

Roxana CHEER Center  
 34314 Pyle Center Road  
 Frankford, DE 19945  
 302.732.3662

# SEPTEMBER 2024



2nd Clyde Hickman  
 12th Ray Bragg  
 13th Jack Keating  
 21st Linda Donovan  
 26th Edward Fowler



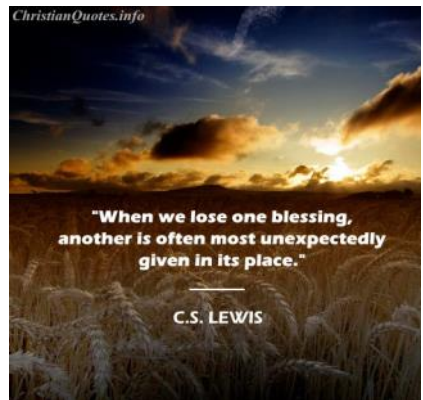

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>ALL CHEER CENTERS ARE CLOSED</b></p> <p><b>HAPPY LABOR DAY</b></p>	<p>3</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Prize Bingo, \$1</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:00 <b>Games: Hand &amp; Foot, Dominos, Connect 4, Uno Etc.</b></p>	<p>4</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>TRIP: 4 ACRES FARM **ALPACA FARM TOUR** \$5 **SIGN UP REQUIRED**</b></p> <p>10:30 <b>Chair Exercises</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:00 <b>FAMILY FEUD</b></p>	<p>5</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Beckett's Bulletin</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p><b>Or</b></p> <p><b>Lunch Out: Parson's Farm OR Frankford Diner</b></p>	<p>6</p>  <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>CHEER: TRAP POND FALL FESTIVAL</b></p> <p>TRAP POND STATE PARK        Tickets Available        \$7 (60+) \$9 (-60)        Details at Centers</p> </div>  <p><b>ALL CHEER CENTERS CLOSED</b></p>
<p>9</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Chair Exercises</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:30 <b>Shopping—Grocery, Bank, P.O. and/or Drug Store</b></p>	<p>10</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Prize Bingo, \$1</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:00 <b>Games: Hand &amp; Foot, Dominos, Connect 4, Uno Etc.</b></p>	<p>11</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>SUNSHINE SINGERS</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 <b>Chair Yoga</b></p> <p>12:30 <b>FAMILY FEUD</b></p>	<p>12</p> <p><b>Trip Day</b></p> <p><b>BYLER'S COUNTRY MKT.</b>        17104 S. Dupont Hwy.        Harrington, DE 19952  <b>**Lunch @ GROUP VOTE**</b></p> <p>Center Activities: <b>On Your Own:</b>        Games / Puzzles / Movies Etc.  <b>**Please sign up—Thanks!**</b></p> <p><b>*Lunch avail. At Center \$</b></p>	<p>13</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:00 <b>Breakfast, \$ donation</b></p> <p>10:45 <b>Chair Yoga</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 <b>Memory Café</b></p>



# SEPTEMBER 2024



Debra Dudkin  
Center Director  
E: ddudkin@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>16</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Music Ministries w/ Pastor Dan &amp; Betsy Taylor</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>17</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Chat, Snacks &amp; Socialize</p> <p>10:30 <b>Prize Bingo, \$1</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 Games, Member's Choice Chicken Foot/Uno/Hand and Foot and More</p>	<p>18</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socialize</p> <p>10:30 <b>Chair Exercises</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>11:45 <b>"Fall Prevention/ Screening" w/Phoenix Physical Therapy</b></p> <p>12:45 <b>FAMILY FEUD</b></p>	<p>19</p> <p><b>TRIP DAY</b></p> <p>Cape May—Lewes Ferry <b>Bagged Lunch Provided</b></p> <p>*Tickets available at Center \$14.50 (+60) / \$15.50 (-60)</p> 	<p>20</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Chat, Snacks &amp; Socialize</p> <p>10:00 <b>Breakfast, \$ donation</b></p> <p>10:45 <b>Chair Yoga</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 <b>Memory Café</b></p>
<p>23</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Chair Exercises</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>24</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Prize Bingo, \$1</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 Games, Member's Choice Chicken Foot/Uno/Hand and Foot and More</p>	<p>25</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Chair Exercises</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:00 <b>"Healthy Living for your Brain And Body" w/Karen Holstein</b></p> <p>12:30 <b>FAMILY FEUD</b></p>	<p>26</p> <p><b>TRIP DAY</b></p> <p>Walmart - G'town <b>Lunch at Pizza Palace</b> 28544 Dupont Blvd. Millsboro, DE (302) 934-8333</p> <p>*Lunch avail. At Center \$ Center Activities: <b>On Your Own:</b> Games/Puzzles/Movies Etc.</p>	<p>27</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Chat, Snacks &amp; Socialize</p> <p>10:00 <b>Breakfast, \$ donation</b></p> <p>10:45 <b>Chair Yoga</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:15 <b>Memory Café</b></p>
<p>30</p> <p><i>Morning Welcome and Updates</i></p> <p>10:00 Morning Café, Snacks and Socializing</p> <p>10:30 <b>Music Ministries w/ Pastor Dan &amp; Betsy Taylor</b></p> <p>10:30 <b>Stand by Me—K. Rupert</b></p> <p>11:30 <b>Lunch, \$ donation</b></p> <p>12:30 Shopping - Grocery, Bank, P.O., Drug Store</p> <p><b>**CTR. CLOSES @ NOON**</b></p>	 <p>Always Be Kind!</p>		<p>love yourself more.</p> 	<p>Roxana CHEER All for One and One for All!</p> 