

CHEER Coastal Leisure Center
APRIL 2024



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>1 8-4:30 Fitness Room / Jigsaw Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, in our Parking Lot 11:30 Lunch, \$ donation 12 Mahjongg 12:15 Quilting Club / Shopping+</p>	<p>2 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation / Recycling w/Amanda, DSWA 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle/A&C avail.</p>	<p>3 8-4:30 Fitness/Jigsaw Puzz 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation 12 Poker / Pinochle 12:15 Knitting and Crocheting with MARIE!</p>	<p>4 8-4:30 Fitness/J Puzzles 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Beckett's Bulletin, Z 11 Group Choice Out to Lunch after B's Bulletin! 11:30 Lunch, \$ donation 12:15 Hand and Foot 6 Alzheimer's Care Giver Support Group</p>	<p>5 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 9:30 Target in Dover and lunch at Fraizer's on the Water! 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg</p>
<p>8 8-4:30 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, Park. Lot 11:30 Lunch, \$ donation 12 Membership Mtg 12 Mahjongg / Shop 12:15 Quilting Club 1:30 Trip to Tower 3 for Partial Solar Eclipse!</p>	<p>9 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle/A&C avail.</p>	<p>10 8-4:30 Fitness / Jigsaw Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation and Nutrition Educ., zoom 12 Poker / Pinochle 12:15 Knitting and Crocheting with MARIE!</p>	<p>11 8-4:30 Fitness/J Puzzles 9:30 Prime Hook Nature Stroll /and Picnic Lunch with Julie! \$3.50 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>12 8-4:30 Fitness/Puzzles 9:15 CHSP Tree TalkWalk w/Kathleen, \$6, Big O. 9:30 Tai Chi w/Ellen, \$5 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg 2 Line Dancing with Donna, \$5—sign up!</p>
<p>15 8-4:30 Fitness / Jigsaw Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, Park. Lot 11:15 Mark G. on Piano! 11:30 Lunch, \$ donation 12 Mahjongg 12:15 Quilting Club / Shopping+</p>	<p>16 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle/A&C avail.</p>	<p>17 8-4:30 Fitness/Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation / PAM Rehab Talk 12 Poker / Pinochle 12:15 Knitting and Crocheting with MARIE! 1 Parkinson's Support Grp</p>	<p>18 8-4:30 Fitness /Jigsaw Puzzles 9:30 Super Walmart and Decatur Diner, Berlin MD 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>19 8-4:30 Fitness/Puzzle 9:30 Tai Chi w/Ellen, \$5 9:30 Conley's Community Thrift Shop and Rudy's Lunch Choice 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg</p>

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<p>22 8:-4:30 Fitness/Puzzle 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, Park. Lot 11:30 Lunch, \$ donation 12 Mahjongg 12:15 Quilting Club / Shopping 1 Stand By Me appts. w/ Kathleen R., by appt. 302 685-2586 <i>Earth Day Every Day!!!</i></p>	<p>23 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation / <i>Greg Fuller, Reg. of Wills Presentation at noon</i> 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle / Arts and Crafts available</p>	<p>24 8-4:30 Fitness / Puzzles 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation and <i>April B'days Celebrated</i> 12 Poker / Pinochle 12:15 Knitting and Crocheting Group with MARIE!</p>	<p>25 8-4:30 Fitness / Jigsaw Puzzles 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:40 Lunch at Iron Hill Brewery then Nassau Valley Vineyards for a Self Tour (free), Tastings, \$15 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>26 8-4:30 Fitness/Puzzles 9:15 <i>Assateague Island NSS for "Life of the Marsh Trail", Lunch at The Shark on The Harbor, West OC</i> 9:30 Tai Chi w/Ellen, \$5 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 12 Poker / Mahjongg ARBOR DAY— Hug A Tree Winners!</p>
<p>29 8:-4:30 Fitness / Jigsaw Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, Parking Lot 11:30 Lunch, \$ donation 12 Mahjongg 12:15 Quilting Club / Shopping+</p>	<p>30 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle/A&C avail. ELVIS RETURNS! <i>Dinner and Frank Raines Performs, 5-7 p.m.</i> <i>\$7 Members/\$10 Guests</i></p>	<p>Happy Earth Month— Trees, Trees, Trees!</p>		<p>HUG A TREE CONTEST THRU APRIL 25th, Noon!</p>



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

