

**CHEER Coastal Leisure Center**  
**SEPTEMBER 2022**



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

Mon	Tue	Wed	Thu	Fri
<p><b>National Senior Center Month!</b> <i>Strengthening Community Connections</i></p>			<p>1 8:30-4 Fitness, \$/Puzzl 9-11 <b>Pickleball</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10:30 <b>Ken's Korner, Z</b> 11-12 DT / 11:30 Lunch 12 <b>Parson's Farm Mkt</b> 12-2 <b>V. Painting, \$, Z</b> 12:30 <b>Hand &amp; Foot</b> 2:30 <b>Parkinson's Exer.</b> 6 <b>Alz's Caregiver Sup Grp</b></p>	<p>2 <b>Trap Pond Fall Festival 10-2</b> <i>Buses leave at 9 a.m.</i></p>
<p>5  HAPPY LABOR DAY  CLOSED TODAY!</p>	<p>6 8:30-4 Fitness, \$/Puzzle 9-11 <b>Pickleball</b> 9:30 <b>Pinochle—need more</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, \$ 11:30 <b>Mahjongg</b> 12 <b>Mexican Train Dominoes</b> 12:30 <b>Painting / Crafts</b></p>	<p>7 8:30-4 Fitness, \$/Puzzles 9 <b>Yoga w/Susan, \$5</b> 9-10 <b>Breakfast, \$2</b> 10:15-1:45 <b>Bingo, \$3 don.</b> 11-12 Drive Thru Lunch 11 <b>La Red Booster Shots</b> 11:30 Lunch, \$3.50 &amp; <b>Senior Medicare Patrol w/Donna</b> 12:30 <b>Poker / Knitting</b></p>	<p>8 8:30-4 Fitness, \$/Puzz 9-11 <b>Pickleball</b> 9:30 <b>OC Ctr for the Arts and Dirty Harry's, FI</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11-12 Drive Thru Lunch 11:30 Lunch 12-2 <b>V. Painting, \$, ZOOM</b> 12:30 <b>Hand &amp; Foot</b> 2:30 <b>Parkinson's Exer.</b></p>	<p>9 8:30-4 Fitness/Puzz 9:30 <b>DE State Police Museum Tour/Longhorn Steakhouse, Dover</b> 11-12 Drive Thru 11:30 Lunch 12 <b>Poker / Mahjongg</b> 12:30 <b>Bridge-need more players!</b></p>
<p>12 8:30-4 Fitness, \$/Puz 9 <b>Yoga w/Susan, \$5</b> 10 <b>Walking Club</b> 10:30 <b>Mahjongg</b> 11 <b>Corn Hole Club</b> 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 <b>Quilting Club / Shopping+/Tablet Class</b></p>	<p>13 8:30-4 Fitness, \$/Puzzl 9-11 <b>Pickleball</b> 9:30 <b>Pinochle-need more</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, \$ 11:30 <b>Mahjongg</b> 12 <b>Mexican Train Dominoes</b> 12:30 <b>Painting/Crafts</b></p>	<p>14 8:30-4 Fitness, \$/Puzzles 9 <b>Yoga w/Susan, \$5</b> 9-10 <b>Breakfast, \$2</b> 10:15-1:45 <b>Bingo, \$3 don.</b> 11-12 Drive Thru Lunch 11 <b>La Red Booster Shots</b> 11:30 Lunch, \$3.50 &amp; <b>Easter Seals Programs w/Linda</b> 12:30 <b>Poker / Knitting</b></p>	<p>15 8:30-4 Fitness, \$/Puzz 9-11 <b>Pickleball</b> 9:45 <b>Ferry Ride, \$11 all inclusive-bus/boat/lunch!</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11-12 Drive Thru Lunch 11:30 Lunch 12-2 <b>V. Painting, \$, ZOOM</b> 12:30 <b>Hand &amp; Foot</b> 2:30 <b>Parkinson's Exer.</b></p>	<p>16 8:30-4 Fitness/Puzzles 9:30 <b>Delmarva Teen Challenge Thrift Shop and Smith's Café, SF</b> 11-12 Drive Thru 11:30 Lunch 12 <b>Poker / Mahjongg</b> 12:30 <b>Bridge-need more players</b></p>

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**SEPTEMBER 2022**



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

Mon	Tue	Wed	Thu	Fri
<b>19</b> 8:30-4 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11 Corn Hole Club 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Quilting Club / Shopping+ / Tablet Class	<b>20</b> 8:30-4 Fitness, \$/Puzz 9-11 Pickleball 9:30 Pinochle-need more 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 12 Mex. Train Dominoes 12:30 Painting / Crafts	<b>21</b> 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15-1:45 Bingo, \$3 don. 11-12 Drive Thru 11:30 Lunch & Peace Day Celebration with Poetry and Steve P. on Guitar! 12:30 Poker / Knitting & Crocheting Club 1 La Red Covid Boosters 3 Parkinson's Support Grp	<b>22</b> 8:30-4 Fitness,\$/Puzz 9-11 Pickleball 9:30 Byler's in Harrington w/RX and Rudy's Diner 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12-2 V. Painting w/Marina, \$, ZOOM 12:30 Hand & Foot 2:30 Parkinson's Exer.	<b>23</b> 8:30-4 Fitness, \$/Puzz 10 Calvin B. Taylor Museum Tour, \$5 and Boxcar on Main, Berlin 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 12:30 Bridge-need more players!
<b>26</b> 8:30-4 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10:30 Mahjongg 11 Corn Hole Club 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 & Stand By Me 12:15 Quilting Club / Shopping+ / Tablet Class	<b>27</b> 8:30-4 Fitness,\$/Puzz 9-11 Pickleball 9:30 Pinochle-need more 10 Chair Yoga w/Lori, \$5 10 Hand & Foot 10:30 Sit & Fit 11-12 DT/11:30 Lunch, \$3.50 <b>CELEBRATE</b> Senior Center Month with Hot Sauce Band, 12-1 and Mr. Frostie Ice Cream Truck, 1-2!!!	<b>28</b> 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 & Falls Prevention w/Murry, Matter of Balance Inst. 12:30 Poker / Knitting & Crocheting Club	<b>29</b> 8:30-4 Fitness,\$/Puzz 9-11 Pickleball 9:30 Walmart Super Center/ J.D. Shuckers in Georgetown 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12-2 V. Painting w/Marina, \$, ZOOM 12:30 Hand & Foot 2:30 Parkinson's Exer.	<b>30</b> 8:30-4 Fitness, \$/Puzz 9:30 Fort Miles Exhibit "Oil Still Bleeds", Cape Henlopen S.P. and Crooked Hammock 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 12:30 Bridge-need more players!



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

