

CHEER Coastal Leisure Center
January 2019



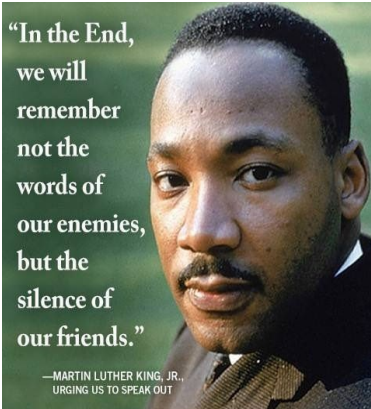

"GLOBETROTTERS" **302.539.2671**

Mon	Tue	Wed	Thu	Fri
<p>31 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 11:30—1 NEW YEAR'S EVE CELEBRATION with Ed Shockley, Cake & a Toast! 11:45-12:30 Lunch 1 Bridge / Conversa. Italian 1 Tablet Class / Quilting Club</p>	<p>1 Center is Closed Today For New Year's Day!!!</p> 	<p>2 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 & Fit 2-3:30 Computers w/Pepe</p>	<p>3 8-4 Fitness Room / Puzzles 10 Surprise Trip! Bring \$ for Lunch 10:15 Chair Yoga, \$5 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes / Hand & Foot 1-2 Line Dancing, \$3 1-3:30 La Red Health Services 2:30-3:30 Parkinson's Exercise 6 Alzheimer's CG Support Group</p>	<p>4 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 10 Rehoboth Beach Museum & Go Fish (British) 10:30 Drop In Mahjongg 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker</p>
<p>7 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/Italian/Tablet 12:30—1:45 Manage Low Back Pain & Sciatica W'shop</p>	<p>8 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9:30 Hand & Foot / Pinochle 10-11:30 Painting Class 10:30 Mahjongg 11:45-12:30 Lunch 12:45 Chair Yoga, \$5</p> <p>*Movie, 2 pm, \$2— "A Man Called Ove"</p>	<p>9 8-4 Fitness Room Open 9-3:30 Puzzle Mania / Pinochle 9:30 Tai Chi, DVD Only 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 & Fit 2-3:30 Computers w/Pepe</p>	<p>10 8-4 Fitness Room / Puzzles 10 Conley's Thrift Shop & Taste Garden, LN (Asian) 10:15 Chair Yoga, \$5 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes 12:30 Hand & Foot 1-2 Line Dancing, \$3 2:30-3:30 Parkinson's Exercise</p>	<p>11 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 10 Dollar Tree, RB and Cabanas, Lewes (Salvadoran) 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>14 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 12:15 Membership Meeting 12:30 Bridge / Conv. Italian 12:30 Tablet Class / Quilting</p>	<p>15 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:30 Hand & Foot / Pinochle 10-11:30 Painting Class 10:30 Mahjongg 11:45-12:30 Lunch 12 L'nL: Fraud Prevention w/ Senior Medicare Patrol 12:30 MG Play Rehearsal 12:45 Chair Yoga, \$5</p>	<p>16 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 / Knitting Club 1:30 Sit & Fit 2-3:30 Computers w/Pepe 3 Parkinson's Support Group</p>	<p>17 8-4 Fitness Room / Puzzles 9:30 Cosmetology School, Dagsboro & La Sierra, S'Ville (Mexican) sign up by 1/11! 10:15 Chair Yoga, \$5 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes 12:30 Hand & Foot 1-2 Line Dancing, 3 2:30-3:30 Parkinson's Exercise</p>	<p>18 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$ 10:15 Delmarva Mediterranean Market & Mediterranean Grill, Salisbury, MD 10:30 Drop In Mahjongg 11:30 Caregiver Support Grp 11:45-12:30 Lunch 12:30 Spades / Poker</p>

CHEER Coastal Leisure Center
JANUARY 2019



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Mon	Tue	Wed	Thu	Fri
<p>21 Center is Closed Today!</p> 	<p>22 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:30 Hand & 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>*No Dinner Program Tonight*</p>	<p>23 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 & Fit 2-3:30 Computers w/Pepe</p>	<p>24 8-4 Fitness Room / Puzzles 10:15 Chair Yoga, \$5 10:30 'Po Boys, Milton and Home Goods, RB 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes 12:30 Hand & Foot 1-2 Line Dancing, 3 2:30-3:30 Parkinson's Exercise</p>	<p>25 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 11 Drop In Mahjongg 11:30 Fire & Ice Festival, BB and lunch to be announced (tentative) 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker 12:30 Clay Creations, \$2</p>
<p>28 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>29 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:30 Hand & 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>*Flamenco Guitar and More by David Aman, Dinner & International Desserts by You, 4 –6 pm, \$6*</p>	<p>30 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 & Fit 2-3:30 Computers w/Pepe</p>	<p>31 8-4 Fitness Room / Puzzles 10:15 CST's "The Graduate" \$20, RB (Lunch to be determined) ... 10:15 Chair Yoga, \$5 11:45-12:30 Lunch 12:30 Woodcarvers+ Club 12:30 Dominoes 12:30 Hand & Foot 1-2 Line Dancing, 3 1-3:30 La Red Health Services 2:30-3:30 Parkinson's Exercise</p>	<p>1 11 Lunch Bunch Talk in Milford "True Belonging", \$5</p>  <p>GLOBETROTTERS II FOR FEBRUARY!!!</p>

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