CHEER
Over 50 Years Serving Sussex Seniors

November 2026





Long Neck CHEER
26089 Shoppes at Long Neck Blvd. Unit 7
Millsboro, DE 19966
302-945-3551

2 8:00 Gym 8:30 Weight Watchers **9:30 Wal-Mart** 10:15 Chair Yoga **11:30 Lunch** 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	**3** 8:00 Gym 8:00 Texercise 9:00 Zumba 10:15 Tai Chi **11:30 Lunch** 12:00 Mahjongg 12:00 Nickel Poker 1:00 Memory Café 1:00 Caregiver Support	**4** 8:00 Gym 8:00 Texercise 9:00 Michigan Rummy and Scrabble **9:30 -Bank, P.O., Drug Store** 10:00 Arts and Crafts **11:30 - Lunch** 12:00 Bunco 12:30 Prize Bingo	**5** 8:00 Gym 8:15 Chair yoga/ exercise 9:00 Zumba **9:15 Byler and Produce Junction (bag lunch)** 10:00 Spades 10:15 Tai Chi **11:30 Lunch** 12:00 Nickel Poker 12:30 Nickel poker	**6** 8:00 Gym **8:30 Breakfast** 10:00 Bible Study **10:00 Dollar tree** 10:00 Music and Memories **11:30 Lunch** 12:30 Penny Bingo 1:00 Bridge
9 8:00 Gym 8:30 Weight Watchers **9:30 Wal-Mart** 10:15 Chair Yoga **11:30 Lunch** 12:00 Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	**10** 8:00 Gym 8:00 Texercise 9:00 Zumba **9:15 Roses and Stargate** 10:15 Tai Chi **11:30 Lunch** **12:00 Dr. George PT Works** 12:00 Mahjongg 12:00 Nickel Poker 1:00 - Memory Café	**11** 8:00 Gym 8:00 Texercise 9:00 Michigan Rummy and Scrabble **9:30 -Bank, P.O., Drug Store** 10:00 Arts and Crafts **11:30 - Lunch** **12:00 Membership Meeting** 12:00 Bunco 12:30 Prize Bingo **4:00 Carnival Night and Dinner**	**12** 8:00 Gym 8:15 Chair yoga/ exercise 9:00 Zumba 10:00 Spades 10:15 Tai Chi **11:30 -Lunch** 12:00 Nickel Poker 12:30 Nickel poker 1:00 Blind Support DE	**13** 8:00- Gym **8:30 Breakfast** 10:00 Bible Study **10:00 Dollar tree** 10:00 Music and Memories **11:30 - Lunch** 12:30 Penny Bingo 1:00 Bridge
16 8:00 Gym 8:30 Weight Watchers **9:30 Wal-Mart** 10:15 Chair Yoga **11:30 Lunch** 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	**17** 8:00 Gym 8:00 Texercise 9:00 Zumba **9:15 Boscovs (bag lunch)** 10:15 Tai Chi **11:30 Lunch** 12:00 Mahjongg 12:00 Nickel Poker 1:00 - Memory Café 1:00 Caregiver Support	**18** 8:00 - Gym 8:00 - Texercise 9:00 - Michigan Rummy and Scrabble **9:30 -Bank, P.O., Drug Store** 10:00 Arts and Crafts **11:30 - Lunch** 12:00 Bunco 12:30 Prize Bingo	**19** 8:00 - Gym 8:15–Chair yoga/ exercise 9:00 - Zumba **9:15 Super Walmart and Chicl-fil-A** 10:00– Spades 10:15 Tai Chi **11:30 -Lunch** 12:00 - Nickel Poker 12:30 -Nickel poker	**20** 8:00- Gym **8:30 Breakfast** 10:00– Bible Study **10:00 Dollar tree** 10:00– Music and Memories **11:30 - Lunch** 12:30 - Penny Bingo 1:00 –Bridge
23 8:00 Gym 8:30 Weight Watchers **9:30 Wal-Mart** 10:15 Chair Yoga **11:30 Lunch** 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	 **Center Closed for Holiday Feast**	**25** 8:00 - Gym 8:00 - Texercise 9:00 - Michigan Rummy and Scrabble **9:30 -Bank, P.O., Drug Store** 10:00 Arts and Crafts **11:30 - Lunch** **12:00 Birthday Celebraton** 12:00 Bunco 12:30 Prize Bingo	 **Center Closed Happy Thanksgiving**	**Center Closed** 
30 8:00 Gym 8:30 Weight Watchers **9:30 Wal-Mart** 10:15 Chair Yoga **11:30 Lunch** 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis				 