

**CHEER Coastal Leisure Center**  
**MAY 2024**




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

Mon		Wed	Thu	Fri
 <p><b>Powered by Connection</b></p> <p>ACL.gov/OAM #OlderAmericansMonth</p> <p>OLDER AMERICANS MONTH HONORED BY CONNECTION</p>	<p><i>Celebrate the Month— Dollar Days are back! Lunch in-house for 60 &amp; over! 11:30 a.m.</i></p> 	<p>1 8-4:30 Fitness / Jigsaw Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10 Bocce at John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$1 for 60+! 12 Poker / Pinochle 12:15 Knitting and Crocheting on your own</p>	<p>2 8-4:30 Fitness/J. Puzzles 10 Ocean City Springfest! 10:30-2:30 on your own 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 10:30 Beckett's Bulletin, Z 11:30 Lunch, \$ donation 12:15 Hand and Foot 6 Alzheimer's Caregiver Support Group</p>	<p>3 8-4:30 Fitness/Puzzles 9 Air Mobility Command Museum Tour/La Hacienda, Dover 9:30 Tai Chi w/Ellen, \$5 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>
<p>6 8-4:30 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, Park. Lot 11-12 Mark Gratton on Piano!!! 11:30 Lunch, \$ donation 12 Mahjongg 12:15 Quilting Club / Local Shopping</p>	<p>7 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 Journaling with Lilly! 12:15 Pinochle / Canasta</p>	<p>8 8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10 Bocce at John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$1 for 60+!/ Nutrition Educ, Zoom tentative 12 Poker / Pinochle 12:15 Knitting and Crocheting on your own</p>	<p>9 8-4:30 Fitness/J. Puzzles+ 10 Chair Yoga w/Lori, \$5 10 Clear Space Theatre, RB for "The Bodyguard", \$25 and Bethany Blues You Must PAY at Sign UP! 10-12 Pickleball 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>10 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 10:15 M's Day Lunch at Atl. Hotel, Berlin + 1 hr. 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg 2 Line Dancing with Donna, \$5—sign up!</p>
<p>13 8-4:30 Fitness / Jigsaw Puzzles+ 9 Yoga w/Susan, \$5 10 Walking Club 10 Corn Hole, Park. Lot 11:30 Lunch, \$ donation 12 Membership Mtg 12 Mahjongg 12:15 Quilting Club / Local Shopping</p>	<p>14 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 HEALTH RESOURCES PRESENTATION/BOOKLET 12:15 Pinochle / Canasta</p>	<p>15 8-4:30 Fitness/Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10 Bocce at John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$/ Jim M. of Shepherd's Office-Homeless 12 Poker / Pinochle 12:15 Knitting/C. w/MARIE! 1 Parkinson's Support Grp</p>	<p>16 8-4:30 Fitness / Jigsaw Puzzles+ 9:30 Dover Mall—Lunch on your own . . . 10 Chair Yoga w/Lori, \$5 10-12 Pickleball 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>17 8-4:30 Fitness / Puzzles+ 9:30 Tai Chi w/Ellen, \$5 9:45 Cupola Park and Nectar Café, Millsboro 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>

**CHEER Coastal Leisure Center**  
**MAY 2024**



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

Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>8:-4:30 Fitness / Jigsaw Puzzles / Coloring, etc.</p> <p>9 <i>Yoga w/Susan, \$5</i></p> <p>10 Walking Club</p> <p>10 <i>Corn Hole in our Parking Lot</i></p> <p>11:30 Lunch, \$ donation</p> <p>12 Mahjongg</p> <p>12:15 Quilting Club / Local Shopping</p>	<p>21 8-4:30 Fitness / Puzzles</p> <p>9:30 <i>Hand and Foot</i></p> <p>10 <i>Chair Yoga w/Lori, \$5</i></p> <p>10-12 <i>Pickleball</i></p> <p>10:30 <i>Sit and Fit</i></p> <p>11:30 Lunch, \$ donation - CHEER SERVICES w/Carolyn</p> <p>11:30 <i>Mahjongg / Mexican Train Dominoes</i></p> <p>12 <i>Journaling with Lilly!</i></p> <p>12:15 <i>Pinochle / Canasta / "ROBIN &amp; THE HOODS" Dinner, 5 p.m., \$7/\$10!</i></p>	<p>22</p> <p>8-4:30 Fitness / Jigsaw Puzzles+</p> <p>9 <i>Yoga w/Susan, \$5</i></p> <p>9-10 <i>Breakfast, \$2</i></p> <p>10 <i>Bocce at John West Park</i></p> <p>10-2 <i>Bingo, \$3 don.</i></p> <p>11:30 <i>Lunch, \$1 for 60+!</i></p> <p>12 <i>Poker / Pinochle</i></p> <p>12:15 <i>Knitting and Crocheting Group with MARIE!</i></p>	<p>23</p> <p>8-4:30 Fitness / Jigsaw Puzzles+</p> <p>9 <i>Biggs Museum, "Horses and Other Creatures" self tour, \$8 and McGlynn's Pub, Dover</i></p> <p>10 <i>Chair Yoga w/Lori, \$5</i></p> <p>10-12 <i>Pickleball</i></p> <p>11:30 Lunch, \$ donation</p> <p>12:15 <i>Hand and Foot</i></p>	<p>24</p> <p><i>Celebrate Older Americans Day with CHEER in Georgetown!</i></p> <p><i>10 a.m.—2 p.m., \$6 / \$8 (under 60)</i></p> <p><i>Our Bus leaves the Center at 9 a.m.!</i></p> <p>Center is Closed Today</p>
<p>27</p>  <p>CENTER IS CLOSED FOR THE MEMORIAL DAY HOLIDAY</p>	<p>28 8-4:30 Fitness / Puzzles</p> <p>9:30 <i>Hand and Foot</i></p> <p>10 <i>Chair Yoga w/Lori, \$5</i></p> <p>10-12 <i>Pickleball</i></p> <p>10:30 <i>Sit and Fit</i></p> <p>11:30 Lunch, \$ donation</p> <p>11:30 <i>Mahjongg / Mexican Train Dominoes</i></p> <p>12 <i>Journaling with Lilly!</i></p> <p>12:15 <i>Pinochle/Canasta</i></p> <p>1 <i>Stand By Me, Kathleen R. by appt. only 302 685-2586 (rescheduled to due holiday)</i></p>	<p>29 <b>NATIONAL SENIOR HEALTH &amp; FITNESS DAY!!!</b></p> <p><i>See Flyer for Details</i></p> <p>8-4:30 Fitness / J/ Puzzles+</p> <p>9 <i>Yoga w/Susan, \$5</i></p> <p>9-10 <i>Breakfast, \$2</i></p> <p>10 <i>Bocce at John West Park</i></p> <p>10-2 <i>Bingo, \$3 don.</i></p> <p>11:30 <i>Lunch, \$1 for 60+!</i></p> <p><i>May Birthdays Celebrated!</i></p> <p>12 <i>Poker / Pinochle</i></p> <p>12:15 <i>Knitting/Crocheting Group with MARIE!</i></p>	<p>30</p> <p>8-4:30 Fitness / Jigsaw Puzzles+</p> <p>9:30 <i>Lavender Fields in Milton Tour, \$10 and Friendly's, Rehoboth Beach</i></p> <p>10 <i>Chair Yoga w/Lori, \$5</i></p> <p>10-12 <i>Pickleball</i></p> <p>11:30 Lunch, \$ donation</p> <p>12:15 <i>Hand and Foot</i></p>	<p>31</p> <p>8-4:30 Fitness/ Puzzles+</p> <p>8:30-4 HM Dental Clinic</p> <p>9:30 <i>Tai Chi w/Ellen, \$5</i></p> <p>10:30 <i>Lefty's Alley &amp; Eats, Lewes for games and lunch!</i></p> <p>10:30—11:30 <i>Memory Café with Christy S.</i></p> <p>11:30 Lunch, \$ donation</p> <p>12 <i>Poker / Mahjongg</i></p>



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

