

CHEER Coastal Leisure Center
AUGUST 2022





30637 Cedar Neck Road
Ocean View, DE 19970

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|---|
| <p>1 8:30-4 Fitness, \$/Puzz 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 and <i>Membership Mtg, 12</i> 12:30 Quilting Club / Shopping+ / Tablet Class</p> | <p>2 8:30-4 Fitness, \$/Puzzle 9-11 P'ball / 9:30 Pinochle 10 Chair Yoga w/Lori, \$5 10 Hand & Foot 10:30 Sit & Fit 11-12 DT / 11:30 Lunch, \$3.50 11:30 Mahjongg / Mexican Train Dominoes 12:30 Painting / Crafts</p> | <p>3 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15—1:45 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 & <i>Overdose Awareness Talk</i> <i>w/RN Heather Davis</i> 12:15 Poker / Knitting</p> | <p>4 8:30-4 Fitness, \$/Puzzl 9-11 Pickleball 10 Chair Yoga w/Lori, \$5 10 RX for FF Pizza Party 10:30 Ken's Korner, Z 11-12 DT / 11:30 Lunch 12 Hand & Foot 12-2 V. Painting, \$, Z 2:30 Parkinson's Exer. 6 Alz's Caregiver Sup Grp</p> | <p>5 NO Memory Café for July & August . . . 8:30-4 Fitness/Puzz 9:45 St. Ann's Bazaar / Ocean View Brewery 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 12:30 Bridge NO Line Dancing for July</p> |
| <p>8 8:30-4 Fitness, \$ /Puzzle Mania 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Shopping+/Tablet Class / Quilting Club</p> | <p>9 8:30-4 Fitness, \$/Puzzle 9-11 Pickleball 9:30 Pinochle 10 Chair Yoga w/Lori, \$5 10 Hand & Foot 10:30 Sit & Fit 11-12 DT / 11:30 Lunch, \$3.50 & <i>Officer Briggs</i> 11:30 Mahjongg / Mexican Train Dominoes 12:30 Painting / Crafts</p> | <p>10 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-11:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 & <i>South</i> <i>Coastal Village Volunteers</i> 12:15 Poker / Knitting</p> | <p>11 8:30-4 Fitness, \$/Puzz 9-11 Pickleball 9:30 Roses and Wayback Burgers, Millsboro 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12 Hand & Foot 12-2 V. Painting, \$, ZOOM 2:30 Parkinson's Exer.</p> | <p>12 8:30-4 Fitness/Puzz 10:30 Warren Station 1st and Seaside Country Store, Fenwick Island 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 12:30 Bridge</p> |
| <p>15 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Quilting Club / Shopping+ / Tablet Class</p> | <p>16 8:30-4 Fitness, \$/Puzzl 9-11 Pickleball 9:30 Pinochle 10 Chair Yoga w/Lori, \$5 10 Hand & Foot 10:30 Sit & Fit 11-12 DT / 11:30 Lunch, \$3.50 11:30 Mahjongg / Mexican Train Dominoes 12:30 Painting / Crafts</p> | <p>17 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-11:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, then 12:30 12:15 Poker / Knitting 3 Parkinson's Support Grp</p> | <p>18 8:30-4 Fitness, \$/Puzz 8:45 Dolphin Watch Cape Water Tours, \$28/lunch? 9-11 Pickleball 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12 Hand & Foot 12-2 V. Painting, \$, ZOOM 2:30 Parkinson's Exer.</p> | <p>19 8:30-4 Fitness/Puzzles 9:30 Parson's Market and Bent Spoon, Selbyville 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 12:30 Bridge</p> |

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Email: ygallego@cheerde.com

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|---|--|--|---|---|
| <p>22 8:30-4 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 & <i>Stand By Me</i> 12:15 Quilting Club / Shopping+ / Tablet Class</p> | <p>23 8:30-4 Fitness, \$ / Puzzles 9-11 Pickleball 9:30 Pinochle 10 Chair Yoga w/Lori, \$5 10 Hand & Foot 10:30 Sit & Fit 11-12 Drive Thru 11:30 Lunch, \$3.50 11:30 Mahjongg / Mex. Train Dominoes 12:30 Painting / Crafts</p> | <p>24 8:30-4 Fitness, \$ / Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15-1:45 Bingo, \$3 don. 11-12 Drive Thru 11:30 Lunch 12:15 Poker / Knitting & Crocheting Club 1 La Red Covid Boosters</p> | <p>25 8:30-4 Fitness, \$ and Puzzles 9-11 Pickleball 9:30 Choptank Riverboat Lunch Cruise, \$55 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12 Hand & Foot 12-2 V. Painting with Marina, \$, ZOOM 2:30 Parkinson's Exer.</p> | <p>26 8:30-4 Fitness, \$/Puzz 9:30 Synergy Café & Dollar Tree, Selbyville 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 12:30 Bridge</p> |
| <p>29 8:30-4 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 & Stand By Me 12:15 Quilting Club / Shopping+ / Tablet Class</p> | <p>30 8:30-4 Fitness, \$/ Puzzles 9-11 Pickleball 9:30 Pinochle 10 Chair Yoga w/Lori, \$5 10 Hand & Foot 10:30 Sit & Fit 11-12 Drive Thru 11:30 Lunch, \$3.50 11:30 Mahjongg/Mex. Train Dominoes 12:15 Shopping + 12:30 Painting / Crafts</p> | <p>31 8:30-4 Fitness, \$ / Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15-1:45 Bingo, \$3 don. 11-12 Drive Thru 11 La Red Booster Shots 11:30 Lunch & CIB Talk on Diamondback Terrapins! 12:15 Poker / Knitting & Crocheting Club</p> |  | <p>HAPPY AUGUST BIRTHDAYS!</p>  |



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

