

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


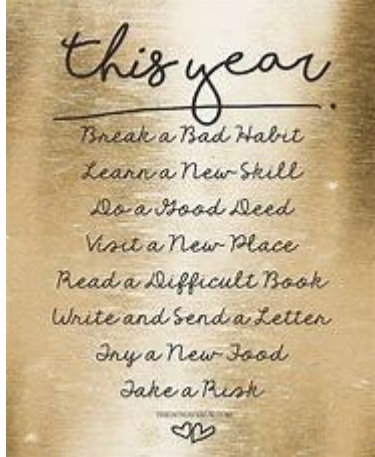





JANUARY 2025



7th Delores J.
 24th Albert O.
 28th Rose C.




Mon	Tue	Wed	Thu	Fri
<p>Roxana CHEER All for One and One for All!</p> 		<p>1 CENTER CLOSED</p> 	<p>2 Trip Day *Lunch Out, \$</p> <p>Bylers Country Market 17104 S. Dupont Hwy. Harrington, DE 19952 T: (302) 398-0398</p> <p>Center Activities: On Your Own: Games / Puzzles / Movies Etc. **Please sign up—Thanks!** *Lunch avail. At Center \$</p>	<p>3 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p> 
<p>6 10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 Chair Exercises</p> <p>10:30 Pastor Dan & Betsy Taylor Inspirational Music / Bible Study</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Shopping—Grocery, Bank, P.O. and/or Drug Store</p>	<p>7 10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 Breakfast, \$2.50</p> <p>10:30 Prize Bingo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc.</p>	<p>8 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:00 Blood Pressure Screenings by PAM Health</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Nutrition Bingo With Pam Health</p>	<p>9 Trip Day *Lunch Out, \$</p> <p>Walmart—Berlin, MD 11416 Ocean Gtwy. Berlin, MD 21811 (410) 629-0502</p> <p>Center Activities: On Your Own: Games / Puzzles / Movies Etc. **Please sign up—Thanks!** *Lunch avail. At Center \$</p>	<p>10 10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p> 



JANUARY 2025



Debra Dudkin
Center Director
E: ddudkin@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Moving to the Music w/Dan Feth</p> <p>11:00 Memory Games</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Shopping—Grocery, Bank, P.O . and/or Drug Store</p>	<p>14</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 Breakfast, \$2.50</p> <p>10:30 Prize Bngo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc</p>	<p>15</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Wii Bowling</p>	<p>16</p> <p>TRIP DAY</p> <p>Good Will 28595 E. Dupont Blvd. Millsboro, DE 19966 (302) 934-9146 Lunch—Porto</p> <p>*Lunch avail. At Center \$ Center Activities: On Your Own: Games / Puzzles / Movies Etc.</p>	<p>17</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p>
<p>20</p> <p>CENTER CLOSED</p> 	<p>21</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 Breakfast, \$2.50</p> <p>10:30 Prize Bingo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc</p>	<p>22</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Movie: Group Choice</p>	<p>23</p> <p>TRIP DAY</p> <p>Walmart Supercenter 939 N. Dupont Blvd. Milford, DE 19963 Lunch: Pizza King</p> <p>*Lunch avail. At Center \$ Center Activities: On Your Own: Games / Puzzles / Movies Etc.</p>	<p>24</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p>
<p>27</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:00 Memory Games</p> <p>11:30 Lunch, \$ donation</p> <p>12:30 Shopping—Grocery, Bank, P.O . and/or Drug Store</p> <p>**CTR. CLOSES @ NOON**</p>	<p>28</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:00 Breakfast, \$2.50</p> <p>10:30 Prize Bingo, \$1</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Games: Hand & Foot, Dominos, Connect 4, Uno Etc.</p>	<p>29</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Exercises</p> <p>11:30 Lunch, \$ donation</p> <p>12:00 Wii Bowling</p>	<p>30</p> <p>TRIP DAY</p> <p>Ollies Bargain Outlet 258 Tilghman Road Salisbury, MD 21804 (443) 260-2394</p> <p>Lunch: Denny's 405 Punkin Court (410) 572-5866</p> <p>*Lunch avail. At Center \$ Center Activities: On Your Own: Games / Puzzles / Movies Etc.</p>	<p>31</p> <p>10:00 CHEERful Café Snacks and Socializing</p> <p>10:30 Chair Yoga w/Barb</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Memory Café</p>