gym Opens 8:15 - Texercise 8:30 - Breakfast 9:00 - Morning Chat / Socialize 10:00 - Dollar Tree 10:00 Bible Study 10:00 Music & Memories 11:30 - Lunch 12:30 - Penny Bingo
8 8:00 - Gym Opens 8:30 - Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 9:30 Holiday gnome craft 10 - Chair Yoga 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong	9 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 9:30 - Trip Boscov's 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Memory Café 1:00 - Mahjongg 1:00 - Memory Café	10 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Michigan Rummy 9:30 Holiday gnome craft 9:45 - Scrabble 11:30 - Lunch 12:00 Membership Meeting 12:30 - Prize Bingo 1:00 - Bunco	11 8:00 - Gym Opens 9:00 - Morning Chat / Socialize 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 Peer Support Group Meeting	12 8:00 - Gym Opens 8:15 - Texercise 8:30 - Breakfast 9:00 - Morning Chat / Socialize 10:00 - Dollar Tree 10:00 Music & Memories 10:00 Bible Study 11:30 - Lunch 12:30 - Penny Bingo
15 8:00 - Gym Opens 8:30 - Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 10 - Chair Yoga 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong	16 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 9:30 - 9:30 - Byler's and Produce Junction 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Mahjongg 1:00 - Memory Café	17 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 10:30 - Sunshine Singers Christmas Concert 12:00 - Nickel Poker 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café	18 8:00 - Gym Opens 9:00 - Morning Chat / Socialize 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel poker Bus Leaves Center at 4:00 p.m. Gift of Lights at Dover Downs/Dinner at Cheddars \$6.00 Lights only.	19 8:00 - Gym Opens 8:15 - Texercise 8:30 - Breakfast 9:00 - Morning Chat / Socialize 10:00 - Dollar Tree 10:00 Bible Study 11:30 - Lunch 12:30 - Penny Bingo Pajama Day

Monday

Tuesday

Wednesday

Thursday

Friday

22 8:00 - Gym Opens 8:30 - Weight Watchers 9:00 - Morning Chat / Socialize 10:00 - Christmas Party 10:00 - Chair Yoga 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong	23 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Mahjongg 1:00 - Memory Café	24 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 12:00 - Nickel Poker 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café	25 CENTER CLOSED FOR CHRISTMAS HOLIDAY	26 CENTER CLOSED FOR CHRISTMAS HOLIDAY
29 8:00 - Gym Opens 8:30 - Weight Watchers 9:00 - Morning Chat / Socialize 9:30 - Trip to Walmart 10:00 - Chair Yoga 11:30 - Lunch 12:00 - Knitting & Crocheting 12:30 - Penny Bingo 1:30 - Cards 1:30 - Ping Pong	30 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Mahjongg 1:00 - Memory Café	31 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 12:00 Birthday Celebration 12:00 - Nickel Poker 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café	Phone: 302-945-3551 Website: www.cheerde.com 	

