




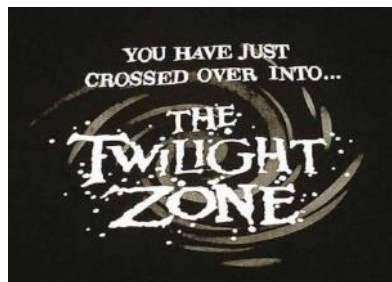
Mon	Tue	Wed	Thu	Fri
 <p>LATIN FLAIR!!!</p>	<p>1 8-4:30 Fitness/ Puzzles+ 9:30-11:30 Pickleball 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 FIESTA! Trivia, HOT SAUCE BAND, Spanish Practice 11:30 Lunch, \$ donation 11:30 Mahjongg / Dom's 12:15 Pino 12:30 MOB</p>	<p>2 8-4:30 Fitness/Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10 Bocce John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation 12 Poker 12:15 Knitting / Crocheting 1 Visually Impaired Group</p>	<p>3 8-4:30 Fitness/Puzzles 9:30-11:30 Pickleball 10 Chair Yoga w/Lori, \$5 10:30 Beckett's Bulletin, Z 11 Fl Lighthouse-Keeper's House/Harpoon Hannah's 11:30 Lunch, \$ donation 12:15 Hand and Foot 1 Alz. Caregiver Support</p>	<p>4 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 9:30 Super Walmart and Sabor con Amor! 10:30 Memory Café 11:30 Lunch, \$ donation and Music Memories! 11:30 Mex Train Dom's 12 Poker/Mahjongg</p>
<p>7 8-4:30 Fitness/Puzzles 9 Yoga w/Susan, \$5 10 Corn Hole, P. Lot 10 Walking Club 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club/Local Shopping</p>	<p>8 8-4:30 Fitness/ Puzzles 9:30-11:30 Pickleball 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 MJ/Dominoes 12:15 Pinochle 12:30 Matter of Balance</p>	<p>9 8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation/ Nutrition Educ., Lisa H., Z 12 Medicare ... / Poker 12:15 Knitting / Crocheting 2:30 T Zone Play Practice</p>	<p>10 8-4:30 Fitness/Puzzles 9:30-11:30 Pickleball 10 Tacos Chabelita in Laurel and Trap Pond Pontoon Ride - \$5 (1pm)! 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>11 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 9:30 Trip to be Determined ... 10:30 Memory Café 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker/Mahjongg</p>
<p>14 8-4:30 Fitness/Puzzle 9 Yoga w/Susan, \$5 9-3 HM Mobile Dental 10 Corn Hole, P. Lot 10 Walking Club 11 Mahjongg 11 Joyful Living Disc Grp 11:30 Lunch, \$/M'ship 12:15 Quilting Club/Local Shopping</p>	<p>15 8-4:30 Fitness/Puzzles+ 9:30-11:30 Pickleball 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$donation 11:30 Mahjongg / Dom's 12:15 Pinochle 12:30 Matter of Balance</p>	<p>16 8-4:30 Fitness/Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2 10 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$/PAM Rehab 12 Poker 12:15 Knitting / Crocheting 1 Parkinson's Support Grp 2:30 T Zone Play Practice</p>	<p>17 8-4:30 Fitness/Puzzles 9:30-11:30 Pickleball 10 Clear Space Theatre's "Sweeny Todd", \$25, Mariachi Restaurant, RB 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot 1 Alz. Caregiver Support</p>	<p>18 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 10 T.S. Smith & Sons Orchard/Market, B'ville and Raices Latin Kitchen, Millsboro 10:30 Memory Cafe 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>

CHEER Coastal Leisure Center
OCTOBER 2024



Phone: 302.539.2671
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Mon	Tue	Wed	Thu	Fri
<p>21 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 <i>Corn Hole, in P. Lot</i> 10 <i>Walking Club</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$ donation 12:15 <i>Quilting Club/Local Shopping</i></p>	<p>22 8-4:30 Fitness/Puzzles 9:30-11:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$ donation 11:30 <i>Mahjongg/Dominoes</i> 12:15 <i>Pinochle</i> 12:30 <i>Matter of Balance</i></p>	<p>23 8-4:30 Fitness/Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2</i> 10 <i>Bocce, John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation 11:45 <i>Hospice 101 w/Kayla of DE Hospice</i> 12 <i>Poker</i> 12:15 <i>Knitting/Crocheting</i> 2:30 <i>T Zone Play Practice</i></p>	<p>24 8-4:30 Fitness/Jigsaw Puzzles+ 9:30-11:30 <i>Pickleball</i> 9:45 <i>Mispiration River Walk and My Sister's Fault (P.R. Bakery and Latin Restaurant)</i> 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i></p>	<p>25 4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:45 <i>Sunfest, Ocean City, MD</i> 10:30 <i>Memory Café w/Christy S.</i> 11:30 Lunch, \$ donation 11:30 <i>Mex Train Dom's</i> 12 <i>Poker/Mahjongg</i></p>
<p>28 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 <i>Corn Hole, P. Lot</i> 10 <i>Walking Club</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$ donation 12:15 <i>Quilting Club/Local Shopping</i> 1-3 <i>Stand By Me w/Kathleen R - call 302 685-2586 for appt.</i></p>	<p>29 8-4:30 Fitness/Puzzles 9:30-11:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$ donation 11:30 <i>Mahjongg/Dominoes</i> 12:15 <i>Pinochle</i> 12:30 <i>Matter of Balance</i> 4-6 <i>Twilight Zone Play and Latin themed dinner! \$6 members/\$8 guests</i></p>	<p>30 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2</i> 10 <i>Bocce, John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation and <i>Celebrate Oct. B'days</i> 12 <i>Poker</i> 12:15 <i>Knitting/Crocheting</i></p>	<p>31  8-4:30 Fitness/Puzzles+ 9:30-11:30 <i>Pickleball</i> 10 <i>Mad Hatter Café The Looking Glass, S'bury</i> 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i></p>	<p>1 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10:30 <i>Memory Café w/Christy S.</i> 10:30 <i>The Backyard and The Brimming Horn Meadery, Milton</i> 11:30 Lunch, \$ donation 11:30 <i>Mex Train Dom's</i> 12 <i>Poker/Mahjongg</i></p>



CHEER
Over 50 Years Serving Sussex Seniors

