

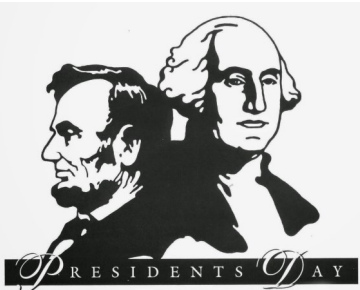



Mon	Tue	Wed	Thu	Fri
		<p style="text-align: center;"><i>Happy Chinese New Year- Year of the Pig, February 5th!</i></p> 	<p style="text-align: center;"><i>Waitangi Day, New Zealand, February 6th!</i></p> 	<p><b>1</b> 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 10:30 Drop In Mahjongg <b>11 Lunch Bunch Talk in Milford "True Belonging", \$5</b> 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker</p>
<p><b>4</b> 8-4 Fitness Room Open 8 Local Shopping w/bus 9-10:30 Intermed. Yoga, \$5 9-3:30 Puzzle Mania 9-11:30 Quilting + Club 10-11 Belly Dancing, \$5 10:30 Mahjongg 11:45-12:30 Lunch 12:30 Bridge 12:30 Conversational Italian 12:30 Tablet Class</p>	<p><b>5</b> 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:30 Hand &amp; Foot / Pinochle 10-11:30 Painting Class 10:30 Mahjongg 11:45-12:30 Lunch 12:30 MG Play REhearsal 12:45 Chair Yoga, \$5 <b>2:30 ICE CREAM SOCIAL WITH FORTUNE COOKIES, \$2!</b></p>	<p><b>6</b> 8-4 Fitness Room Open 8:15 Beg. Tai Chi/9:30 Tai Chi, \$4 9-3:30 Puzzle Mania / Pinochle 10-1:30 Bingo, \$3 10-12:30 Drawing Class, \$20 11:45-12:30 Lunch <b>12 L'nL: Vitamin B12 w/Ruth T.</b> 12:30-4 Poker Club 12:30 Tablet Class 12:30 Knitting Club 1:30 Sit &amp; Fit 2-3:30 Computers w/Pepe</p>	<p><b>7</b> 8-4 Fitness Room / Puzzles <b>10 Super Walmart &amp; Golden Eagle Diner (American), Seaford</b> 10:15 Chair Yoga, \$5 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes 12:30 Hand &amp; Foot 1-2 Line Dancing, \$3 2:30-3:30 Parkinson's Exercise <b>6 Alzheimer's Caregiver Support Group</b></p>	<p><b>8</b> 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 <b>10 Browseabout Books and Rosenfeld's Jewish Deli, RB</b> 10:30 Drop In Mahjongg 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker 12:30 Clay Creations, \$2</p>
<p><b>11</b> 8-4 Fitness Room Open 8 Local Shopping w/bus 9-10:30 Intermed. Yoga, \$5 9-3:30 Puzzle Mania 9-11:30 Quilting + Club 10-11 Belly Dancing, \$5 10:30 Mahjongg 11:45-12:30 Lunch <b>12 Membership Meeting</b> <b>12:30-2 Bone Health</b> 12:30 Bridge/C. Italian/Tabl.</p>	<p><b>12</b> 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:30 Hand &amp; Foot / Pinochle 10-11:30 Painting Class 10:30 Mahjongg 11:45-12:30 Lunch 12:30 MG Play Rehearsal 12:45 Chair Yoga, \$5 <b>2 MOVIE "PHANTOM THREAD WITH APPETIZERS, \$2</b></p>	<p><b>13</b> 8-4 Fitness Room Open 8:15 Beg. Tai Chi/9:30 Tai Chi, \$4 9-3:30 Puzzle Mania / Pinochle 10-1:30 Bingo, \$3 10-12:30 Drawing Class, \$20 11:45-12:30 Lunch 12:30-4 Poker Club 12:30 Tablet Class 12:30 Knitting Club 1:30 Sit &amp; Fit 2-3:30 Computers w/Pepe</p>	<p><b>14</b> 8-4 Fitness Room / Puzzles 10:15 Chair Yoga, \$5 <b>11:30 Valentine's Friendship Luncheon at DiFebo's (Italian), Bethany Beach</b> 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes 12:30 Hand &amp; Foot 1-2 Line Dancing, 3 2:30-3:30 Parkinson's Exercise</p>	<p><b>15</b> 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$ <b>10 Bed, Bath &amp; Beyond and Bangkok Thai Cuisine</b> 10:30 Drop In Mahjongg 11:30 Caregiver Support Grp 11:45-12:30 Lunch 12:30- 3:30 Spades 12:30-4 Poker</p>

**CHEER Coastal Leisure Center**  
**FEBRUARY 2019**



**Phone: 302.539.2671**  
**Email: ygallego@cheerde.com**

Mon	Tue	Wed	Thu	Fri
<p><b>18 Center is Closed Today!</b></p> <p><b>Happy Presidents Day</b></p> 	<p><b>19</b>            8:30-4 Fitness Room Open            9-3:30 Puzzle Mania            9 DVD Art Lesson, \$1            9:30 Hand &amp; Foot / Pinochle            10-11:30 Painting Class            10:30 Mahjongg            11:45-12:30 Lunch            12:30 Mardi Gras Play Practice            12:45 Chair Yoga, \$5</p> <p><b>*INTERNATIONAL PRIZE BINGO WITH CHINESE THEMED DINNER, 4—6:30 PM, \$7*</b></p>	<p><b>20</b> 8-4 Fitness Room Open            8:15 Beg. Tai Chi/9:30 Tai Chi, \$4            9-3:30 Puzzles / Pinochle  <b>9:30 Black History Month Celebration at Milton CHEER!</b>            10-1:30 Bingo, \$3            10-12:30 Drawing Class, \$20            11:45-12:30 Lunch            12:30-4 Poker Club            12:30 Tablet Class            12:30 Knitting Club            1:30 Sit &amp; Fit            2-3:30 Computers w/Pepe  <b>3 Parkinson's Support Group</b></p>	<p><b>21</b>            8-4 Fitness Room / Puzzles            10:15 Chair Yoga, \$5  <b>11 La Tonalteca (Mexican), RB and "Underground Railroad" Lecture at South Coastal Library at 2 pm!</b>            11:45-12:30 Lunch            12:30 Woodcarvers+ Club            12:30 Dominoes            12:30 Hand &amp; Foot            1-2 Line Dancing, 3            2:30-3:30 Parkinson's Exercise</p>	<p><b>22</b>            8-4 Fitness Room            9-3:30 Puzzle Mania            9-10:15 Yoga, \$5  <b>10 Target and Yukon Korean BBQ &amp; Sushi in Dover</b>            11 Drop In Mahjongg            11:45-12:30 Lunch            12:30-3:30 Spades            12:30-4 Poker            12:30 Clay Creations, \$2</p>
<p><b>25</b>            8-4 Fitness Room Open            8 Local Shopping w/bus            9-10:30 Intermed. Yoga, \$5            9-3:30 Puzzle Mania            10-11 Belly Dancing, \$5            10:30 Mahjongg            11:45-12:30 Lunch            12:30 Bridge            12:30 Conversational Italian            12:30 Tablet Class            12:30 Quilting + Club</p>	<p><b>26</b>            8:30-4 Fitness Room Open            9-3:30 Puzzle Mania            9 DVD Art Lesson, \$1            9:30 Hand &amp; Foot / Pinochle            10-11:30 Painting Class            10:30 Mahjongg            11:45-12:30 Lunch            12:30 Mardi Gras Play Practice            12:45 Chair Yoga, \$5</p> <p><b>*"ANDALUCIAN ADVENTURES" WITH TAPAS NIGHT, 4-6 pm, \$6* (Yolanda's Trip to Spain)</b></p>	<p><b>27</b>            8-4 Fitness Room Open            8:15 Beg. Tai Chi/9:30 Tai Chi, \$4            9-3:30 Puzzles / Pinochle            10-1:30 Bingo, \$3            10-12:30 Drawing Class, \$20            11:45-12:30 Lunch            12:30-4 Poker Club            12:30 Tablet Class            12:30 Knitting Club            1:30 Sit &amp; Fit            2-3:30 Computers w/Pepe</p>	<p><b>28</b>            8-4 Fitness Room / Puzzles  <b>9:30 Kohl's, Caribbean Flava (Jamaican), and Aldi's, Salisbury, MD</b>            (bring your own shopping bags and a quarter for a cart!)            10:15 Chair Yoga, \$5            11:45-12:30 Lunch            12:30 Woodcarvers+ Club            12:30 Dominoes            12:30 Hand &amp; Foot            1-2 Line Dancing, 3            2:30-3:30 Parkinson's Exercise</p>	<p><b>1 9:30 Biggs Museum &amp; Flavor of India, Dover, \$6</b></p>  <p><i>Coming in March/April: "Rockin' Thru The Decades"</i></p>

***This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities and The Sussex County Council!***