
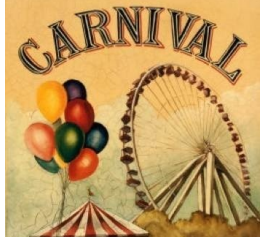
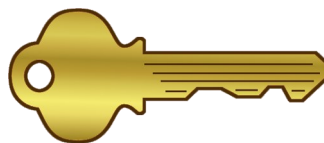


	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p><b>2</b></p> <p><b>CENTER IS CLOSED TODAY</b></p> 	<p><b>3</b></p> <p>8:30-4 Fitness Room Open              8:30 Pickleball              9-3:30 Puzzle Mania              9 DVD Art Lesson, \$1              9:30 Hand &amp; Foot / Pinochle              10-11:30 Marie's Painting Class              10:30 Mahjongg              11:45-12:30 Lunch              12:45 Chair Yoga, \$5  <i>(Yolanda is out of town all week ...)</i></p>	<p><b>4</b></p> <p>8-4 Fitness Room Open              9-10 Tai Chi, \$5              9-10 Hot Breakfast              9-3:30 Puzzle Mania / Pinochle  <b>9:45 Tai Chi Demonstration!</b>              10-12:30 Marina's Drawing, \$20              10-1:30 Bingo, \$3  <b>10-12:30 Tech Assist w/Marsha</b>              11:45-12:30 Lunch              12:30 Poker / Tablet / Knitting              1:30 Sit &amp; Fit              2-3:30 Computers w/Pepe</p>	<p><b>5</b></p> <p>8-4 Fitness Room / Puzzles              8 Pickleball              9—3 La Red Health Services  <b>9:30 The Brush Factory on Kings &amp; Big Oyster Brewery</b>              10:15 Chair Yoga, \$5              11:45-12:30 Lunch              12:30 Woodcarvers+ Club              12:30 Dominoes / Hand &amp; Foot              1-2 Line Dancing Today              2:30-3:30 Parkinson's Exercise  <b>6 Alzheimer's Caregiver S. G.</b></p>	<p><b>6</b></p> <p><b>TRAP POND FALL FESTIVAL "CARNIVAL"</b>  <b>10 AM—2 PM</b>  <b>\$6 / \$8 (under 60)</b></p>  <p><b>BUS LEAVES OV AT 9 AM</b></p>
<p><b>9</b></p> <p>8-4 Fitness Room Open              8 Local Shopping (G, B, P, D)              8 Beginner's Pickleball              9-10:30 Yoga, \$5 (all levels)              9-3:30 Puzzle Mania              10-11 Belly Dancing, \$5  <b>10-12:30 Tech Assist w/M.</b>              10:30 Mahjongg              11:45-12:30 Grab Bag Draw L  <b>12:15 Membership Mtg.</b>              12:45 Bridge/ Quilting              12:45 Italian / Tablet Class</p>	<p><b>10</b></p> <p>8:30-4 Fitness Room Open              8:30 Pickleball              9-3:30 Puzzle Mania              9 DVD Art Lesson, \$1              9:30 Hand &amp; Foot / Pinochle              10-11:30 Marie's Painting Class              10:30 Mahjongg              11:45-12:30 Lunch              12:45 Chair Yoga, \$5  <i>"Green Book," 2 pm, \$2</i></p>	<p><b>11</b></p> <p>8-4 Fitness Room Open              9-10 Tai Chi dvd/ 9-10 Hot B'fast              9-3:30 Puzzle Mania / Pinochle              10-12:30 Marina's Drawing &amp; Painting Class, \$20  <b>10-12:30 Tech Assist w/Marsha</b>              10-1:30 Bingo, \$3  <b>10:30-11:30 Dig. Photo. II, \$5</b>              11:45-12:30 Lunch              12:30 Poker / Tablet / Knitting              1:30 Sit &amp; Fit / 2 Comp. w/Pepe  <i>*New- Happy Café, 2:15!</i></p>	<p><b>12</b></p> <p>8-4 Fitness Room / Puzzles              8 Pickleball              9—3 La Red Health Services  <b>10 Rosenfeld's Jewish Deli &amp; Nassau Valley V. Tour/ Tasting, \$11</b> (pay at sign up), 1—2:30              10:15 Chair Yoga, \$5              11:45-12:30 Lunch              12:30 Woodcarvers+ Club              12:30 Dominoes / Hand &amp; Foot              1-2 Line Dancing Today              2:30-3:30 Parkinson's Exercise</p>	<p><b>13</b></p> <p>8-4 Fitness Room              9-3:30 Puzzle Mania              9-10:15 Yoga, \$5 (all levels)  <b>9:30 Crazy Louie's Pawn Shop &amp; Millie's Road House</b> (Fruitland &amp; Vienna, MD)              10:30 Zumba Gold  <b>10:30 Hand &amp; Foot Lessons!</b>              10:30 Drop In Mahjongg              11:45-12:30 Lunch              12:30-4 Poker              12:30 Spades</p>
<p><b>16</b></p> <p>8-4 Fitness Room /Puzzle              8 Local Shopping (G, B, P, D)              8 Beginner's Pickleball              9-10:30 Yoga, \$5 (all levels)              10-11 Belly Dancing, \$5  <b>10-12:30 Tech Assist w/M.</b>              10:30 Mahjongg              11:45-12:30 Grab Bag Draw L              12:30 Bridge / Quilting Club              12:30 Conv. Italian/Tablet  <b>1 Finan. Coaching</b>, by appt.</p>	<p><b>17</b></p> <p>8:30-4 Fitness Rm/Puzzles              8:30 Pickleball              9 DVD Art Lesson, \$1              9:30 Hand &amp; Foot / Pinochle              10-11:30 Marie's Painting Class              10:30 Mahjongg              11:45-12:30 Lunch              12:45 Chair Yoga, \$5  <i>Fair Trade Presentation and M. Potato Bar Dinner, 5—7 pm, \$6</i></p>	<p><b>18</b></p> <p>8-4 Fitness Room Open              9-10 Tai Chi dvd/ 9-10 Hot B'fast              9-3:30 Puzzle Mania / Pinochle              10-12:30 Marina's Art Class, \$20              10-1:30 Bingo, \$3/ <b>Tech Assist</b>  <b>10:30-11:30 Dig. Photo. II, \$5</b>              11:45-12:30 Lunch / <b>MC Fraud</b>              12:30 Poker / Knitting / Tablet              1:30 Sit &amp; Fit / 2 Comp. w/Pepe  <b>2:30 Twilight Zone Play Practice</b>  <b>3—4 Parkinson's Support Group</b></p>	<p><b>19</b></p> <p>8-4 Fitness Room / Puzzles              8 Pickleball              9—3 La Red Health Services  <b>10:30 Main Street Enchanted Tea Room, \$30</b> (pay at sign up)              10:15 Chair Yoga, \$5              11:45-12:30 Lunch              12:30 Woodcarvers+ Club              12:30 Dominoes / Hand &amp; Foot              1-2 Line Dancing, \$3              2:30-3:30 Parkinson's Exercise</p>	<p><b>20</b></p> <p>8-4 Fitness Room/Puzzles              9-10:15 Yoga, \$5 (all levels)  <b>9:30 Sunfest, OC!</b>              10:30 Zumba Gold, \$5              10:30 Drop In Mahjongg              11:45-12:30 Lunch              12:30—4 Poker              12:30 Spades  <i>Sat. 21st, 9-12:30 Pickleball Dink Tournament with Picnic, \$15 (Lunch Only—\$5)</i></p>

**CHEER Coastal Leisure Center**  
**Phone: 302.539.2671**



**30637 Cedar Neck Road, Ocean View**  
**Email: ygallego@cheerde.com**

Mon	Tue 	Wed	Thu	Fri
<p><b>23</b>            8-4 Fitness Room Open            8 Local Shopping (G, B, P, D)            8 Beginner's Pickleball            9-10:30 Yoga, \$5 (all levels)            9-3:30 Puzzle Mania            10-11 Belly Dancing, \$5  <b>10-12:30 Tech Assist w/M.</b>            10:30 Mahjongg            11:45-12:30 Grab Bag Draw L  <b>L'nL: Falls Prevention Awareness Day!</b>            12:30 Bridge/Quilting Club            12:30 Conver. Italian/Tablets</p>	<p><b>24</b>  <b>BEACH DAY</b>  <b>10 am—2 pm</b>  <i>Beach Stroll, Health Fair, Boardwalk Entertainers, Box Lunch!</i>  <i>Bus Leaves our Center at 9 am or drive yourself... Center is Closed!</i></p>	<p><b>25</b> 8-4 Fitness Room Open            9-10 Tai Chi, \$5 / 9-10 Hot B'fast            9-3:30 Puzzles / Drop in Pinochle            10-12:30 Marina's Drawing and Painting Class, \$20  <b>10-12:30 Tech Assist w/Marsha</b>            10-1:30 Bingo, \$3  <b>10:30-11:30 Dig. Photo. II, \$5</b>            11:45-12:30 Lunch            12:30 Poker/Tablet Class/Knitting            1:30 Sit &amp; Fit/2 Comp. w/Pepe  <b>AGING WELL CELEBRATION &amp; FREE MEMBERS DINNER, 5-7 PM</b>  <b>DALE TEAT PERFORMING!!!</b></p>	<p><b>26</b>            8-4 Fitness Room / Puzzles            8 Pickleball            9—3 La Red Health Services  <b>9:45—2:30 Shop Around Lewes &amp; Lunch on Your Own!</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</p>	<p><b>27</b>            8-4 Fitness Room            9-3:30 Puzzle Mania            9-10:15 Yoga, \$5 (all levels)            10:30 Zumba Gold, \$5            10:30 Drop In Mahjongg            11:45-12:30 Lunch            12:30-4 Poker            12:30 Spades  <b>12:30 Downton Abby Matinee Movie at Sun &amp; Surf, Ocean City, \$</b>            (come for lunch, departure time to be determined by movie showings)</p>
<p><b>30</b> 8-4 Fitness Room Open            8 Local Shopping (G, B, P, D)            8 Beginner's Pickleball            9-10:30 Yoga, \$5 (all levels)            9 Puzzles / 9:30 Quilting Club            10-11 Belly Dancing, \$5  <b>10-12:30 Tech Assist w/M.</b>            10:30 Mahjongg            11:45-12:30 Grab Bag Draw L  <b>FREE OV VOL. LUNCH DAY!</b>            12:30 Bridge            12:30 Conver. Italian/Tablet  <b>12:30-1:30 "Being Safe On-Line"</b> - Sign up in Advance</p>			<p><b>Coming in October:</b>  <b>"A Festival of Color"</b></p> 	

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