

CHEER Coastal Leisure Center
OCTOBER 2023



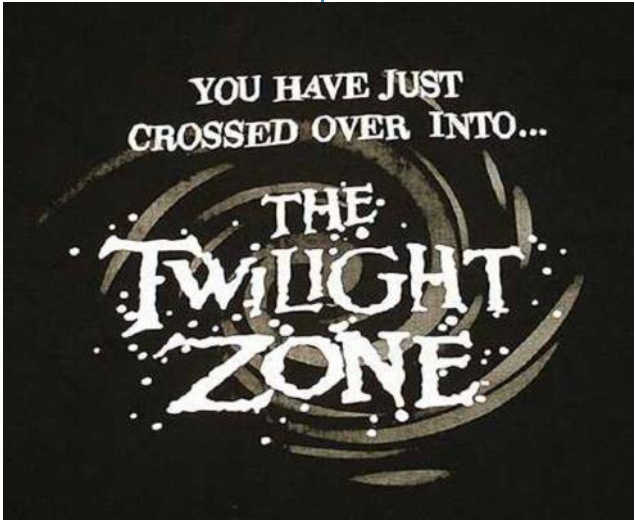

30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>2 8:30-4 Fitness, \$-SS / Jigsaw Puzzles 9 Yoga w/Susan, \$5 9:30 Corn Hole 10 Walking Club 10:30 Mahjongg 11:30 Lunch, \$ donation 12 Membership Mtg. 12:15 Quilting Club / Shopping+</p>	<p>3 8:30-4 Fitness, \$-SS/Puz 9-11 PICKLEBALL 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 MJ/MT Dominoes 12:15 Pinochle 12:30-1:30 Rat Pack Music with Notes on the Beach!!!</p>	<p>4 8:30-4 Fitness, \$-SS/Puzz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-12 Bocce at J West Park 10-1:30 Bingo, \$3 don. 11:30 Lunch, \$ don. / MC Changes with Tennett 12 Poker / Knitting and Crocheting group on own 2-4 PLAY PRACTICE!</p>	<p>5 8:30-4 Fitness, \$-SS/Puz 9-11 PICKLEBALL 10 Chair Yoga w/Lori, \$5 10:30 Ken's Korner, Zoom 11:15 Doyle's and Samaritan's Thrift Shop 11:30 Lunch, \$ donation 12:15 Hand and Foot 6 Alzheimer's Caregiver Support Group</p>	<p>6 8:30-4 Fitness, \$-SS 9:30-12 Sound Healing with Lori—sign up! 9:30 Milton Mem. Park Stroll, The Backyard 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg / Games</p>
<p>9 8:30-4 Fitness, \$-SS / Jigsaw Puzzles 9 Yoga w/Susan, \$5 9:30 Corn Hole 10 Walking Club 10:30 Mahjongg 11:30 Lunch, \$ donation 12 Membership Mtg. 12:15 Quilting Club / Shopping+</p>	<p>10 8:30-4 Fitness, \$-SS/Puz 9-11 PICKLEBALL 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg/Mexican Train Dominoes 12:15 Pinochle / Arts and Crafts</p>	<p>11 8:30-4 Fitness, \$-SS/Puzz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-12 Bocce at J West Park 10-1:30 Bingo, \$3 don. 11:30 Lunch, \$ donation/ Diabetes, Heart Dis. Prev. 12 Poker / Knitting and Crocheting group on own 2-4 PLAY PRACTICE!</p>	<p>12 8:30-4 Fitness, \$-SS/ Jigsaw Puzzles 9-11 PICKLEBALL 9 Dover Mall with Food Court 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>13 8:30-4 Fitness, \$-SS 9:30-12 Sound Healing with Lori—sign up! 9:30 Furnace Town Hist. Site, \$6 and Oaked 110 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg / Games</p>
<p>16 8:30-4 Fitness, \$-SS / Jigsaw Puzzles 9 Yoga w/Susan, \$5 9:30 Corn Hole 10 Walking Club to Bayside, Bethany Lakes 10:30 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Shopping+</p>	<p>17 8:30-4 Fitness, \$-SS/Puz 9-11 PICKLEBALL 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg/Mexican Train Dominoes 12:15 Pino / Arts and Crafts</p>	<p>18 8:30-4 Fitness, \$-SS / Puz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-12 Bocce at J West Park 10-1:30 Bingo, \$3 don. 11:30 Lunch, \$ donation 12 Poker / Knitting and Crocheting group on own 1 Parkinson's Support Grp 2-4 PLAY PRACTICE!</p>	<p>19 8:30-4 Fitness, \$-SS / Jigsaw Puzzles 9-11 PICKLEBALL 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot 12:45 So. Coastal Lib. For Sea Glass Jewelry (space limited) or True Crime! On our bus only . . .</p>	<p>20 8:30-4 Fitness, \$-SS / Jigsaw Puzzles 9:15 Sunfest, OC (10-2) 9:30-12 Sound Healing with Lori—sign up! 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg / Games</p>

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Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>23</p> <p>8:30-4 Fitness, \$-SS / Jigsaw Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>9:30 Corn Hole</p> <p>10 Walking Club</p> <p>10:30 Mahjongg</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Quilting Club / Shopping+</p> <p>1-3 Stand By Me with Kathleen R., by appt</p>	<p>24</p> <p>8:30-4 Fitness, \$-SS / Jigsaw Puzzles</p> <p>9-11 PICKLEBALL</p> <p>9:30 Hand and Foot</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10:30 Sit and Fit</p> <p>11:30 Lunch, \$ donation</p> <p>11:30 Mahjongg/Mex. Train Dominoes</p> <p>12 Show Tunes with Lisa Miller!!!</p> <p>12:15 Pinochle</p>	<p>25</p> <p>8:30-4 Fitness, \$-SS / Jigsaw Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>9-10 Breakfast, \$2</p> <p>10-12 Bocce at J West Park</p> <p>10-1:30 Bingo, \$3 don.</p> <p>11:30 Lunch, \$ and PAM Rehab Talk—Oct. B'days!</p> <p>12 Poker / Knitting and Crocheting group on own</p> <p>1:45-3:45 PLAY PRACTICE!</p>	<p>26</p> <p>8:30-4 Fitness Room, \$-SS / Jigsaw Puzzles</p> <p>9-11 PICKLEBALL</p> <p>9 Brunch at The Mad Hatter Café in Salisbury and Rudy's Choice Shop</p> <p>Stop on way home!</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Hand and Foot</p>	<p>27</p> <p>8:30-4 Fitness, \$-SS / Jigsaw Puzzles</p> <p>9:30-12 Sound Healing with Lori—sign up!</p> <p>10:30—11:30 Memory Café with Christy S.</p> <p>11:15ish Movies at Midway, RB—depends on show times ...</p> <p>11:30 Lunch, \$ donation</p> <p>12 Poker / Mahjongg / Games</p>
<p>30 8:30-4 Fitness, \$-SS / Jigsaw Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>9:30 Corn Hole</p> <p>10 Walking Club</p> <p>10:30 Mahjongg</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Quilting Club / Shopping+</p>	<p>31 8:30-4 Fitness, \$-SS/ Jigsaw Puzzles</p> <p>9-11 PICKLEBALL</p> <p>9:30 Hand and Foot</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10:30 Sit and Fit</p> <p>11:30 Lunch, \$ donation</p> <p>11:30 Mahjongg/dominoes</p> <p>12:15 Pinochle</p> <p>4-6 TWILIGHT ZONE PLAY/DINNER!!!</p> <p>\$6 members, \$8 guests</p>			



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

