

**CHEER Coastal Leisure Center**  
**DECEMBER 2024**





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

Mon	Tue	Wed	Thu	Fri
<p>2            8-4:30 Fitness/Puzzles            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            11 Mahjongg            11:15 <b>LISA MILLER</b>  <i>Entertains over Lunch</i>            11:30 Lunch, \$ donation            12:15 Quilting Club /            Local Shopping</p>	<p>3            8-4:30 Fitness/Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:30 Lunch, \$ donation            11:30 MahJjongg and            Mex. Train Dominoes            12:15 Pinochle</p>	<p>4            8-4:30 Fitness/Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10-2 Bingo, \$3 don.            11:30 Lunch, \$ donation            11:45 <i>Fair Trade Talk/Made            By Hand w/Kimberly G.</i>            12 Poker            12:15 Knitting / Crocheting</p>	<p>5            8-4:30 Fitness/Puzzles            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Beckett's Bulletin, Z            11:15 Holiday Luncheon            at Cripple Creek, \$            11:30 Lunch, \$ donation            12:15 Hand and Foot            1 Alz. Caregiver Support</p>	<p>6  <b>OV CHEER            HOLIDAY BAZAAR!</b>  <b>9 AM - NOON</b>            All regularly            Scheduled programs are            cancelled today.  <b>Fitness Room Open /            Lunch Still Served!</b></p>
<p>9            8-4:30 Fitness/Puzzles            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            11 Mahjongg            11 <i>Joyful Living Disc Grp</i>            11:30 Lunch, \$ donation            12ish Membership Mtg            12:15 Quilting Club /            Local Shopping</p>	<p>10            8-4:30 Fitness/Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:30 Lunch, \$ donation            11:30 MahJjongg and            Mex. Train Dominoes            12:15 Pinochle</p>	<p>11            8-4:30 Fitness/Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10-2 Bingo, \$3 don.            11:30 Lunch, \$ donation /  <i>Nutrition Educ., Lisa H., Z</i>            12 Care Patrol w/Karen H.            12 Poker            12:15 Knitting / Crocheting</p>	<p>12            8-4:30 Fitness/Puzzles            10 <i>Chair Yoga w/Lori, \$5</i>            10 Clear Space Theatre's            "White Christmas", \$25            and a late lunch at            Thompson Island, RB            11-11:30 <i>Sound Healing!</i>            11:30 Lunch, \$ donation            12:15 Hand and Foot</p>	<p>13            8-4:30 Fitness/Puzzles            9:30 <i>Tai Chi w/Ellen, \$5</i>            9:45 <b>Made By Hand</b>  <b>International Co-Op and</b>  <b>Bethany Diner</b>            10:30 Memory Café            11:30 Lunch, \$ donation            11:30 Mex Train Dom's            12 Poker/Mahjongg</p>
<p>16            8-4:30 Fitness/Puzzle            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            11 Mahjongg            11:30 Lunch, \$/M'ship            12:15 Quilting Club /            Local Shopping</p>	<p>17            8-4:30 Fitness/Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:30 Lunch, \$ donation            11:30 Mahjongg / Dom's            12:15 Pinochle            4-6 <b>ELVIS CHRISTMAS            SHOW &amp; DINNER w/Frank            Raines, \$10 / \$15</b></p>	<p>18 8-4:30 Fitness/Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10-2 Bingo, \$3 don.            11:30 Lunch, \$ &amp; Birthdays            12ish <b>Heart Bingo w/PAM            Rehab, Erin and Ashley</b>            12 Poker            12:15 Knitting / Crocheting            1 Parkinson's Support Grp</p>	<p>19            8-4:30 Fitness/Puzzles            10 <i>Chair Yoga w/Lori, \$5</i>            11:30 Lunch, \$ donation            12:15 Hand and Foot            1 Alz. Caregiver Support            3 <b>Dover Diner and Gift of            Lights in Dover, \$5</b></p>	<p>20            8-4:30 Fitness/Puzzles            8:30 <b>Tour of Legislative            Hall/Old State House and            McGlynn's Pub</b>            9:30 <i>Tai Chi w/Ellen, \$5</i>            10:30 Memory Café            11:30 Music Memories            11:30 Lunch, \$ donation            11:30 Mex Train Dom's            12 Poker / Mahjongg</p>

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**Phone: 302.539.2671**  
**Email: [ygallego@cheerde.com](mailto:ygallego@cheerde.com)**

Mon	Tue	Wed	Thu	Fri
<p>23            8-4:30 Fitness / Puzzles            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            11 Mahjongg            11:30 Lunch, \$ donation            12:15 Quilting Club/            Local Shopping</p>	<p>24            8-4:30 Fitness/Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:30 Lunch, \$ donation            11:30 Mahjongg /            Dominoes            12:15 Pinochle</p>	<p>25    <i>MERRY CHRISTMAS!</i></p>	<p>26            8-4:30 Fitness / Jigsaw            Puzzles+            9:30 <b>Bus to Center only</b>  <b>for Activities and</b>  <b>Lunch</b>            10 <i>Chair Yoga w/Lori, \$5</i>            11:30 Lunch, \$ donation            12:15 Hand and Foot            1 Alz. Caregiver Support            Group</p>	<p>27            4:30 Fitness/Puzzles            9:30 <i>Tai Chi w/Ellen, \$5</i>            9:30 <b>Bus to Center only</b>  <b>for Activities and</b>  <b>Lunch</b>            10:30 - 11:30 Memory            Café w/Christy S.            11:30 Lunch, \$ donation            11:30 Mex Train Dom's            12 Poker/Mahjongg</p>
<p>30            8-4:30 Fitness/Jigsaw            Puzzles            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            11 Mahjongg            11:30 Lunch, \$ donation            12:15 Quilting Club/            Local Shopping            1 Stand By Me w/            Kathleen R - Cancelled            for December</p>	<p>31            8-4:30 Fitness/Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11-12:30 <i>Ring in the NEW</i>  <i>YEAR (a little early)</i>  <i>w/RICHIE &amp; GUY!</i>            11:30 Lunch, \$ donation            11:30 Mahjongg /            Dominoes            12:15 Pinochle</p>	<p>            We are CLOSED            New Year's Day!</p>	<p><i>Please remember to</i>  <b>RENEW</b> your  <b>Membership, \$30, in</b>  <b>December, so you're</b>  <b>ready to go for January</b>  <b>2025!</b>  <i>Pick up a New Application</i>  <i>or do it online at</i>  <i><a href="http://cheerde.com">cheerde.com</a></i></p>	