

Long Neck CHEER Center **January 2026** Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center Closed Happy New Year!	2 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
5 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	6 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 9:15 Target/ IHOP 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Memory Café	7 8:00 - Gym Opens 8:15 -Texercise 9:00 - Morning Chat / Socialize 9:00 - Michigan Rummy 9:30 Bank/Pharmacy/PO 9:45 - Scrabble 11:30 - Lunch 12:30 - Prize Bingo 1:00 - Bunco	8 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	9 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
12 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	13 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	14 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat / Socialize 9:00 - Zumba 9:30 Bank/Pharmacy/PO 12:00 - Nickel Poker 12:00 Membership Meeting 11:30 - Lunch 12:30 Prize Bingo	15 8:00 - Gym Opens 9:00 - Morning Chat / Socialize 9:00 - Zumba 9:15 Aldis/Homegoods/ Chick Fil A 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel poker	16 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

Monday	Tuesday	Wednesday	Thursday	Friday
19 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	20 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	21 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat/Socialize 9:00 - Zumba 9:30 Bank/Pharmacy/PO 12:00 - Nickel Poker 11:30 - Lunch 12:30 Prize Bingo 4:00-6:00 Penny Bingo and Dinner	22 8:00 - Gym Opens 9:00 - Morning Chat/ Socialize 9:00 - Zumba 10:15 Tai Chi 11:30 - Lunch 12:00 - Nickel poker	23 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
26 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	27 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat/Socialize 9:00 - Zumba 9:30 - Marshalls/China Buffet 10:15 - Tai Chi 11:30 - Lunch 12:00 - Nickel Poker 1:00 - Mahjongg 1:00 - Memory Café	28 8:00 - Gym Opens 8:15 - Texercise 9:00 - Morning Chat/Socialize 9:00 - Zumba 9:30 - Bank/Pharmacy/PO 12:00 - Birthday Celebration 12:00 - Nickel Poker 11:30 - Lunch 12:30 - Prize Bingo	29 8:00 - Gym Opens 9:00 - Morning Chat/ Socialize 9:00 - Zumba 10:15 - Tai Chi 11:30 - Lunch 12:00 - Nickel poker 4:15 - Cracker Barrel	30 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

Long Neck CHEER Activity Center

302-945-3551

Visit us:

<https://www.cheerde.com/long-neck-center/>

