



Harbour Lights CHEER Center

34211 Woods Edge Drive
Lewes, DE 19958 • 302.645.9239

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
 Celebrating 55 Years of Serving Sussex Seniors “This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.” 		1 8:00 Center Opens 8:00 Fitness Room Opens 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Memory Games 9:30 Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo 1:00 Chair Yoga	2 8:00 Center Opens 8:00 Fitness Room Opens 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Veteran's Thrift Store 11:00 Grab and Go 11:30 Lunch 12:15 Abstract Art with Michael 	3 4th of July Center Closed 
6 8:00 Center Opens 9:00 Mahjongg 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:30 Milford Wal-Mart 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:30 Fitness Room Opens 12:15 Nickel Bingo 12:30 Fitness Center Opens	7 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 HomeGoods and Kitchen Collection 10:00 Skip Bo 11:30 Lunch/Grab and Go 11:45 PT Works Presentation with Dr. George 12:15 Bible Study with Angela 12:30 Fitness Center Opens 	8 8:00 Center Opens 8:00 Fitness Room Opens 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Memory Games 9:30 Crooked Hammock Farmers Market, Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo 1:00 Chair Yoga	9 8:00 Center Opens 8:00 Fitness Room Opens 8:30 Breakfast Bash \$ 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Barnes and Noble and 5 Below 11:00 Grab and Go 11:30 Lunch 12:15 Mingo 	10 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Wordle and Memory Games 10:00 10:00 Crafts with Suzy 10:30 Blood Pressure Checks with PAM Rehab 11:00 Grab and Go 11:30 Lunch 11:45 Master Corporal Patrick Jackson speaking on Fraud 12:15 Prize Bingo 12:30 Fitness Center Opens

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13 8:00 Center Opens 9:00 Mahjongg 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Ocean Blue Thrift Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo 12:30 Fitness Center Opens 	14 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Acme, Marshall's and Staples 10:00 Skip Bo 10:00 FREE Chair Exercises with Pace Your Life 11:00 Grab and Go 11:30 Lunch 12:30 Fitness Room Opens 12:15 Bible Study with Angela 12:30 Fitness Center Opens	15 8:00 Center Opens 8:00 Fitness Room Opens 9:15 Memory Games 9:30 Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 11:30 July Birthday's & Nutrition Ed 12:15 Nickel Bingo 1:00 Chair Yoga	16 8:00 Center Opens 8:00 Fitness Room Opens 9:15 Wordle and Memory Games 9:45 Rehoboth Boardwalk 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Soul Collage with Dee 	17 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Wordle and Memory Games 10:00 Uno No Mercy!! 11:00 Grab and Go 11:30 Lunch 11:45 Well Care Ice Cream Social 12:15 Prize Bingo 12:30 Fitness Center Opens
20 8:00 Center Opens 9:00 Mahjongg 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Milton Food Lion and Family Dollar 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo 12:30 Fitness Center Opens	21 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:30 Wal-Mart and Dollar Tree 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Bible Study with Angela 12:30 Fitness Center Opens	22 8:00 Center Opens 8:00 Fitness Center Opens 9:15 Memory Game 9:30 Grocery Store, Bank, Post Office, and Drug Store 11:00 Grab and Go  11:30 Lunch 12:15 Dairy Queen 12:30 AARP Defensive Driving Course 1:00 Chair Yoga	23 8:00 Center Opens 8:00 Fitness Room Opens 8:30 Breakfast Bash \$ 9:15 Wordle and Memory Games 10:00 New Life Thrift Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Diamond Painting with Crissy	24 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Wordle and Memory Games 10:00 Uno No Mercy!! 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo 12:30 Fitness Center Opens
27 8:00 Center Opens 9:00 Mahjongg 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Aldi's, TJ Maxx and HomeSense 10:00 Skip Bo  11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo 12:30 Fitness Center Opens	28 9:00 Puzzle Corner 9:15 Wordle and Memory Games 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Bible Study with Angela 12:30 Fitness Center Opens 1:30 Bus Pick-ups Begin 3:00 Games 5:00 Dinner and Prize Bingo	29 8:00 Center Opens 8:00 Fitness Room Opens 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Memory Games 9:30 Grocery Store, Bank, Post Office, and Drug Store 10:00 Skip Bo 11:00 Grab and Go 11:30 Lunch 12:15 Nickel Bingo 1:00 Chair Yoga	30 8:00 Center Opens 8:00 Fitness Room Opens 9:00 Puzzle Corner 9:15 Wordle and Memory Games 9:45 Mystery Trip Lunch on your own 11:00 Grab and Go 11:30 Lunch 12:15 Games 	31 9:00 Catching up with Crissy 9:00 Puzzle Corner 9:15 Wordle and Memory Games 10:00 Uno No Mercy!! 11:00 Grab and Go 11:30 Lunch 12:15 Prize Bingo 12:30 Fitness Center Opens