

**CHEER Coastal Leisure Center**  
**NOVEMBER 2022**






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

Mon	Tue	Wed	Thu	Fri
	1 8:30-4 Fitness, \$/Puzz 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 10 Hand and Foot 10:30 Sit and Fit 11-12 DT/11:30 Lunch, 12 Membership Meeting 11:30 Mahjongg 12-2 V. Painting, \$, Z 12:15 Mexican Train Dom 12:30 Crafts/Pinochle	2 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 11:30 Lunch, \$3.50 11 La Red Booster Shots 12:15 Poker/Knitting/Pino 2-4 Play Practice	3 8:30-4 Fitness, \$/Puzzl 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 10:30 Ken's Korner, Z 11-12 DT / 11:30 Lunch 11:15 Trip Tentative 12:30 Hand and Foot 2:30 Parkinson's Exer. 6 Alz's Caregiver Sup Grp	4 8:30-4 Fitness/Puzzles 9:30 Four Acres Alpaca Farm / Shah's Halal M.E. Food, Millsboro 9:30—11:30 Memory Café with Christy S. 11-12 Drive Thru 11:30 Lunch 12:15 Poker / Mahjongg
	7 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10 Walking Club/Exer. 10:30 Mahjongg / Corn Hole Club 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Around The World Episode 4/ Quilting Club 1 Shopping+ / Tablet	8 8:30-4 Fitness, \$/Puzz 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 10 Hand and Foot 10:30 Sit and Fit 11-12 DT/11:30 Lunch, \$ 12 Veteran's Pres. (tent.) 11:30 Mahjongg 12-2 V. Painting, \$, Z 12:15 Mexican Train Dom 12:30 Crafts / Pinochle	9 8:30-4 Fitness, \$/Puzz 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 11:45 Balance Screening w/ Conner of Aqua Care 12:15 Poker/Knitting/Pino 2-4 Play Practice	10 8:30-4 Fitness, \$/Puzz 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12:30 Hand and Foot 2:30 Parkinson's Exer. 4 Veteran's Dinner and Dance, G'town, 5-9
14 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10 Walking Club/Exer. 10:30 Mahjongg / Corn Hole Club 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Around The World Episode 5/ Quilting Club 1 Shopping+ / Tablet	15 8:30-4 Fitness, \$/Puzzl 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 10 Hand and Foot 10:30 Sit and Fit 11-12 Drive Thru Lunch 11:30 Lunch, \$ 11:30 Mahjongg 12-2 V. Painting, \$, Z 12:15 Mexican Train Dom 12:30 Crafts / Pinochle	16 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15-1:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 12:15 Poker/Knitting/Pino 2-4 Play Practice 3 Parkinson's Support Grp	17 8:30-4 Fitness, \$/Puzz 9:30 Laurel Junction with Roxana CHEER members 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch 12:30 Hand and Foot 2:30 Parkinson's Exer.	18 8:30-4 Fitness/Puzzles 9:30—11:30 Memory Café with Christy S. 11-12 Drive Thru 11:30 Lunch 11:30 Garden Grill Food Truck / Windmill Creek Winery—Self Tour and Flight Tasting (\$16+tax) 12:15 Poker / Mahjongg

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

Mon	Tue	Wed	Thu	Fri
<b>21</b> 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10 Walking Club/Exer. 10:30 Mahjongg / Corn Hole Club 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Around The World Episode 6 / Quilting Club 1 Shopping+ / Tablet Class	<b>22</b> <b>THANKSGIVING FEAST AT            CHEER COMMUNITY CTR</b> <b>10 AM—2 PM!</b> <b>Tickets—\$6 for 60 &amp; over</b> <b>\$8 for under</b> <b>Sign up for Bus or Drive</b> <b>CENTER CLOSED</b> 	<b>23</b> 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15-1 Bingo, FREE Holiday Bingo Day! 11-12 Drive Thru/11:30 Lunch 12:15 Poker/Knitting/ Pinochle 1-2 Piano Music-Mark G! 1 La Red Covid Boosters	<b>24</b> 	<b>25</b> 
<b>28</b> 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10 Walking Club/Exer. 10:30 Mahjongg / Corn Hole Club 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 11:30 Stand by Me 12:15 Around The World Episode 7,8 / Quilting Club 1 Shopping+ / Tablet	<b>29</b> 8:30-4 Fitness, \$/Puzzl 10-12 Pickleball 10 Chair Yoga w/Lori, \$5 10 Hand and Foot 10:30 Sit and Fit 11-12 Drive Thru Lunch 11:30 Lunch, \$ 11:30 Mahjongg 12-2 V. Painting, \$, Z 12:15 Mexican Train Dom 12:30 Painting / Hat Decorating / Pinochle	<b>30</b> 8:30-4 Fitness, \$/Puz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10:15-11:30 Bingo 11 La Red Booster Shots 11-12 Drive Thru 11:30 Lunch 12:15 Poker/Knitting/ Pinochle 2-4 Play Practice	 <b>SAVE THE            DATE-            HOLIDAY            BAZAAR            FRIDAY, 12/2            9 A.M.—NOON!</b>	<b>OV CHEER'S            HOLIDAY            ENTERTAINMENT            AND DINNER!</b> <b>Tues. 12/6            4—6 p.m.</b> 



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

