

CHEER Coastal Leisure Center
JANUARY 2023



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>2</p>	<p>3</p> <p>8:30 Fitness, \$/Puzzl 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 11:30 Mahjongg 12:15 Mexican Train Dom/ Painting/Arts and Crafts/ Pinochle</p>	<p>4</p> <p>8:30 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9 Breakfast, \$2 10 Bingo, \$2 don. 11 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 12 '60 Music Program with Mason Dixon! 12:15 Poker/Knitting/Pino</p>	<p>5</p> <p>8:30 Fitness, \$/Puzz 10 Chair Yoga w/Lori, \$5 10:30 Ken's Korner, Zoom 11 DT / 11:30 Lunch 11:30 Synergy Cafe 12 Virtual Painting, \$, Z 12:30 Hand and Foot 1 Parkinson's Exercise (?) 6 Alz's Caregiver Sup Grp</p>	<p>6</p> <p>8:30 Fitness / Puzzles 9:30 Memory Café with Christy 11 Drive Thru 11:30 Lunch Noonish Movies at Midway for a Matinee, Rehoboth (not eating) 12:15 Poker / Mahjongg</p>
<p>9</p> <p>8:30 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10:30 Mahjongg 10:45 Winter Stroll 11 Drive Thru Lunch 11:30 Lunch, \$3.50 12 Membership Mtg 12:15 Quilting Club / Shopping+ / Tablet</p>	<p>10</p> <p>8:30 Fitness, \$/Puzz 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11 DT/11:30 Lunch, \$ 11:30 Mahjongg 12:15 Mexican Train Dom/ Painting/Arts and Crafts/ Pinochle (play moved to 1/24)</p>	<p>11</p> <p>8:30 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9 Breakfast, \$2 10 Bingo, \$3 don. 11 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 12:15 Poker/Knitting/Pino</p>	<p>12</p> <p>8:30 Fitness, \$/Puzzles 9:30 Salisbury Mall and Food Court or Red Lobster 10 Chair Yoga w/Lori, \$5 11 Drive Thru Lunch 11:30 Lunch 12 Virtual Painting, \$, Z 12:30 Hand and Foot 1 Parkinson's Exercise (?)</p>	<p>13</p> <p>8:30 Fitness / Puzzles 9:30 Memory Café with Christy 10 Samaritan's Thrift Shop and Doyle's 11 Drive Thru 11:30 Lunch 12:15 Poker / Mahjongg</p>
<p>16</p>	<p>17</p> <p>8:30 Fitness, \$/Puzzl 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11 Drive Thru Lunch 11:30 Lunch, \$3.50 11:30 Mahjongg 12:15 Mexican Train Dom/ Painting/Arts and Crafts / Pinochle</p>	<p>18</p> <p>8:30 Fitness, \$/Puzz 9 Yoga w/Susan, \$5 9 Breakfast, \$2 10 Bingo, \$3 don. 11 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 11:45 SNAP Presentation 12:15 Poker/Knitting/Pino 3 Parkinson's Support Grp</p>	<p>19</p> <p>8:30 Fitness, \$/Puzzles 10 Chair Yoga w/Lori, \$5 10:30 Dogfish Head Kitchen and Quick Sip Tour & Tasting 11 Drive Thru Lunch 11:30 Lunch 12 Virtual Painting, \$, Z 12:30 Hand and Foot 1 Parkinson's Exercise (?)</p>	<p>20</p> <p>8:30 Fitness/Puzzles 9:30 Memory Café with Christy 9:30 DE Assistive Technology and Po' Boys, Milford (tentative) 11 Drive Thru 11:30 Lunch 12:15 Poker / Mahjongg</p>

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Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
23 8:30 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10:30 Mahjongg 10:45 Winter Stroll 11 Drive Thru Lunch 11:30 Lunch, \$3.50 11:30 Stand By Me 12:15 Quilting Club / Shopping+/Tablet Class	24 8:30 Fitness, \$/Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11 Drive Thru Lunch 11:30 Lunch, \$ 11:30 Mahjongg 12 Mexican Train Dominoes/ Painting/Arts and Crafts/ Pinochle 4 "Bugsy Malone" and Dinner - \$6!!!	25 8:30 Fitness, \$/Puzz 9 Yoga w/Susan, \$5 9 Breakfast, \$2 10 Bingo, \$3 don. 11 La Red Covid Boosters 11 Drive Thru 11:30 Lunch and Celebrate Gertrude's 100th Birthday!!! 12:15 Poker/Knitting/Pinochle	26 8:30 Fitness, \$/Puzzles 10 Chair Yoga w/Lori, \$5 10:30 Dollar Tree and Bent Spoon, S'ville 11 Drive Thru Lunch 11:30 Lunch 12 Virtual Painting, \$, Z 12:30 Hand and Foot 1 Parkinson's Exercise (?)	27 8:30-4 Fitness/Puzz 11-12 Drive Thru 11:30 Lunch 11:30 Salted Rim and Fire & Ice Festival at various locations! 12:15 Poker / Mahjongg
30 8:30 Fitness, \$/Puz 9 Yoga w/Susan, \$5 10:30 Mahjongg 10:45 Winter Stroll 11 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Quilting Club / Shopping+/Tablet Class	31 8:30 Fitness, \$/Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11 Drive Thru Lunch 11:30 Lunch, \$ 11:30 Mahjongg 12 Entertainment by Lisa Miller! 12:15 Mexican Train Dominoes / Pinochle			<p>Our Play "Bugsy Malone, A Satire," is moving from Tuesday, 1/10 to Tuesday, 1/24— 4-6 p.m. Performance with Dinner, \$6 pp!</p>