



Mon	Tue	Wed	Thu	Fri
				<p>1 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 9:30 UMES Art Gallery—Civil Rights Era Photo. Display and Lunch, Princess Anne, MD 10:30 Drop In Mahjongg 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker 12:45 Zumba Gold, \$5 Sat. Paint Day, \$20 3/2, 10 am—12 Noon</p>
<p>4 8-4 Fitness Room Open 8 Local Shopping (G, B, P, D) 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 / Quilting Club 12:30 Conversational Italian 12:30 Tablet Class 12:30 Mardi Gras Dress Reh.</p>	<p>5 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 L’nL: Depression & Aging 12:30 MG Dress Rehearsal 12:45 Chair Yoga, \$5 *Mardi Gras Murder Mystery Dinner Theatre, 5pm, \$8</p>	<p>6 8-4 Fitness Room Open 8:15 Beg. Tai Chi/9:30 Tai Chi, \$4 9-3:30 Puzzle Mania / Pinochle 10-11:30 Bingo-Milton Visits! 10-12:30 Drawing Class, \$20 11:45-12:30 Lunch 12-1 Rockin’ with Dale Teat 1-4 Poker Club 1 Tablet Class / Knitting Club 1 ICE CREAM SOCIAL, \$2! 1:30 Sit & Fit 2-3:30 Computers w/Pepe</p>	<p>7 8-4 Fitness Room / Puzzles 10 New Life Thrift Shop and Go Brit!, Lewes 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 6 Alzheimer’s Caregiver Support Group</p>	<p>8 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 10:15 Vintage Underground/ Biblion Used Books and Bethany Blues in Lewes 10:30 Drop In Mahjongg 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker 12:30 Clay Creations, \$2 12:45 Zumba Gold, \$5</p>
<p>11 8-4 Fitness Room Open 8 Local Shopping (G, B, P, D) 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 / Quilting 12:30 Conv. Itl. / Tablet</p>	<p>12 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 12:45 Chair Yoga, \$5 2-4:15 MOVIE, “BOHEMIAN RHAPSODY, \$2</p>	<p>13 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 L’nL: Fire Safety! 12:30-4 Poker Club 12:30 Tablet Class / Knitting Club 1:30 Sit & Fit 2-3:30 Computers w/Pepe</p>	<p>14 8-4 Fitness Room / Puzzles 10 andThat! / The Pond Bar & Grill, Rehoboth Beach 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>15 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$ 9:30 Spence’s Bazaar & 33 West Ale House & Grill, Dover 10:30 Drop In Mahjongg 11:15 Savvy Caregiver Class 11:45-12:30 Lunch 12:30— 3:30 Spades 12:30—4 Poker 12:45 Zumba Gold, \$5</p>

CHEER Coastal Leisure Center
MARCH 2019



Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>18 8-4 Fitness Room Open 8 Local Shopping (G, B, P, D) 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>19 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:30 Hand & Foot 9:30 Pinochle 10-11:30 Painting Class 10:30 Mahjongg 11:45-12:30 Lunch 12:45 Chair Yoga, \$5</p> <p>-No Dinner tonight, see 3/21</p>	<p>20 U.N.'s Int'l Day of Happiness! 8-4 Fitness Room Open 9-3:30 Puzzles / Pinochle 9:30 Tai Chi DVD 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 3 Parkinson's Support Group</p>	<p>21 8-4 Fitness Room / Puzzles 10:15 Chair Yoga, \$5 10:15 CST's "The Music Man", \$20 & The Purple Parrot, 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 *March for Meals— "Night of ELVIS with Bob Loughheed", 5—7 pm, \$6</p>	<p>22 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 11 Drop In Mahjongg 11:15 Savvy Caregiver Class 11:15 Fox's Pizza Restaurant & Bar / Harris Teeter, Selbyville 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker 12:30 Clay Creations, \$2 12:45 Zumba Gold, \$5</p>
<p>25 8-4 Fitness Room Open 8 Local Shopping (G, B, P, D) 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>26 8:30-4 Fitness Room Open 9-3:30 Puzzle Mania 9 DVD Art Lesson, \$1 9:15 Bingo & Lunch at GREENWOOD CHEER 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>-No Dinner tonight</p>	<p>27 8-4 Fitness Room Open 9-3:30 Puzzles / Pinochle 9:30 Tai Chi DVD 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>28 8-4 Fitness Room / Puzzles 9:30 Byler's and Hollywood Diner in Dover 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>29 8-4 Fitness Room 9-3:30 Puzzle Mania 9-10:15 Yoga, \$5 9:30 Boscov's and MoJo's Urban Eatery, Salisbury 11 Drop In Mahjongg 11:15 Savvy Caregiver Class 11:45-12:30 Lunch 12:30-3:30 Spades 12:30-4 Poker 12:45 Zumba Gold, \$5</p>

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