





Mon	Tue	Wed	Thu	Fri
		<p><b>1</b>              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              12 Poker / Knitting and Crocheting group on own</p>	<p><b>2</b>              8:30-4 Fitness, \$-SS/Puz              9-11 PICKLEBALL              10 Chair Yoga w/Lori, \$5              10:30 Beckett's Broadcast              11:30 Lunch, \$ donation              12 DE Botanic Gardens for Fall Stroll, \$15 or pass              12:15 Hand and Foot              6 Alzheimer's Caregiver Support Group</p>	<p><b>3</b>              8:30-4 Fitness, \$-SS              9:30-12 Sound Healing with Lori - sign up!              9:45 Parson's Farm and Porto's Pizza and Grill              10:30—11:30 Memory Café with Christy S.              11:30 Lunch, \$ donation              12 Poker/Mahjongg /Games</p>
<p><b>6</b>              Fitness, \$-SS /Jigsaw Puzzles              9 Yoga w/Susan, \$5              9:30 Corn Hole              10 Walking Club              10:30 Mahjongg              11:30 Lunch, \$ donation              12:15 Quilting Club /Shopping+</p>	<p><b>7</b>              8:30-4 Fitness, \$-SS/Puzz              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/Dominoo              12-1 Mark Gratton on Piano!              1 Pino/A&amp;C available</p>	<p><b>8</b>              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              12 Poker/Knitting and Crocheting group on own</p>	<p><b>9</b>              8:30-4 Fitness, \$-SS/Jigsaw Puzzles              9-11 PICKLEBALL              9:30 Label Shoppers and Stargate Diner, Seaford              10 Chair Yoga w/Lori, \$5              11:30 Lunch, \$ donation              12:15 Hand and Foot</p>	<p><b>10</b>              8:30-4 Fitness, \$-SS              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              4 Veteran's Day Dinner Dance, 5-9 p.m., Veterans Free/\$10 all others</p>
<p><b>13</b>              8:30-4 Fitness, \$-SS              9 Yoga w/Susan, \$5              9-3 Mobile Dental Clinic, Highmark              9:30 Corn Hole              10 Walking Club              10:30 Mahjongg              11:30 Lunch, \$ donation              12 Membership Mtg.              12:15 Quilting C/Shop+ Shopping+</p>	<p><b>14</b>              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              11:45 Hanky Talk w/Kaysi              12:15 Pino/A&amp;C available</p>	<p><b>15</b>              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, \$ don. and Health Talk w/Billy, PAM              12 Poker/Knitting and Crocheting group on own              1 Parkinson's Support Grp</p>	<p><b>16</b>              8:30-4 Fitness, \$-SS /Jigsaw Puzzles              9-11 PICKLEBALL              9 Target and Delicious Fusion (Sushi/Asian Food), Dover              10 Chair Yoga w/Lori, \$5              11:30 Lunch, \$ donation              12:15 Hand and Foot</p>	<p><b>17</b>              8:30-4 Fitness, \$-SS / Jigsaw Puzzles              9:15 Cape Henlopen Nature Ctr Talk w/ Kathleen and Big Oyster              9:30-12 Sound Healing              10:30 - 11:30 Memory Café w/Christy S.              11:30 Lunch, \$ donation              12 Poker/Mahjongg</p>

**CHEER Coastal Leisure Center**  
**NOVEMBER 2023**



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

Mon	Tue	Wed	Thu	Fri
<p>20            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            12:15 Quilting Club /Shopping+</p>	<p>21  <b>Center closed for Holiday Feast at Community Center.</b>  <b>10 a.m. - 2 p.m.</b>  <b>Bus leaves at 9 a.m.</b>  <b>\$6 / \$8</b></p>	<p>22            8:30-4 Fitness, \$-SS/Puz            9 Yoga w/Susan, \$5            9-10 Breakfast, \$2            10-12 Bocce at J West Park            10-1:45 Bingo, \$3 don.            11:30 Lunch, \$ donation            11:30-12:30 "All About Memories" Jim &amp; Vel Perform! Bingo resumes afterwards            12 Poker/Knitting and Crocheting group on own</p>	<p>23  <b>We are Closed for the Thanksgiving Holiday.</b>  <b>See you Monday, 27th</b></p>	<p>24  <b>"Room at the Table, for Everyone"</b></p> 
<p>27            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            12:15 Quilting Club /Shopping+            1-3 Stand By Me with Kathleen R., by appt, 302 608-2705</p>	<p>28            8:30-4 Fitness, \$-SS/Jigsaw Puzzles            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/dominoes            12:15 Pinochle</p>	<p>29            8:30-4 Fitness, \$-SS / Jigsaw Puzzles            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, \$ and Celebrate NOV. Birthdays!            12 Poker/Knitting and Crocheting group on own</p>	<p>30            8:30-4 Fitness, \$-SS /Jigsaw Puzzles            9-11 PICKLEBALL            9:45 Clear Space Theatre for "Estella Scrooged" and Lunch TBD            10 Chair Yoga w/Lori, \$5            11:30 Lunch, \$ donation            12:15 Hand and Foot</p>	<p><b>Save the Date:</b>  <b>CHEER Coastal Leisure Center Holiday Bazaar</b>  <b>Friday, Dec. 1st</b>  <b>9 a.m. - 1 p.m.</b></p> 



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

