

**CHEER Coastal Leisure Center**  
**SEPTEMBER 2023**



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

| Mon  | Tue   | Wed  | Thu   | Fri   |
|--|---|--|---|---|
| <p><b>National Senior Center Month</b><br/> <b>Discover your...</b></p>  |   |  |   | <p><b>1</b><br/> <b>8:30-4 Fitness/Puzzle</b><br/> <b>9:30 At the Center—Fun Summer Flick with Treats! Bus home after Lunch . . .</b><br/> <b>10:30—11:30 Memory Café cancelled today</b><br/> <b>11:30 Lunch, \$</b><br/> <b>12 Poker / Mahjongg</b></p>           |
| <p><b>4</b><br/> <b>CENTER CLOSED TODAY</b></p>  | <p><b>5 8:30-4 Fitness, \$/Puzz</b><br/> <b>9-11 PICKLEBALL</b><br/> <b>9:30 Hand and Foot</b><br/> <b>10 Chair Yoga, Lori Video</b><br/> <b>10:30 Sit and Fit</b><br/> <b>11:30 Lunch, \$</b><br/> <b>11:30 Mahjongg/Mexican Train Dominoes</b><br/> <b>12:15 Discover Yours Photo Op! / Pinochle</b></p>    | <p><b>6</b><br/> <b>8:30-4 Fitness, \$-SS/Puzz</b><br/> <b>9 Yoga w/Susan, \$5</b><br/> <b>9-10 Breakfast, \$2</b><br/> <b>9-11 Bocce at J West Park</b><br/> <b>10-1:30 Bingo, \$3 don.</b><br/> <b>11:30 Lunch, \$</b><br/> <b>12 Poker / Knitting and Crocheting</b><br/> <b>1:45-3:45 PLAY PRACTICE!</b></p>                           | <p><b>7 8:30-4 Fitness, \$/Puzzles</b><br/> <b>9-11 PICKLEBALL</b><br/> <b>10 Chair Yoga, Lori Video</b><br/> <b>10:30 Ken's Korner, Zoom</b><br/> <b>11:15 Trip to Summer Salts for Lunch!</b><br/> <b>11:30 Lunch, \$</b><br/> <b>12:15 Hand and Foot</b><br/> <b>6 Alzheimer's Caregiver Support Group</b></p> | <p><b>8 CHEER'S ANNUAL TRAP POND FALL PICNIC</b><br/> <b>BUS Leaves OV at 9 a.m.</b></p>  |
| <p><b>11 8:30-4 Fitness, \$-SS / Jigsaw Puzzles</b><br/> <b>9 Yoga w/Susan, \$5</b><br/> <b>9 Corn Hole</b><br/> <b>9:30 Walking Club</b><br/> <b>10:30 Mahjongg</b><br/> <b>11:30 Lunch, \$</b><br/> <b>12 Membership Mtg.</b><br/> <b>12:15 Quilting Club / Shopping+ / Tablet +</b></p> | <p><b>12 8:30-4 Fitness, \$/Puzzle</b><br/> <b>9-11 PICKLEBALL</b><br/> <b>9:30 Hand and Foot</b><br/> <b>10 Chair Yoga, Lori Video</b><br/> <b>10:30 Sit and Fit</b><br/> <b>11:30 Lunch, \$</b><br/> <b>11:30 Mahjongg/Mexican Train Dominoes</b><br/> <b>12:15 Discover Yours Photo Op! / Pinochle</b></p> | <p><b>13 8:30-4 Fitness, \$-SS / Jigsaw Puzzles</b><br/> <b>9 Yoga w/Susan, \$5</b><br/> <b>9-10 Breakfast, \$2</b><br/> <b>9-11 Bocce at J West Park</b><br/> <b>10-1:30 Bingo, \$3 don.</b><br/> <b>11:30 Lunch, \$ and Balance Tips with Connor, AquaCare</b><br/> <b>12 Poker / Knitting+</b><br/> <b>1:45-3:45 PLAY PRACTICE!</b></p> | <p><b>14</b><br/> <b>8:30-4 Fitness, \$/Puzzles</b><br/> <b>9-11 PICKLEBALL</b><br/> <b>10 Chair Yoga, Lori Video</b><br/> <b>10 Mispillion River Walk and Brewing Co.! Order lunch in from several local restaurants ...</b><br/> <b>11:30 Lunch, \$</b><br/> <b>12:15 Hand and Foot</b></p>                     | <p><b>15</b><br/> <b>8:30-4 Fitness, \$-SS / Jigsaw Puzzles</b><br/> <b>9:30 Boscov's, Salisbury Mall and lunch at Jojo's Family Restaurant</b><br/> <b>10:30—11:30 Memory Café with Christy S.</b><br/> <b>11:30 Lunch, \$</b><br/> <b>12 Poker / Mahjongg</b></p> |

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**SEPTEMBER 2023**



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

| Mon   | Tue   | Wed   | Thu  | Fri   |
|---|---|---|--|---|
| <p>18<br/>           8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           9 Yoga w/Susan, \$5<br/>           9 Corn Hole<br/>           9:30 Walking Club<br/>           10:30 Mahjongg<br/>           11:30 Lunch, \$<br/>           12:15 Quilting Club / Shopping+ / Tablet + Group</p>   | <p>19 8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           9-11 PICKLEBALL<br/>           9:30 Hand and Foot<br/>           10 Chair Yoga w/Lori, \$5<br/>           10:30 Sit and Fit<br/>           11:30 Lunch, \$<br/>           11:30 Mahjongg/dominos<br/>           12:15 Discover Yours Photo Op! / Pinochle<br/>           12:30 Parking Lot Concert with Everett Spells! Bring a Lawn Chair &amp; Enjoy . . . . .</p>        | <p>20 8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           9 Yoga w/Susan, \$5<br/>           9-10 Breakfast, \$2<br/>           9-11 Bocce at J West Park<br/>           10-1:30 Bingo, \$3 don.<br/>           11:30 Lunch, \$ and PAM Rehab Talk<br/>           12 Poker / Knitting and Crocheting<br/>           1 Parkinson's Support Grp<br/>           1:45-3:45 PLAY PRACTICE!</p>                           | <p>21<br/>           8:30-4 Fitness Room, \$-SS and Jigsaw Puzzles<br/>           9-11 PICKLEBALL<br/>           9:45 Annual Ferry Trip—\$11 all inclusive!!!<br/>           10 Chair Yoga w/Lori, \$5<br/>           11:30 Lunch, \$<br/>           12:15 Hand and Foot</p> <p style="text-align: center;"><i>International Day of Peace!</i></p>           | <p>22<br/>           8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           10:30 TEA at Lavender Fields! Limit 15, \$40, must pay at time of sign up! See flyer for details<br/>           10:30—11:30 Memory Café with Christy S.<br/>           11:30 Lunch, \$<br/>           12 Poker / Mahjongg</p>                            |
| <p>25 8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           9 Yoga w/Susan, \$5<br/>           9 Corn Hole<br/>           9:30 Walking Club<br/>           10:30 Mahjongg<br/>           11:30 Lunch, \$<br/>           12:15 Quilting Club / Shopping+ / Tablet +<br/>           1-3 Stand By Me with Kathleen R., by appt<br/>           302 608-2705</p> | <p>26 8:30-4 Fitness, \$/J. Puz<br/>           9-11 PICKLEBALL<br/>           9:30 Hand and Foot<br/>           10 Chair Yoga w/Lori, \$5<br/>           10:30 Sit and Fit<br/>           11:30 Lunch, \$<br/>           11:45 Chef Jim Demo. - Pineapple Semifreddo!<br/>           11:30 Mahjongg/dominos<br/>           12:15 Discover Yours Photo Op! / Pinochle<br/>           5 Spaghetti Dinner and Minute To Win It!!!! \$6</p> | <p>27 8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           9 Yoga w/Susan, \$5<br/>           9-10 Breakfast, \$2<br/>           9-11 Bocce at J West Park<br/>           10-1:30 Bingo, \$3 don.<br/>           11:30 Lunch, \$<br/>           11:30-12:30 Oktoberfest Celebration and Birthdays, Carolen Performing!<br/>           12 Poker / Knitting and Crocheting<br/>           1:45-3:45 PLAY PRACTICE!</p> | <p>28 8:30-4 Fitness Room, \$-SS and Jigsaw Puzzles<br/>           9-11 PICKLEBALL<br/>           9 TWO Buses to Trap Pond for 2 Pontoon Rides!!! One 10 a.m. ride then lunch at Abbott's Grill, and One to b'fast then 11 a.m. ride—\$5 each<br/>           10 Chair Yoga w/Lori, \$5<br/>           11:30 Lunch, \$<br/>           12:15 Hand and Foot</p> | <p>29<br/>           8:30-4 Fitness, \$-SS / Jigsaw Puzzles<br/>           9:30 To RX CHEER for 'Imagine' Performance, lunch and afternoon Bingo!<br/>           10:30—11:30 Memory Café with Christy S.<br/>           11:30 Lunch, \$<br/>           12 Poker / Mahjongg<br/>           2-4 OPEN HOUSE FOR CEDAR BAY CONDO 3!</p> |



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

