



**CHEER Coastal Leisure Center**  
**MARCH 2023**



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

Mon	Tue	Wed	Thu	Fri
<p>"UP, UP and AWAY"</p> 		<p>1 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 11:45 La Red Covid Update 12:15 Poker / Knitting and Crocheting / Pinochle</p>	<p>2 8:30-4 Fitness, \$ and Puzzles 10 Chair Yoga w/Lori, \$5 10:30 Ken's Korner, Zoom 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 11:15 Laurel Coffee Shop 12:30 Hand and Foot 1 Parkinson's Exercise (?) 6 Alz's Caregiver Sup Grp</p>	<p>3 8:30-4 Fitness/Puzzles 9-11 Virtual Painting, \$ 10:30—11:30 Memory Café with Christy S. 10 Aldi's and Country Kitchen, Millsboro 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12 Poker / Mahjongg 1 Line Dancing</p>
<p>6 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 10:30 Mahjongg 10 Morning Stroll 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:15 Quilting Club / Shopping+ / Tablet + Group</p>	<p>7 8:30-4 Fitness, \$/Puzzles 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/Mexican Train Dominoes 12:15 Dominoes II / Pino / Arts and Crafts / Painting</p>	<p>8 8:30-4 Fitness, \$ / Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 12:15 Poker / Knitting and Crocheting / Pinochle</p>	<p>9 8:30-4 Fitness, \$ / Puzzles 9:30 CHSP Fort Miles Tour, \$5 and Lewes Oyster House (tentative) 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:30 Hand and Foot 1 Parkinson's Exercise (?)</p>	<p>10 8:30-4 Fitness / Puzzl 9-11 Virtual Painting, \$ 10:30—11:30 Memory Café with Christy S. 9:45 Super Walmart, Berlin and Group Lunch Choice 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12 Poker / Mahjongg 1 Line Dancing</p>
<p>13 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 10:30 Mahjongg 10 Morning Stroll 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12 Membership Mtg 12:30 Quilting Club / Shopping+ / Tablet + Group</p>	<p>14 8:30-4 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 11:45 Corp. Briggs Sr. Safe 11:30 Mahjongg/Mexican Train Dominoes 12:15 Dominoes II / Pino / Arts and Crafts / Painting</p>	<p>15 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 / RX! 10-1:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 11:45 DE Asst. Tech Talk 12:15 Poker/Knitting/Pino 1 Parkinson's Support Grp</p>	<p>16 8:30-4 Fitness, \$/Puzzles 9:45 Clear Space Theatre for "Damn Yankees", \$20 and Nicola Pizza, Lewes 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:30 Hand and Foot 1 Parkinson's Exercise (?)</p>	<p>17    8:30-4 Fitness/Puzzles 9-11 Virtual Painting, \$ 10:30—11:30 Memory Café with Christy S. 10:30 Irish Eyes, Lewes! 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12 Poker / Mahjongg 1 Line Dancing</p>

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Mon	Tue	Wed	Thu	Fri
<b>20</b> 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 10:30 Mahjongg 10 Morning Stroll 10:30 March for Meals Local Dignitaries Drive 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:30 Quilting Club / Shopping+ / Tablet + Group	<b>21</b> 8:30-4 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/Mex Dom 12:15 Dominoes II / Pinochle / Crafts / Painting <b>SPRING DINNER AND ENTERTAINMENT BY LISA MILLER 4-6 p.m., \$6</b>	<b>22</b> 8:30-4 Fitness, \$/Puzz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 11:45 South Coastal Library Collaboration Presentation! (tentative) 12:15 Poker / Knitting and Crocheting / Pinochle <b>1 La Red Covid Boosters</b>	<b>23</b> 8:30-4 Fitness Room, \$ and Puzzles 9:45 Seaside Outlets and Buffalo Wild Wings 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:30 Hand and Foot 1 Parkinson's Exercise (?)	<b>24</b> 8:30-4 Fitness/Puzzles 9-11 Virtual Painting, \$ 10:30—11:30 Memory Café with Christy S. 10 Kite Loft and Shenanigan's, OC 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 1 Line Dancing
<b>27</b> 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 10:30 Mahjongg 10 Morning Stroll 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:30 Stand By Me with Kathleen Rupert-by appt 12:15 Quilting Club / Shopping+ / Tablet + Group	<b>28</b> 8:30-4 Fitness, \$ and Puzzles 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/Mexican Train Dominoes 12:15 Dominoes II / Pino / Arts and Crafts / Painting	<b>29</b> 8:30-4 Fitness, \$/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11-12 Drive Thru Lunch 11 La Red Booster Shots 11:30 Lunch, \$3.50 12 MARCH BIRTHDAYS CELEBRATED! 12:15 Poker / Knitting and Crocheting / Pinochle	<b>30</b> 8:30-4 Fitness Room, \$ and Puzzles 10 Farm Visit (tentative) and Parson's Farms Produce 10 Chair Yoga w/Lori, \$5 11-12 Drive Thru Lunch 11:30 Lunch, \$3.50 12:30 Hand and Foot 1 Parkinson's Exercise (?)	<b>31</b> 8:30-4 Fitness/Puzzles 9-11 Virtual Painting, \$ 9:30 Spence's Bazaar and Cheddar's, Dover 10:30—11:30 Memory Café with Christy S. 11-12 Drive Thru 11:30 Lunch 12 Poker / Mahjongg 1 Line Dancing



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

