



**CHEER  
ACTIVITY CENTER  
MEMBERSHIP  
APPLICATION  
PACKAGE**

September 15, 2020



**CHEER Administration Office**  
 546 South Bedford St., Georgetown, DE 19947  
 Phone: (302) 515-3040 • (302) 515-3071  
 www.cheerde.com • facebook cheersussexcounty

**ACTIVITY CENTER MEMBERSHIP APPLICATION PACKAGE**

**CHEER ACTIVITY CENTERS**

Georgetown CHEER	Thurmond Adams State Service Center 546 South Bedford Street Georgetown, DE 19947	302-515-3040
Greenwood CHEER	41 Schulze Road Greenwood, DE 19950	302-349-5237
Lewes CHEER Harbour Lights Center	34211 Woods Edge Drive Lewes, DE 19958	302-645-9239
Long Neck CHEER	26089 Shoppes at Long Neck Millsboro, DE 19966	302-945-3551
Milton CHEER	24855 Broadkill Road Milton, DE 19968	302-684-4819
Ocean View CHEER Coastal Leisure Center	30637 Cedar Neck Road Ocean View, DE 19970	302-539-2671
Roxana CHEER	Pyle Health and Social Service Center 34314 Pyle Center Road Frankford, DE 19945	302-732-3662
Warren L. & Charles C. Allen, Jr. CHEER Community Center	20520 Sand Hill Road Georgetown, DE 19947	302-854-9500

**OTHER CHEER SERVICES**

Personal Assistance Services	302-854-9555
Volunteer Services	302-515-3040
Homebound Meals	302-515-3040
Nutrition	302-515-3040
Caregiver Resources	302-515-3040
Mobile Mini Market	302-515-3040
Adult Day Program	302-854-2882
Early Memory Loss Program	302-645-9239



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Welcome to CHEER

On behalf of all of us at CHEER, it is my privilege and pleasure to welcome you. CHEER is your local community service organization dedicated to promoting healthy and active lifestyles for all mature residents throughout Sussex County. Our programs and services are as diverse as all of our members and the people we serve. Our goal is to provide life enriching experiences for each and every person we are fortunate enough to associate with. CHEER is here for you.

As you consider your new CHEER membership, or renewing a membership, please take time to learn about all the programs and services that become available to you as a member of the CHEER family. CHEER senior activity centers are located throughout Sussex County. They provide locally prepared meals along with opportunities to participate in a wide range of activities including crafts, games, educational programs, health and fitness programs, entertainment and local travel. In more recent times, we have expanded our offerings to provide more virtual on-line activities and alternative meal services. Most of all, CHEER senior activity centers provide fun. We are here to serve you and are always looking for new and exciting ways to better meet and exceed your expectations.

Whether you come through the doors of our centers five days a week, participate in our on-line programs, grab a curbside lunch or enjoy an outdoor concert at one of our locations, there is something for everyone at CHEER. Your annual CHEER membership opens all of these doors and more.

Couldn't we all use a little more CHEER in our lives?

Thank you for your consideration and we will be grateful to have you as a member of our CHEER family.

Sincerely,  
 Kenneth S. Bock,  
 CEO, CHEER, Inc.



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### MEMBERSHIP BENEFITS TIMES EIGHT CHEER MEMBERSHIP PROGRAM

CHEER offers a single \$30.00 annual membership fee that grants you programs, activities and events at all eight (8) CHEER Adult Activity Center locations throughout Sussex County. A one-time annual fee entitles you to:

- Discounts for most programs, activities and events at all CHEER sites.
- Access to meeting and game rooms with Wii® sports, and pool tables at the CHEER Community Center.
- Two free annual membership dinners.
- Transportation to local community shopping and medical facilities.
- Discounts and priority reservations for group trips.
- Access to CHEER's Caregiver Resource Library and Geriatric Care Manager.
- Caregiver and Elder service information and referral services.

This expanded membership program comes as CHEER is extending hours at several of its locations for morning breakfast clubs and even more evening dinners. Membership is open to anyone aged 50 years or more. Many programs and services are available at no-cost to members, although fees are required for some events and activities.

Many CHEER Centers have modern fully equipped fitness centers that are available for an additional monthly fee of \$20.00. Again, this additional single fee gains you access to all of CHEER's fitness centers.

All fees go toward the cost of operating CHEER's non-profit Adult Activity Centers.

Membership is not required for persons aged 60 years or more who just wish to participate in the daily nutrition lunch program.

**What A Bargain - Everyone Could Use A Little CHEER!**



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### MEMBERSHIP CODE OF CONDUCT

It is the mission of CHEER to promote healthy and active lifestyles for persons 50 plus years of age. CHEER provides recreation, socialization, fitness, nutritional services, transportation and entertainment for members and their guests. In support of its mission, and for the health and wellbeing of all members, staff and guests, CHEER has established this Code of Conduct providing guidance for acceptable conduct while attending or participating in any programs, activities and/or events held by CHEER, sponsored by CHEER or conducted on CHEER grounds or property. All persons are expected to conduct themselves with civility and respect for others and the property of others.

- No person shall be excluded from participation or denied the benefits of CHEER membership on the basis of race, color, gender, religion, sexual orientation, disability or national origin.
- Members and their guests must exhibit independence and the ability for self care. This shall include the ability to:
  - safely and independently navigate throughout the CHEER center, activity or event and to actively participate with others engaged in that same center, activity or event.
  - use restrooms without assistance.
  - eat without assistance.

The use of a personal assistant to facilitate the above independence is permitted to the degree that such assistance or support shall not be at the level as provided by adult day care providers and that assistant is present at all times to render one-on-one assistance.

Only appropriate service animals are allowed in CHEER facilities or in CHEER vehicles unless the animals are part of a program or activity which has been approved in advance by the CHEER Chief Executive Officer.

- While on CHEER property or participating in any CHEER program, activity or event, members and guests must:
  - exhibit and maintain hygiene that would not constitute a health or safety hazard to others, or would be otherwise disruptive to other CHEER members. Members and guests shall maintain their person and clothing to be free of offensive odor



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- be able to participate in CHEER activities without being disruptive or requiring frequent one-on-one attention.
- register as a participant or guest in accordance with CHEER procedures.
- While on CHEER property or participating in any CHEER program, activity or event, members and guests must not:
  - present a danger or hazard to themselves or others.
  - engage in aggressive verbal or physical interactions or any form of intimidation including but not limited to hate speech, sexual harassment, stalking, bullying, profanity, false allegations or attacks on the character of any member of the CHEER organization.
  - dress in any manner, or wear any apparel which could negatively affect the safety or welfare of a member or guest or could be considered offensive with regard to the normal style of dress for the majority of members.
  - possess pornography or materials promoting intolerance or violence or utilization of any CHEER assets to try and access such material.
  - steal or in any way participate in the unauthorized appropriation and/or destruction of property belonging to any other member or guest.
  - participate in any form of illegal activities.
  - solicit anything of monetary value or sell any goods or services without the prior written approval of the CHEER Chief Executive Officer.
- Members and guests who exhibit signs of intoxication from alcohol and/or drugs are prohibited from attending CHEER centers and/or participating in CHEER programs, activities or events. CHEER will offer to arrange transportation for any member, or guest believed by CHEER to be intoxicated.
- Smoking is prohibited in all CHEER facilities and vehicles and is only permitted in designated outdoor areas on CHEER properties.
- Possession or use of any firearm or weapon on CHEER property, grounds or in a CHEER vehicle or during any CHEER program, activity or event is prohibited.



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### FITNESS CENTER OPERATING RULES AND SAFETY PRECAUTIONS

1. Users of CHEER Fitness Centers must be members in good standing of a CHEER Fitness Center. Membership privileges are not extended to any other individuals or guests without the prior approval of the CHEER Director of the facility in which the Fitness Center is located. Non-members or guests must be accompanied by a member at all times when they are in a CHEER Fitness Center.
2. Members are obligated to pay their Fitness Center dues on or before the first business day of each month for which the dues is owed. Monthly dues amounts shall be determined by CHEER and posted in each respective CHEER Fitness Center. CHEER reserves the exclusive right to set dues amounts and to periodically change these amounts as CHEER may determine to be necessary. Any change in dues amounts will be posted a minimum of 30 days before such change becomes effective.
3. Any violation of CHEER Fitness Safety/Exercise Rules may result in the suspension or forfeiture of the member's membership privileges by CHEER.
4. Members are expected to conduct themselves in a manner that is respectful of all members and CHEER property/equipment. Good order, proper attire, decorum and consideration for the rights and comfort of others must be observed at all times. No abusive or provocative language is permitted.
5. Members should wear proper attire when exercising. Appropriate attire includes a shirt or top, shorts or pants and rubber soled exercise shoes.
6. CHEER is not responsible for loss or damage of any personal property of Fitness Center members or other individuals who may be in the Fitness Center. CHEER is not an insurer of the property of Fitness Center members, other individuals or guests.
7. Any member complaints regarding the conduct of members, condition of the facility or equipment should be addressed to the CHEER Director of the facility in which the Fitness Center is located.
8. No CHEER property or equipment shall be removed from the CHEER Fitness Center by any member or other individual or guests.



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9. ALL MEMBERS, OTHER INDIVIDUALS OR GUESTS THAT UTILIZE ALL EQUIPMENT AND FACILITIES AT CHEER FITNESS CENTERS DO SO AT THEIR OWN RISK. CHEER is not responsible for providing any trainers or instructors. Members, other individuals and guests should be aware of their own physical abilities and limitations. Use of the Fitness Center and exercise equipment may result in strenuous activity which can have adverse physical implications. Each member, other individual or guest is responsible for determining their own level and program of exercise.
10. Fitness members, other individuals and guests should confine their activities to the designated Fitness Center areas except to the extent that they may need to utilize public restrooms or conduct business such as paying dues.
11. Food and beverages are prohibited in the fitness area except for beverages being consumed by persons exercising in order to remain hydrated. Alcoholic beverages are prohibited at all times. Members, other individuals or guests are responsible for properly disposing of any containers or other refuse associated with beverages which they may have brought into the Fitness Center. Glass containers are not permitted in any CHEER Fitness Centers.
12. House phones are available for emergency calls only involving any medical or similar emergency situation. Members, other individuals or guests should refrain from using cellular phones or other communications devices while in the Fitness Centers.
13. Smoking is not permitted in CHEER buildings including Fitness Centers.
14. When using a Fitness Center, members may use a locker if present to store personal items. All property must be removed from the locker at the conclusion of the workout. Lockers may not be used to store personal property for any longer period of time and CHEER reserves the right to enter any locker and remove any property in lockers during any time when the Fitness Center is not open for use. Any contents left in lockers over night may be disposed of by CHEER without any responsibility or liability.
15. Changing into or from exercise clothes must be done in the restrooms and not in the Fitness Center area.
16. Members, individuals and guests may not display any actions that CHEER deems to be unsportsmanlike, or rude, or abusive.



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17. CHEER fitness equipment must be handled with care and used appropriately. Equipment should be returned to its appropriate place after use. Members, individuals or guests should wipe down each piece of equipment immediately after its use to remove any perspiration or other residue. Paper towels and disinfectant in spray bottles are located throughout the Fitness Centers for this purpose. Any abuse or misuse of CHEER fitness equipment may result in loss of Fitness Center privileges.
18. Cameras and/or picture taking are prohibited in any CHEER Fitness Center.



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**FITNESS SAFETY PRECAUTIONS AND RECOMMENDATIONS**

- Get a complete physical examination before beginning any exercise program and inform the examining physician that you intend to start an exercise program.
- Avoid weight lifting exercises if you have joint problems, seizure disorders, heart disease, high blood pressure, previous injuries or any other physical condition with a potential danger.
- Integrate warm-ups, stretching and cooling down periods into your workout program.
- Form is important for the quality and safety of your exercise. Always perform weight/resistance exercises in a slow controlled manner going through the full range of motion.
- When beginning any exercise program or any new exercise, start out using light weights, lower levels of resistance, fewer repetitions and/or less time and assess your physical condition at the completion of your exercise routine. Start out and increase slowly.
- Maintain a steady rate of breathing throughout your entire exercise routine ensuring that you intake adequate amounts of oxygen for the exercise you are undertaking.
- Always return equipment to its proper location/position at the completion of your exercise. Wipe down the equipment with a towel and disinfectant spray when you complete your use of that piece of equipment. Paper towels and disinfectant spray bottles are located throughout the Fitness Center for this purpose.
- Keep hands and feet away from chains, cables, pulleys and weight plates in machines when exercising.
- Do not distract others while they are exercising and do not allow yourself to become distracted while exercising. Discontinue your exercise if you are being distracted.
- If you are engaging in free weight lifting exercises, consider having a qualified spotter and communicate your planned exercise activity with the spotter.
- Maintain proper hydration while exercising. Drink adequate fluids.
- Any exercise program should be paired with an appropriate diet/nutrition intake.



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**ACTIVE LIFESTYLES MEMBERSHIP APPLICATION**

**APPLICANT INFORMATION**

First Name				MI	Last Name		Nickname	
Address		Street			Town		Zip	
Home Phone			Cell Phone					
Email Address								
Date Of Birth			Gender		Male	Female		
Marital Status		Married	Single	Widow		Domestic Partner		
		Divorced	Separated					
Race		African American		Asian		Hispanic		
		Native American/Alaskan		Caucasian		Unknown		

**ACTIVITIES AND AREAS OF INTEREST (Check Below)**

Fitness		Local Travel	
Health Training		Arts and Crafts	
Education		Games	
Socialization		Nutrition Program	

**HOW DID YOU LEARN ABOUT CHEER? (Check Below)**

Friend		Internet	
Newspaper		Referred by State	
Radio		Other	

**OTHER INFORMATION OR COMMENTS YOU WOULD LIKE US TO KNOW TO BETTER SERVE YOU**




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ACKNOWLEDGEMENT MEMBERSHIP AND RESPONSIBILITY**

I acknowledge that I have received and understand the CHEER Membership Code of Conduct for participation in CHEER programs, activities and events. I accept responsibility for my compliance and the compliance of any guests which I may invite to attend or participate in any CHEER program, activity or event.

I understand that violation of any element of this Membership Code of Conduct may be grounds for CHEER to initiate corrective actions which may include suspension or revocation of some or all of my membership privileges as well as revocation of the privilege of attending any CHEER Center, program, activity or event.

\_\_\_\_\_ Date  
Signature of Member

**DESIGNATION OF POWER OF ATTORNEY  
(Check One (1) Box Below)**

- I Do **NOT** have a Power of Attorney Designated On My Behalf
- I **DO** have a Power of Attorney Designated On My Behalf

**I hereby identify the following individual who is legally designated to serve as my Power of Attorney for legal and/or health care matters involving myself, obligations made on my behalf and/or decisions involving my health care.**

\_\_\_\_\_  
(Print Name of Individual Designated as Power of Attorney)

\_\_\_\_\_  
(Power of Attorney Home and Work Phone Number)



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RELEASE AND WAIVER OF LIABILITY**

In consideration for being permitted to participate in CHEER Programs, Activities and Events, I hereby agree to release and forever discharge CHEER, Inc., its directors, officers, employees, agents, and assigns, from any and all claims, demands, actions, causes of action or suits of any kind or nature whatsoever, which have resulted or may develop in the future as a result of any Program, Activity or Event conducted or sponsored by CHEER, Inc.

I further declare that the terms of this waiver have been completely read, are fully understood and voluntarily accepted for the purpose of making full and final settlement of any and all damages above mentioned, and for the express purposes of precluding forever any further or additional claims arising out of any possible action involving the undersigned.

I further agree and authorize CHEER and its agents to utilize any photos or images taken of me while on CHEER property or participating in any CHEER sponsored program, activity or event for the purposes of marketing or promotional activities.

This release is binding on my heirs, executors, assigns and administrators. This is a voluntary release for any and all future possible causes of action.

I have read and understand all of the above on this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_



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				<b>Membership Health Information Record</b>	
Client Name					
Home Phone				Date	
<b>Emergency Contact Information</b>					
Name		Phone		Relationship	
1					
2					
<b>Primary Care Physicians</b>					
Name		Phone			
1					
2					
<b>Medical Conditions - Diagnosis (Describe)</b>					
1					
2					
3					
<b>Allergies (If Any)</b>					
1					
2					
<b>Medications</b>					
Medication Name		Dosage	Medication Name		Dosage
1			7		
2			8		
3			9		
4			10		
5			11		
6			12		