

**CHEER Coastal Leisure Center**  
**JUNE 2022**



**30637 Cedar Neck Road**  
**Ocean View, DE 19970**

Mon	Tue	Wed	Thu	Fri
<p><b>“Summer time Fun”!</b></p> 		<p>1 8:30-4 Fitness/Puzzle 9-10 <b>Breakfast, \$2</b> 10-11:30 <b>Bingo</b> \$3 donation, if able, full day 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 <b>Poker / Knitting &amp; Crocheting Club</b> 12:30-2 <b>Bingo</b></p>	<p>2 8:30-4 Fitness/Puzz 9-11 <b>Pickleball</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10:30 <b>Ken's Korner, Z</b> 11 <b>Big Chill Beach Club</b> 11-12 DT / 11:30 Lunch 12 <b>Hand &amp; Foot</b> 12-2 <b>V. Painting, \$, Z</b> 2:30 <b>Parkinson's Exer.</b> 6 <b>Alz's Caregiver Sup Grp</b></p>	<p>3 8:30-4 Fitness/Puzz 9:30—11:30 <b>Mem Cafe</b> 9:45 <b>DE Botanic Gardens, \$15 &amp; Porto's</b> 11-12 Drive Thru 11:30 Lunch 12 <b>Poker / Mahjongg</b> 12:30 <b>Bridge</b> 1 <b>Line Dancing</b></p>
<p>6 8:30-4 Fitness/Puzz 9 <b>Yoga w/Susan, \$5</b> 10 <b>Walking Club, BB BW</b> 10:30 <b>Mahjongg</b> 11-12 Drive Thru Lunch PUp 11:30 Lunch, \$3.50 12 <b>Membership Mtg</b> 12:30 <b>Shopping+/Tablet Class / Quilting Club</b></p>	<p>7 8:30-4 Fitness Rm /Puzz 9-11 <b>Pickleball</b> 9:30 <b>Pinochle</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Hand &amp; Foot / Wordle</b> 10:30 <b>Sit &amp; Fit</b> 11-12 DT / 11:30 Lunch, \$3.50 11:30 <b>Mahjongg/Dom's</b> 12:30 <b>Painting / Crafts</b></p>	<p>8 8:30-4 Fitness/Puzzle 9-10 <b>Breakfast, \$2</b> 10-11:30 <b>Bingo</b> \$3 donation, if able, full day 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 <b>Poker / Knitting &amp; Crocheting Club</b> 12:30-2 <b>Bingo</b> <b>World Ocean Day!</b></p>	<p>9 8:30-4 Fitness/Puzz 9-11 <b>Pickleball</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Lavender Fields &amp; Cracker Barrel</b> 11-12 Drive Thru Lunch PUp 11:30 Lunch 12 <b>Hand &amp; Foot</b> 12-2 <b>V. Painting, \$, ZOOM</b></p>	<p>10 8:30-4 Fitness/Puzz 9:30—11:30 <b>Mem Cafe</b> 10:30 <b>Choptank Riverboat Lunch Cruise, \$52</b> 11-12 Drive Thru 11:30 Lunch 12 <b>Poker / Mahjongg</b> 12:30 <b>Bridge</b></p>
<p>13 8:30-4 Fitness/Puzz 9 <b>Yoga w/Susan, \$5</b> 10 <b>Walking Clb, A. Canal</b> 10:30 <b>Mahjongg</b> 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 <b>Quilting Club</b> 12:30 <b>Shopping+ / Tablet Class</b> 12:30 <b>Final Family Feud Rehearsal w/Roxana</b></p>	<p>14 8:30-4 Fitness/Puzz 9-11 <b>Pickleball</b> 9:30 <b>Pinochle</b> 9:30 <b>F. Feud Final G'town</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Hand &amp; Foot</b> 10:30 <b>Sit &amp; Fit</b> 11-12 DT / 11:30 Lunch, \$3.50 11:30 <b>Mahjongg/Dom's</b> 12:30 <b>Painting / Crafts</b></p>	<p>15 8:30-4 Fitness/Puzz 9-10 <b>Breakfast, \$2</b> 10-11:30 <b>Bingo</b> \$3 donation, if able, full day 11-12 Drive Thru Lunch 11:30 Lunch, then 12:30 12:15 <b>Poker / Knitting &amp; Crocheting Club</b> 12:30-2 <b>Bingo</b> 3 <b>Parkinson's Support Grp</b></p>	<p>16 8:30-4 Fitness/Puzz 9-11 <b>Pickleball</b> 10 <b>RB Museum/Crooked Hammock</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11-12 Drive Thru Lunch PUp 11:30 Lunch 12 <b>Hand &amp; Foot</b> 12-2 <b>V. Painting, \$, ZOOM</b></p>	<p>17 8:30-4 Fitness/Puz 9:30—11:30 <b>M. Café</b> 10-1 <b>Juneteenth Celebration: Stories, Cake, Music w/Everett Spells</b> 11-12 Drive Thru 11:30 Lunch 12 <b>Poker / Mahjongg</b> 12:30 <b>Bridge</b></p>

**CHEER Coastal Leisure Center**  
**JUNE 2022**



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

Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>Center Closed Today</p>	<p>21 8:30-4 Fitness Room / Puzzles</p> <p>9-11 <b>Pickleball</b></p> <p>9:30 <b>Pinochle</b></p> <p>10 <b>Chair Yoga w/Lori, \$5</b></p> <p>10 <b>Hand &amp; Foot / Wordle</b></p> <p>10:30 <b>Sit &amp; Fit</b></p> <p>11-12 Drive Thru</p> <p>11:30 Lunch, \$3.50</p> <p>11:30 <b>Mahjongg/Dom's</b></p> <p>12:15 <b>Shopping +</b></p> <p>12:30 <b>Painting / Crafts</b></p>	<p>22</p> <p>8:30-4 Fitness Room / Puzzle Mania</p> <p>9-10 <b>Breakfast, \$2</b></p> <p>10-11:30 <b>Bingo</b></p> <p>\$3 donation, if able, full day</p> <p>11-12 Drive Thru</p> <p>11:30 Lunch</p> <p>12:15 <b>Poker / Knitting &amp; Crocheting Club</b></p> <p>12:30-2 <b>Bingo</b></p>	<p>23 8:30-4 Fitness/Puzzle</p> <p>9 <b>Cape Water Tours Ult. Eco 2 hr. Tour, \$30, Grp. Lunch Choice ...</b></p> <p>9-11 <b>Pickleball</b></p> <p>11-12 Drive Thru Lunch</p> <p>11:30 Lunch</p> <p>12 <b>Hand &amp; Foot</b></p> <p>12-2 <b>V. Painting with Marina, \$, ZOOM</b></p> <p>2:30 <b>Parkinson's Exer.</b></p>	<p>24</p> <p>8:30-4 Fitness/Puzz</p> <p>9:30—11:30 <b>Memory Cafe</b></p> <p>10:45 <b>Hammerheads Dockside to chill for lunch ...</b></p> <p>11-12 Drive Thru</p> <p>11:30 Lunch</p> <p>12 <b>Poker / Mahjongg</b></p> <p>12:30 <b>Bridge</b></p> <p>1 <b>Line Dancing</b></p>
<p>27 8:30-4 Fitness/Puz</p> <p>9 <b>Yoga w/Susan, \$5</b></p> <p>10 <b>Walking Club, Assawoman Canal</b></p> <p>10:30 <b>Mahjongg</b></p> <p>11-12 Drive Thru</p> <p>11:30 Lunch, \$3.50</p> <p>11:30-12:30 <b>Stand By Me appts w/Kathleen</b></p> <p>12:15 <b>Quilting Club</b></p> <p>12:30 <b>Shopping+ / Tablet Class</b></p>	<p>28 8:30-4 Fitness Room / Puzzles</p> <p>9-11 <b>Pickleball</b></p> <p>9:30 <b>Pinochle</b></p> <p>10 <b>Chair Yoga w/Lori, \$5</b></p> <p>10 <b>Hand &amp; Foot / Wordle</b></p> <p>10:30 <b>Sit &amp; Fit</b></p> <p>11-12 Drive Thru</p> <p>11:30 Lunch, \$3.50</p> <p>11:30 <b>Mahjongg / Mexican Train Dominoes</b></p> <p>12:30 <b>Painting / Crafts</b></p>	<p>29</p> <p>8:30-4 Fitness Room / Puzzle Mania</p> <p>9-10 <b>Breakfast, \$2</b></p> <p>10-11:30 <b>Bingo</b></p> <p>\$3 donation, if able, full day</p> <p>11-12 Drive Thru</p> <p>11:30 Lunch</p> <p>12:15 <b>Poker / Knitting &amp; Crocheting Club</b></p> <p>12:30-2 <b>Bingo</b></p>	<p>30 8:30-4 Fitness/Puzz</p> <p>9-11 <b>Pickleball</b></p> <p>10:15 <b>ACTS (tent.) and Ocean View Brewing Co.</b></p> <p>11-12 Drive Thru Lunch</p> <p>11:30 Lunch</p> <p>12 <b>Hand &amp; Foot</b></p> <p>12-2 <b>V. Painting with Marina, \$, ZOOM</b></p> <p>2:30 <b>Parkinson's Exercise</b></p>	<p>"Juneteenth today, celebrates African American freedom and achievement, while encouraging continuous self-development and respect for all cultures."</p> <p>-JUNETEENTH.com</p>



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

