


CHEER Coastal Leisure Center
JANUARY 2024



time to Remember



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p>WE ARE CLOSED TODAY!!!</p>	<p>2</p> <p>8-4:30 Fitness/Puzzles 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 12-2 Ring in the New year—Reflections Party! 12:30 Pinochle</p>	<p>3</p> <p>8-4:30 Fitness/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11:30 Lunch, \$ donation and Nutrition Talk, Zoom 12 Poker/Knitting and Crocheting Group</p>	<p>4</p> <p>8-4:30 Fitness /Jigsaw Puzzles 10 Chair Yoga w/Lori, \$5 10:15 Beckett's Bulletin 11 Mad Hatter Café in Salisbury 11:30 Lunch, \$ donation 12:15 Hand and Foot 6 Alzheimer's CG Support</p>	<p>5</p> <p>8-4:30 Fitness / Puzzles 9:30-12 Sound Healing with Lori Roe! 9:30 Byler's in Dover and Group Lunch Choice 10:30 - 11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker/Mahjongg</p>
<p>8</p> <p>8-4:30 Fitness/Jigsaw Puzzles 9 Yoga w/Susan, \$5 10:30 Walking Club 10:30 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club/ Shopping+</p>	<p>9</p> <p>8-4:30 Fitness / Puzzles 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 12:30 Pinochle/A&C activities available</p>	<p>10</p> <p>8-4:30 Fitness/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11:30 Lunch, \$ donation 12 Poker/Knitting and Crocheting Group</p>	<p>11</p> <p>8-4:30 Fitness /Jigsaw Puzzles 9:45 Big Lots and Diner in Seaford 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>12</p> <p>8-4:30 Fitness / Puzzl 9:30-12 Sound Healing with Lori Roe! 9:45 Open Hand Thrift Shop/Pop's Kitchen in Berlin 10:30 - 11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg</p>
<p>15</p> <p>CHEER CENTERS CLOSED TODAY!</p> 	<p>16</p> <p>8-4:30 Fitness / Puzzles 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 Jewelry Making w/Ria, \$10 - sign up in advance! 12:30 Pinochle</p>	<p>17</p> <p>8-4:30 Fitness/Jigsaw Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-1:30 Bingo, \$3 don. 11:30 Lunch, \$ donation and PAM Rehab Talk 12 Poker / Knitting and Crocheting Group 1 Parkinson's Support Grp</p>	<p>18</p> <p>8-4:30 Fitness /Jigsaw Puzzles 9:45 Sisters Shop / The Sterling Tavern, Berlin 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>19</p> <p>8-4:30 Fitness / Puzzles 9:30-12 Sound Healing with Lori Roe 10 Dollar Tree/On The Way Café, Selbyville 10:30 - 11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg</p>

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Phone: 302.539.2671
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Mon	Tue	Wed	Thu	Fri
<p>22</p> <p>8:-4:30 Fitness/Jigsaw Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>10:30 Walking Club</p> <p>10:30 Mahjongg</p> <p>11:30 Lunch, \$ donation</p> <p>11:30—12:30 '50's Entertainment with 'All About Memories'</p> <p>12:15 Quilting Club/ Shopping+</p>	<p>23</p> <p>8-4:30 Fitness / Puzzles</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/Mexican Train Dominoes</p> <p>12:30 Pinochle and A&C</p> <p>4-6 "MIND MYSTERIES" with DAN GAFFNEY!!! \$7 Members/\$10 Guests Appetizer Stations at 4, Program at 5 pm!</p>	<p>24</p> <p>8-4:30 Fitness / Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>9-10 Breakfast, \$2</p> <p>10-11:30 Bingo, \$1 don.</p> <p>11:30 Lunch, \$ donation</p> <p>12 Poker / Knitting and Crocheting Group</p> <p>1 Parkinson's Support Grp</p>	<p>25</p> <p>8-4:30 Fitness/Jigsaw Puzzles</p> <p>9:45 Clear Space Theatre "Mouse Trap", \$25 and Purple Parrot, RB</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Hand and Foot</p>	<p>26</p> <p>8-4:30 Fitness/Puzzles</p> <p>9:30-12 Sound Healing with Lori Roe</p> <p>9 Egg, RB and The Zwanandaal Museum in Lewes</p> <p>10:30 - 11:30 Memory Café with Christy S.</p> <p>11:30 Lunch, \$ donation</p> <p>12 Poker/Mahjongg</p>
<p>29</p> <p>8:-4:30 Fitness/Jigsaw Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>10:30 Walking Club</p> <p>10:30 Mahjongg</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Quilting Club/ Shopping+</p>	<p>30</p> <p>8-4:30 Fitness / Puzzles</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/Mexican Train Dominoes</p> <p>12:30 Pinochle and Arts and Crafts available</p>	<p>31</p> <p>8-4:30 Fitness / Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>9-10 Breakfast, \$2</p> <p>10-1:30 Bingo, \$3 don.</p> <p>11:30 Lunch, \$ and Celebrate DEC & JANUARY Birthdays!</p> <p>12 Poker/Knitting and Crocheting Group</p>	