

APRIL 2025
FREE

CHEERful
LIVING

A Monthly Publication Promoting Healthy and
Active Lifestyles for Sussex County's Adults 50+

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Jean Bender
Long Neck



Richard (Dick) Durbano
Ocean View



Mike Conover
Cafe Salud



Joyce Mellor
Milton



Kathy Crowley
Harbour Lights



Charlie Melson
Greenwood



Mark Newsom
Roxana

2025

Celebrating
Volunteer
Appreciation
Month

Each April, CHEER
recognizes its volunteers
at a banquet and
names one Volunteer
of the Year.
These are the 2025
Nominees of the Year.



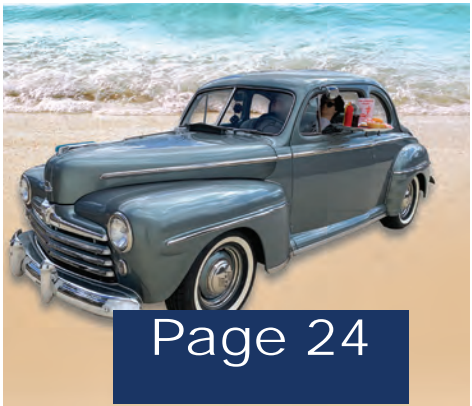
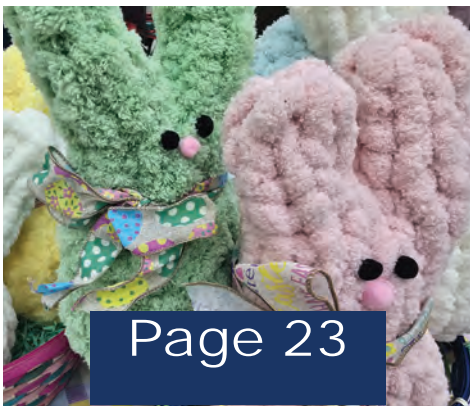
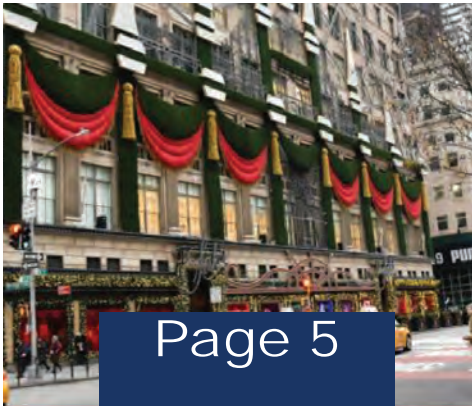
“This agency receives funding from the
DHSS Division of Services for Aging and
Adults with Physical Disabilities.”



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

Partially funded by





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Isaac Felder
Food Services Manager

Robin Greene
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Monica Mandujano
Volunteer Services Coordinator

Christie Shirey
Community Support Specialist

CEO Perspective

As I glance out of my office window, it is always great to see our CHEER buses arriving loaded with seniors ready to start their fun-filled day at our CHEER Activity Center. I am reminded of how many CHEER vehicles we have to keep everything in operation. Counting our tractor, we have fifty vehicles in total, 18 of which are handicapped accessible buses to keep our seniors coming and going from their home to our CHEER sites throughout Sussex County and Bridgeville Senior Center.

We have food vans that transport our delicious meals to our Centers and then several of our CHEER food van drivers continue on to deliver meals to our homebound seniors. Our Mobile Mini-Mart also makes many trips to our Sussex County seniors delivering groceries. Our Nutrition Outreach and Personal Assistant Services (PASA) staff also have CHEER vehicles to meet with our seniors in their homes to do assessments and other tasks. The list goes on! All these vehicles are managed by our Transportation Director, Bobby Rogers. Thank you for keeping our vehicles safe for the roads! Also, our PASA Direct Care Workers and volunteers use their personal vehicles to travel from customer to customer throughout the day.

Bobby may be responsible for keeping our vehicles in safe, working condition; however, it is up to us to be safe drivers! April is Distracted Driving Awareness Month. With the increasing reliance on smartphones, in-car entertainment systems, and other distractions, raising awareness about the risks of distracted driving is more important than ever.

The National Highway Traffic Safety Administration (NHTSA), thousands of lives are lost each year due distracted driving accidents.

According to the National Highway Traffic Safety Administration (NHTSA), thousands of lives are lost each year due to preventable distracted driving accidents. The consequences of distractions such as texting, talking on the phone, eating, adjusting the radio, or even conversing with passengers while driving can be devastating, leading to severe injuries or fatalities.

Preventing distracted driving starts with ourselves. We, as drivers, should commit to putting our phones away, using hands-free devices if necessary, and staying focused on the road. Passengers can also help by kindly discouraging unsafe behavior. Don't forget we need to stay aware of other drivers around us, too. By fostering a culture of attentive driving, lives can be saved, and roadways can become safer for everyone. This April let's all take a stand against distracted driving and commit to making safer choices behind the wheel. What you do matters. ●



Beckett Wheatley, CEO

CHEER MISSION STATEMENT

CHEER's mission is "to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over."

CHEERful Living

magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

Kathy Motak Singel
Editor, CHEERful Living

Your health, your way— Primary care made simple



Managing your health should be easy, and with TidalHealth Primary Care, it is! Our team is here to provide expert, compassionate care that fits your life — whether you need a routine check-up, sick visit, or ongoing care for a chronic condition.

With TidalHealth’s MyChart, staying on top of your health has never been more convenient. Message your provider directly, view test results quickly, and easily request prescription refills — all from your phone or computer.

Need to schedule an appointment? No problem! MyChart lets you book visits online, review past appointments, and even check in ahead of time to save you hassle at the office.

Your health is our priority, and we’re making it easier than ever to get the care you need, when you need it. Find a provider and schedule your next visit at tidalhealth.org/primarycare. If you’re already a patient, manage your health online at tidalhealth.org/mychart.

(The above is a paid advertisement -- CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)



Meet TidalHealth’s Dr. William Doran

Dr. William Doran of TidalHealth Orthopedics has performed more robotic joint replacement procedures than any surgeon in the region.

A Delaware local, Dr. Doran graduated from Milford High School and the University of Delaware. He received his Doctor of Osteopathic Medicine and completed his residency in Orthopedics at the Philadelphia College of Osteopathic Medicine in Philadelphia, Pa.

His professional memberships include the American Academy of Orthopaedic Surgeons, the American Osteopathic Academy of Orthopedics, and the American Osteopathic Association.

If you have hip or knee pain and are considering joint replacement surgery, choose the most experienced robotic surgeon with proven outcomes — choose Dr. Doran. Personalized treatment plans. Less pain. Quicker recoveries.

TidalHealth Orthopedics has locations in Millsboro and Seaford. To learn more, or to schedule an appointment, visit tidalhealth.org/orthopedics.



Celebrate Older Americans Day

with  **CHEER**



Friday, May 30th • 10 a.m. – 2 p.m.
at the Warren L. and Charles Allen, Jr.

CHEER Community Center

20520 Sand Hill Road, Georgetown, DE

\$6 (age 60 and over) • \$8 (under age of 60)

***Lunch Served
at Noon***

- MENU**
Beef Roulade w/gray
Rosemary Potatoes
Sauteed Green Beans
Dinner Roll
Apple Dumpling



*For tickets and information,
contact your local
CHEER Center Director
or Robin Greene at
(302) 515-0001 ext. 1162
rgreene@cheerde.com*

**Entertainment
DJ**

**Basket
Raffle**

**50/50
Drawing**

CHEER Travel Club

Presents Multi-Day Trips

The Ark Encounter & Creation Museum Tour # 2204193

Mon. June 23 to Sat.
June 28 - 6 Days / 5 Nights
Reservation Deadline 4/1/2025
Final Payment 4/16/2025
\$795* per person (based on double
occupancy add \$229 for single occupancy).



Details:

Reservation for all Multi-Day Trips is \$75.

All Multi-Day trips depart 8 a.m.
from

Milton Activity Center
24855 Broadkill Road, Milton, DE

A group Trip Minimum of 35
Passengers/Maximum of 52
Passengers is required.

For information and/or reservations
contact **CHEER Travel Club:**
(302) 515•0001 ext. 1100
or email travel@cheerde.com

Visit:

www.cheerde.com/travel-club/

Niagara Falls, USA Tour # 2197266

Mon. Sep. 22 to Fri. Sep. 26 - 5
Days / 4 Nights
Reservation Deadline 5/22/2025
Final Payment 7/15/2025
\$755* per person (based on double
occupancy add \$170 for single occupancy).



Christmas in New York City The Big Apple Tour Tour # 2152311

Sat. Dec. 6 to Mon.
Dec. 8 - 3 Days / 2 Nights
Reservation Deadline 8/6/2025
Final Payment 9/29/2025
\$479* per person (based on double
occupancy add \$139 for single occupancy).



Cancellation Policy:

If the group trip minimum of 35 passengers
is not met by final payment date, then
the tour will be cancelled and all monies
paid will be refunded.

If an individual passenger needs to cancel
the trip up to 2 weeks prior to departure
date, and the minimum of 35 passengers has
been met, then a full refund will be issued.

ADD SOME PEACE OF MIND TO YOUR TRIP!

Travel Confident® Trip Protection Plan
is Available for Purchase.
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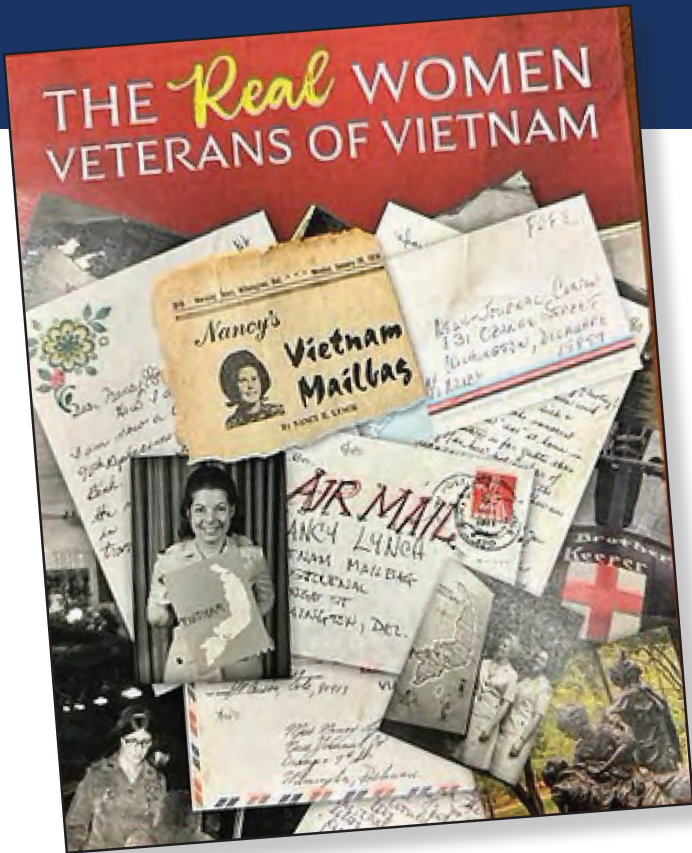


Atlantic City Tour # 2203382

Sun. Nov. 2 to Tue.
Nov. 4 - 3 Days / 2 Nights
Reservation Deadline 7/2/2025
Final Payment 8/26/2025
\$339* per person (based on double
occupancy add \$102 for single occupancy).



Author Nancy E. Lynch Visits the Ocean View Activity Center March 4th, 2025



In Honor of Women's History Month, over 70 people attended Nancy Lynch's presentation on her book "The Real Women of Vietnam".



Spend More Time in Your Happy Place!

Get the care you need from home health professionals you can trust.

For most of us, there's no place like home. That's why, for over a century, we've provided exceptional home health services to our friends and neighbors.

Our specially trained professionals can help you or someone you love:

- Recover faster after surgery or childbirth
- Manage chronic health conditions
- Adapt to new diagnosis and needs
- Keep up with medicines and routine activities
- Continue living independently and safely

ChristianaCare HomeHealth is an affordable alternative to extended hospital stays or nursing homes. The cost is often covered by Medicare, Medicaid, and private insurance plans.

We bring care to you, so you can stay comfy in your own home.

➤ Visit ChristianaCare.org/HomeHealth or call 888-862-0001 to learn more.





DELAWARE
 **Self-Management
Programs**

STRONGER TOGETHER

**Join our free community workshops
to manage your diabetes.**

When you join a Self-Management Program, you join a community of people determined to prop each other up — and you become stronger than you ever thought possible. Learn how to manage the symptoms of your diabetes by participating in evidence-based programs, led by someone who knows just what you’re going through.

Register for a Diabetes Self-Management Program today.



HealthyDelaware.org/DSMP
DPHSMP@Delaware.gov • 302-990-0522



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention Section

Help with Increasing Energy Bills

Last month, many members had an unpleasant surprise when they opened their electric bill. There are several programs that can help if you need assistance with your energy cost. Most programs are income based but ENERGIZE DELAWARE offers an In-Home Energy Check-Up to increase the energy efficiency of your home. An Energy Advisor will come to your home and check the condition of its insulation, heating and air-cooling system, lighting, appliances and more to identify simple ways to help save energy and money. You can reach this program by calling (877) 524-1339.

Other Programs that may help:

Assistance Finder

Delmarva Power offers an Assistance Finder that can match you with the right option. It can be found on their website. They are also offering payment arrangements, due date extensions, budget billing, and other energy assistance resources.

Good Neighbor Energy Fund

The Salvation Army
For more information, call (302) 628-2020, ext. 105 or (302) 472-0750

Low-Income Home Energy Assistance Program (LIHEAP)/ Delaware Energy



Mr. Man tries to figure out the Electric Bill.

Assistance Program (DEAP) – Catholic Charities – Catholic Charities at (302) 856-6310.

- Fuel Assistance: Help with

home energy bills from the period of October 1, 2024 - April 3, 2025. Eligible households can receive a benefit to offset their seasonal heating cost. Eligible heating sources include electricity, natural gas, oil, kerosene, propane, coal, and wood. Benefits are available to both homeowners and renters.

• Summer Cooling Assistance Program (SCAP):

This program operates during the months of May 1, 2025 - August 31, 2025 and helps pay for electricity to cool homes with air conditioning during the hot, humid summer months. In addition to receiving a grant to offset the high costs of electricity to air condition a home, some populations may be eligible to receive a room sized air conditioning unit.

- Crisis Assistance: This component helps households in crisis year-round. Households must show they are experiencing a crisis, such as having received a shut-off or disconnect notice, a fuel tank reading at or below 10%, or are presently experiencing past due utility bills.

- Weatherization Assistance Program: The Department of Natural Resources and Environmental Control, DNREC, offers a free Weatherization Assistance Program to help establish comfortable, energy-saving homes. This program is run through the Division of Climate, Coastal and Energy, helps homeowners and renters cut their energy bills by weatherproofing

Caregiver Support Groups/ MEMORY CAFE

Georgetown CHEER
Memory Cafe -
Every Tuesday - 9:30-11:30 AM

Greenwood CHEER
Caregiver Support Group -
1st Thursday of the month, 1 PM
Memory Cafe -
Every Thursday - 1-3 PM

Long Neck CHEER
Caregiver Support Group -
1st & 3rd Tuesday of the month, 1 PM
Partnered with the Alzheimer's Assoc.
Memory Cafe -
Every Tuesday - 1-3 PM

Milton CHEER
Memory Cafe -
Every Thursday - 9:30-11:30 AM

Ocean View CHEER
Caregiver Support Groups -
1st & 3rd Thursday of the month, 1 PM
Partnered with the Alzheimer's Assoc.
Parkinson Caregivers
3rd Wednesday of the month, 1 PM
Memory Cafe -
Every Friday - 10:30 AM - 11:30 AM

Roxana CHEER
Memory Cafe -
Every Friday - 12:15 PM - 1:30 PM



 **CHEER**
Over 50 Years Serving Sussex Seniors

One-on-One Support Group
available by calling Christie Shirey
(302) 515-0001 ext: 1061

and improving the energy efficiency of their homes. If you have any questions, please call us at (302) 735-3480 and ask for Weatherization program.

Additional resources
Chesapeake Utilities

The Chesapeake Utilities serves approximately 108,000 customers in Delaware and Maryland. The Chesapeake Utilities Corporation SHARING grant helps eligible Chesapeake Utilities customers with winter heating costs. Customer donations, matched by shareholders, are administered by Catholic Charities (Kent/New Castle) and the Salvation Army (Sussex).

To request assistance, apply on the SHARING program's website or call:

- Sussex County:
(302) 856-6310

Delmarva Power

Delmarva Power's Good Neighbor Energy Fund matches customer contributions with a donation from shareholders. A household must first apply for LIHEAP. Funds are administered by the Salvation Army. Call (302) 472-0750 for more information.

First State Community Action Agency

To apply for the Summer Cooling Assistance Program, which helps eligible residents offset cooling costs or receive a free in-window air conditioner, visit the First State Community Action Agency's website: www.firststatecaa.org.

If you would like more information or need assistance, please call the Caregiver Resource Center at (302) 515-0001, ext. 1061.

CHEER's Sand Hill Adult Day Program Fun with Plants

Every 3 months the ADP does a Fun with Plants activity. Everyone is having a great time planting.



Helping is Rewarding... Join Our Team

Now Hiring Direct Care Workers

- Competitive Pay
- Flexible Schedules
- Good Benefits
- Satisfying Work



Apply at www.cheerde.com
or email your resume
to mchavez@cheerde.com
(302) 515-0001 Ext. 1011

*Pre-employment requirements, a background check, drug test, physical and PPD.

CHEER, Inc. is an equal opportunity employer and does not discriminate against any employee or applicant based upon their race, color, sex, age, national origin, religion, sexual orientation, gender identity, and/or any other protected federal or state class.






APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk <i>April Fools Day</i>	2 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	3 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	4 Cream of Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
7 Three Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	8 Pork Roast/Sauerkraut Mashed Sweet Potatoes Roasted Brussels Sprouts Whole Wheat Roll/Bread Bread Pudding Skim Milk	9 Orange Glazed Chicken Brown Rice Pilaf Collard Greens Fruited Gelatin Whole Wheat Roll/Bread Skim Milk	10 Shepherd's Pie Garlic Green Beans Whole Wheat Roll/Bread Fresh Fruit Skim Milk	11 Corn Chowder Seafood Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk
14 Hot Dog W/Chili Baked Beans Petite Corn on The Cob Fresh Fruit Skim Milk	15 Cheese Enchilada Casserole Red Beans and Rice Churros Skim Milk	16 Cinnamon Honey Chicken Roasted Sweet Potatoes Winter Mix Vegetables Whole Wheat Roll/Bread Skim Milk Fruited Ambrosia	17 Pork Fried Rice Steamed Asian Blend Vegetables Chilled Fruit Cup Skim Milk Whole Wheat Roll/Bread	18 CLOSED
21 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	22 Baked Glazed Ham Scalloped Potatoes Boiled Cabbage Applesauce Skim Milk Whole Wheat Roll/Bread <i>Earth Day</i>	23 Chicken Pesto Couscous With Roasted Veg Buttered Spinach Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	24 Sloppy Joe Baked Steak Fries Cole Slaw Apple Crisp Skim Milk	25 Chicken Tortilla Soup Mexican Chef Salad Fig Cookie Bar Skim Milk
28 Dirty Rice Okra and Tomatoes Fresh Fruit Soft Skim Milk Whole Wheat Roll/Bread/Marg	29 Turkey Pot Pie Succotash Pineapple W/Mand Oranges Skim Milk Whole Wheat Roll/Bread	30 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk		



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

Menu items subject to change due to availability.

**CHEER**

Over 50 Years Serving Sussex Seniors

**MEALS on WHEELS
AMERICA**

2025 MEMBER

Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

Itzel Hernandez, Director
(302) 515-0001, Ext. 1965



ESPAÑOL:

January and February was aClases Bilingües: 2, 9, 16, 23 y 30 de abril
(El taller de Croché comienza después de la clase bilingüe)

Pongase en forma con Adri: el 8 y 22 de Abril..

Artículo: Nuestro nuevo miembro en el equipo: Ruth Calloway como nuestra cocinera y apoyo en actividades.

Ruthy llegó al estado de Delaware desde la soleada California! Estuvo involucrada en varios proyectos como la Colecta de Mantas de Coalinga y el Proyecto de Botellas de Agua de Ruthy. Actualmente, estará ayudando a Josefina a preparar cenas deliciosas para nuestros miembros y liderará nuestro taller de Croché disponible para la comunidad. ¡Bienvenida a Café Salud, Ruthy! ●



ACLU held advocacy workshop with the community



Crotchet workshop with Ruthy



ENGLISH:

April 2, 9, 16, 23 and 30:

Bilingual Classes: (Crochet workshop begins after the bilingual class)

April 8th and 22nd:
Stay fit with Adri.

Our new member of the team: Ruth Calloway as our cook and support in activities. Ruthy came to the state of Delaware from sunny California! She was involved in several projects such as the Coalinga Blanket Drive and the Ruthy Water Bottle Project. Currently, she will be helping Josefina prepare delicious dinners for our members and will lead our Crochet workshop available to the community. Welcome to Café Salud, Ruthy!



Bilingual Class: What to expect?

Games

Charades

Bilingual karaoke

And of course....great food!



Clase bilingüe: ¿Qué esperar?

Juegos

Adivinanzas

Karaoke bilingüe

¡Y por supuesto... comida deliciosa!



Georgetown Activity Center

20520 Sand Hill Road
Georgetown, DE 19947

Debbie Landon, Director
(302) 515-0001, Ext. 1961

Happenings

April 9: SunShine Singers 10:30 am

April 17: Arm Chair Travels
10:30 – 11:00 am

April 17: Revive Sound Productions
12 – 1 pm

April 17: Dinner/Bingo 4 – 6 pm

April 18: Easter Party 12 – 1 pm

April 22: Free Mobile Health Care
Unit, Health 2 Go 11am – 3 pm

National Wear Red Day Friday February 7th Raising Awareness about Heart Disease



Pictured seated front row left to right: Doris Mason, Yvette Harris, Anita Steere, standing: Ellen Knapp. Second row: left to right: Rita Poggi, Priscilla Gaines, Toni Sayles, Sarah Kerneklian, Ruth Dorsey, Don Kellicutt, Catharyn Sullivan and Carol Anderson. Back row left to right: Debbie Landon-Center Director, Della Zielinski, Judy Jones, Beth McGarril, Joseph Donovan, and Gary Turner.

Every Week

Monday – Friday –
Coffee and Social Hour

Monday: 10:00 a.m.
Chair Fitness – 10:30 a.m.
Bible Study

Tuesday: 9:30 a.m.
Memory Café – 12:00 p.m.
Penny Bingo

Wednesday: 12 p.m.
Wii bowling

Friday: 9 – 10 a.m.
Breakfast in the Café:
10:00 a.m.
Chair Fitness – 10:30 a.m.
Penny Poker – 12:00 p.m.
Prize Bingo.

Monthly Activities

Including:

Dollar Tree – every
Tuesday Walmart – every
Thursday



Physical Therapy at

CHEER

Over 50 Years Serving Sussex Seniors



BLADDER OR BOWEL PROBLEMS?

(Experiencing urinary incontinence,
fecal incontinence, pelvic pain, sexual
dysfunction, post-partum pelvic issues,
or organ prolapse.)

DO YOU HAVE SWELLING?

(Lymphedema,
Lymphorrhea or Lipidema)



DR. ANNE, can definitely help!

GREENWOOD - Mon/Thurs – (8 a.m. - 12 p.m.) (Anne PT)
LEWES - Tues/Fri – (9 a.m. - 12 p.m.) (George PT)
MILTON - Mon/Thurs – (9 a.m. - 4 p.m.) (Anne PT)
LONG NECK - Tues/Fri – (1 - 5 p.m.) (George PT)

Schedule your appointment (302) 422-2518 ext 101

It's Never too Late to Get in Shape!!

**Come Join the S.L.I.C.E. Exercise Class
At CHEER Community Center
Sand Hill Road, Georgetown
Monday and Wednesday Mornings**

9:30 - 10:30 a.m.

**\$2.00 if Members of CHEER,
\$5.00 for Non-Member**

Low impact exercises will increase your flexibility
by stretching, lifting light weights and balance exercises.
Exercise makes a profound difference in both physical
and emotional well-being. Medical research shows that
everyone can grow stronger through increased activity.

Come and Make New Friends!

Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

Sheila Roell, Director
(302) 515-0001, Ext. 1361



Happenings

Let's celebrate the month of April and the arrival of Spring, which happens to be the best season! It is not too hot and it is not too cold. You can get a little bit of rain and a bit of sun on the same day and be able to appreciate the rainbows. The Jewish holiday of Passover begins April 12th and Christians celebrate the sacred holiday of Easter on April 20th.

Did you know that April is designated as National Card and Letter Writing Month? Studies have revealed an association between writing by hand and brain development and cognition, increasing neural activity more than typing can. Long after cards and letters are written and sent (and even after their senders and receivers are gone), letters and postcards remain to be read, appreciated and preserved. Whether displayed on museum shelves honoring famous historical figures or saved in a scrapbook between two old friends, letters protect the memories of lives lived in a way that technological communication cannot. They are tangible, personal and real, in every sense of the word and they createlasting memories! Take the time this month to send a note or card to those you've been thinking of. It will brighten someone's day.



Greenwood members enjoying the Valentine's Day music played by Imagine.



April 16th, 23rd, 30th
Wednesdays at 10 – 11 a.m.
Alicia Vogel from Food Bank of Delaware presents FOOD SMARTS Nutrition Program

April 17th – Thursday
at 10:30 a.m.

Glen Kohr the Magician
Will surprise us with his Spring Magic!

April 18th – All Centers Closed for Good Friday

April 24th – Thursday
at 10:30 a.m. Nikita from HealthyDelaware.org presents "The Importance of Scheduling a Yearly Mammogram"

April 28th – Tuesday at 10 a.m.
Fulton Bank's Yanis Roa-Green presents Budgeting and Savings Seminar

April 29th – Tuesday at 10 a.m.
Laurel Senior Center visits Greenwood CHEER for Prize Bingo

Weekly
M-F CHEERful Morning Café
8:30 – 9:30 a.m.

Mondays - Tai Chi with Gary Tompkins 9:15 a.m.

Mondays – Bible Study 10:00 a.m.

Tuesdays – Prize Bingo 10:30 a.m. - Full Card Bingo 12:15 p.m.

M/W/F – Luncheon Card Club
12:30 p.m.

Thursdays – Memory Café
with Christie Shirey 1-3 p.m.

Fridays – CHEERful Morning Café with Full Breakfast
8:30 – 9:30 a.m.

Fridays – Ladies Prayer Group
10:00 a.m.

REPEATS BI-WEEKLY

- Blood Pressure Check with Nurse Betty (2 x a month)
Dates determined according to Betty's availability
- Alzheimer's Support Group (1st Thursday of the month 1-3 p.m.)
- Greenwood Library Program – Creating a Memory Book (2nd Wed of the month) 10:00 a.m.
- Ask the Pharmacist and Immunization Clinic (1 x month according to their availability)
- Music Ministry with Pastor Dan & Betsy Taylor (2nd Monday of the month)
- AARP Defensive Driving Course (4th Wed of the month) 9 a.m.-3 p.m. Beginner course, 9 a.m.-1 p.m. Refresher course
- Dinner/Bingo or Dinner/Entertainment (last Thursday of the month) 4 – 7 p.m.
- Membership Meeting (Unity Club) Last Friday if the month 10:00 a.m.

Monthly Shopping or Educational/Entertainment Trip and Lunch out (usually 3rd Wed of the month) 9:15 a.m. bus departure.

April is National Volunteer Appreciation Month. Please join us in celebrating Charlie Melson, our 2025 nominee for CHEER's Volunteer of the Year.

SPECIAL EVENTS:

April 3rd - Thursday at 10 a.m.
Bennie Smith Funeral Home presents

Advance Funeral Planning Seminar with Terry Tolson

April 3rd – Thursday from 5 – 8 p.m.

Volunteer Appreciation Dinner
CHEER Community Center
Volunteers Free Guests \$25
See Sheila for more information
Please RSVP by March 20th

April 8th –
Tuesday at 9:45 a.m.
Troy from Mobile Cloud Video Game Party presenting info about their limo-style rolling video game theater

April 10th –
Thursday at 9:15 a.m.
bus departure Greenwood
CHEER visits Laurel Senior Center bus departure

**Harbour Lights
Activity Center**34211 Woods Edge Drive
Lewes, DE**Cristina Tunnell, Director**
(302) 515-0001, Ext. 1661**Happenings**

Get ready to kick off the season with a bang at our Spring Fling Party on April 11th at 10:30 a.m.! We're bringing the fun with live entertainment by the talented Musical Memories, who'll have you tapping your feet and singing along to all your favorite tunes. It's the perfect way to celebrate spring with great music, lively vibes, and lots of smiles. Come join us for a day filled with fun, laughter, and unforgettable memories!

**New class Soul Collage with Dee**

Our monthly dinner will be held on April 22nd, starting at 5:00 p.m. Following the dinner, we will host a prize bingo event. Kindly sign up for the dinner at the front desk. The menu will be shared once it has been finalized.

On Wednesday, April 23rd, Highmark Dental will be in the back parking lot providing services to their clients. They will also be utilizing the back

room, so the fitness room will not be available that day. Please note that parking spaces will be blocked off for the Highmark trailer. If you have any questions, feel free to reach out. ●

ACTIVITIES:

April 4th: 11:00 a.m.
Blood Pressure Checks with
PAM Rehab

April 10th: 1:00 p.m. – Ladies of Zwaanendael Museum Women's Club Tea

April 12th: 12:30 p.m. – AARP Defensive Driving Refresher Course

April 14th: 10:30 a.m. – Spring Fling Party Entertainment provided by Musical Memories

April 16th: Dover Mall and Byler's Lunch on your own

April 22nd: Dinner and Prize Bingo

Every Monday: Nickel Bingo and Mahjongg

Every Wednesday: Nickel Bingo, Grocery Store, Bank, Post Office and Drug Store

Every Friday: Virtual Chair Yoga and Prize Bingo

Questions about Medicare?

We can help with expert advice & service at no cost to you!

Call Delaware
Medicare Assistance Bureau (DMAB)

302-674-7364

we provide **FREE**,
unbiased & confidential counseling

Trinidad Navarro, Insurance Commissioner
www.insurance.delaware.gov/DMAB



Navigating Medicare

Long Neck Activity Center

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, DE 19966
Samantha Harper, Director
(302) 515-0001. Ext. 1561



Happenings

- TRIPS:**
April 1 – Tuesday at 9:15 a.m.
Trip to Target and IHOP in Dover
- April 2** – Wednesday at 10:30 a.m. Sunshine Singers performance
- April 3** – Thursday at 9:15 a.m. Byler’s, Produce Junction, and Chick Fil A
- April 7** – Monday at 10:30 a.m. Back Bay Strummer performance



Minnie Woods, Bernie Redolfi, Angie Musnisky, Maggie Sullivan

- April 10** – Thursday at 9:15 a.m. Trip to Rehoboth Art League and Mission BBQ
- April 17** – Thursday at 4:00 p.m. Evening Event and Dinner
- April 22** – Tuesday at 9:15 a.m. Shorebirds Game



Eleanor Travis, Shirley Herndon, Thelma Cottman, Fran Deptula



Roger Cox is the eldest member of the Long Neck Activity Center. The center celebrated Roger turning 97 years old in March.

- April 24** – Thursday at 9:15 Trip to Hobby Lobby and Chick Fil A
- April 30** – Wednesday at 12:00 Birthday Celebration

- Every Monday**
8:30 Weight Watchers
12:00 Nickel Poker
2:00 Knitting and Crocheting
2:30 Penny Bingo
12:30 Nickel Poker
1:30 Hand and Foot
1:30 Table Tennis
- Every Tuesday**
8:00 Texercise
9:00 Zumba
10:15 Tai Chi
1:00 Mahjongg
1:00 Memory Café



Bob Bacon, Joan Lott

- Every Wednesday** –
8:00 Texercise
9:00 Michigan Rummy
12:30 Prize Bingo
1:00 Bunco
- Every Thursday** – 9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker



Barbara Snyder

- Every Friday**–
8:00 Texercise
10:00 Bible Study
12:30 Penny Bingo
- Monthly Trips TBD**
Monday –9:15 Walmart
Wednesday – 9:15 Bank, Post Office, Drug Store
Friday – 10:00 Dollar Tree

**Milton
Activity Center**24855 Broadkill Road
Milton, DE 19968**Ashlyn Elliott, Director**
(302) 515-0001, Ext. 1461**Happenings**

Spring is in the air, and with it comes a season of new beginnings, growth, and fresh opportunities! As we welcome the month of April, filled with blooming flowers, Easter celebrations, and longer, sunnier days, I am thrilled to introduce myself as the new Center Director of Milton!

Stepping into this role is an honor, and I am excited about

the journey ahead. I have always been passionate about helping others and giving back to my community, which paved the way for my desire to be in the Human Services field. From countless hours of volunteering to helping with numerous community service projects, I knew exactly what I was destined to do. My goal is to cultivate a warm and welcoming environment where everyone feels supported, valued, and inspired. I am committed to fostering growth—both within our center and among those we serve—by enhancing programs, strengthening our community connections, and ensuring that every individual has the resources they need to thrive. ●

As we embrace the fresh

energy of spring, I look forward to working alongside each of you to nurture new ideas, create meaningful experiences, and continue making our center a place of connection and success. Here's to a season of renewal and exciting possibilities!

Wednesday: Trip to Bank, Post Office and Drug Store
12:30 p.m.

Fridays: Trip to Dollar General 1:00 p.m.

April 7th – Monday at 9:30 a.m.
Dunkin Donuts Trip
(Departs center at 8 a.m.)

WEEKLY

Mondays:
Mingo with Dan Feth
starting at 12:00 p.m.

Wednesdays:
Bible study at 10:00 a.m.
Bridge Club at 1:00 p.m.

Thursdays:
Mahjong w/ Maryann at 12:30 p.m.

Tuesdays and Fridays:
-Bingo check calendars
for times

Mondays, Tuesdays, Wednesdays and Thursdays:
YOGA, check calendar
for times.

Every Monday- Friday:
Fitness Center Open
8:00 a.m – 3:30 p.m.

**Ocean View
Activity Center**30637 Cedar Neck Road
Ocean View, DE 19970**Yolanda Gallego, Director**
(302) 515-0001, Ext. 1761**Happenings**

***“The Earth Laughs
in Flowers”***

– Ralph Waldo Emerson

**Come Celebrate Spring
with us all month long!**

Mark Gratton will start us off with his beautiful piano music over lunch on the 1st and Richie and Guy will wrap up the month with a Parking Lot Concert on the 29th at 2:30! Lots of good trips, so be sure to get in early to sign up. Our photo contest this year will be “Nature Where You Live” – stay tuned for details ...

Please see our Calendar for all our regularly scheduled activities, trips and events as well as the ones listed below. ●

MONTHLY TRIPS:

April 3rd – Thursday 9:15 a.m. “Voices Heard” Ride On/Off History Tour and video, 90 min., \$15 (pay at sign up please), and Big Oyster in Lewes

April. 4th – Friday 9:30 a.m. Museum of Eastern Shore Culture and Group Choice for Lunch, Salisbury, MD

April 10th – Thursday 9:30 a.m. Lewes in Bloom Driving Tour and Irish Eyes

**Won't You Donate?
They Are Hungry, Too!**

Not only do many of the homebound seniors in Sussex County receive meals, but, many times, they will share their food with their furry companions. Your pet food donation will go a long way to the well-being of both the homebound seniors and their comforting friends.

DONATION SUGGESTIONS:

- Dog/Cat Food (wet or dry)
- Dog/Cat Treats
- Kitty Litter

**CHEER**

You can also drop donations off
at the **CHEER Community Center**,
20520 Sand Hill Road, Georgetown
(east of the circle on Route 9)

For more information:

CALL: (302) 854-9500
asmith@cheerde.com
mjordan@cheerde.com

Ocean View Activity Center continued from pg. 16



CHEER & Community Members who are veterans



Peggy Lank
(one of our nonas)!



Suzette Pritchett with
Richie Bauer helping
her sing a Barry
White tune!



Char Koller, Louise LaManna and
Bonnie Watts



Betty Mitchell, Richie Bauer,
Elaine Carey & Deb Ewart

April 11th – Friday 9:30 a.m.
Eggcellent for Breakfast and
The Brush Factory, Lewes

April 17th – Thursday 9:30
a.m. Walt Koopman’s Private
Collection Antique Car/
Military Museum and Westside
Restaurant, Milford

April 18th – Friday – CHEER
is CLOSED for Good Friday

April 22nd – Tuesday 9:30 a.m.
Shorebirds Baseball Game &
Lunch, \$13! Please pay at sign up.

April 25th – Friday 9 a.m.
Harriet Tubman Underground
Railroad National Historical

Park, Church Creek, MD and
lunch on way home in Seaford.

SPECIAL HAPPENINGS:

April 1st – Tuesday at 11:30
a.m. Mark Gratton on Piano,
entertaining us over lunch!

April 3rd – May 22nd,
Thursdays at 1 p.m.

NEW Matter of Balance Class
starting this Spring!

It runs for 8 weeks, 2 hours per
week – please commit to the
entire program, Sign Up (offered
here once yearly).

April 8th – Tuesday at 11:45
a.m. PAM Rehab Lunch ‘n Learn.

April 14th – Monday at 10:45
a.m. Joyful Living Discussion
Group with Andrew S. 2nd
Monday monthly

April 29th – Tuesday 2:30
Parking Lot Concert (group to be
determined), followed by Dinner
Appetizers at 3:30 p.m.

Donations for both, if you’re able
please. Bring your own Lawn
Chair please, hats for shade, etc.

STARTING IN MAY:

May 20th – 3rd Tuesday
at Noon Arts & Crafts Club!



**Knitting/Crocheting Group
Instructor Marie Buckley
is a member & volunteer
making amazing projects-
which are donated to a local
food pantry we support
for the children!**

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

Ja'Quasia Reid-Norwood, Director
(302) 515-0001, Ext. 1861



Happenings

Every Monday:

Shopping—Grocery, Bank, Post Office and/or Drug Store

Every Tuesday:

Prize Bingo, Breakfast

Every Wednesday and Friday: Chair Yoga

Every Friday: Memory Café

MONTHLY

Weekly and monthly Trips (First and Last Thursday of the month- sign-up required)

Mondays:

Dollar Tree and Food Lion

Special Events!

April 29th-Tuesday
at 2:30-3:30 p.m.

Parking Lot Concert at Oceanview Cheer Center ●

CHEER MINI-MARKET

Over 100 Staple and Paper Products Available
Perishables Available by Special Order

A Grocery Store on Wheels can bring them to YOU!



Rotating Schedule Throughout Sussex County

Stocked with 100 Staple Grocery Items!
No Application Fee – No Delivery Fee!
Available to Any One Over 50 Years of Age!

WE ACCEPT:

- Debit and Credit Cards, Cash and Checks
- Delivery is on a 2-Week Schedule
- Non-Perishable items on the Mini-Market Van
- Perishable items upon request!



FOR MORE INFORMATION OR TO SIGN UP

CALL 302-856-5187

Sand Hill Adult Day Program

Grace and Gladys

As told to Direct Care Worker Audrey Parker-Balthaser by a client

I have a dear friend who is 12 years senior (Gladys). I love listen to her stories, here is one:

The Delaware Farmhouse Life began well before dawn at their Delaware farmhouse. While their Daddy (Fred) headed out to the fields where he grew the family's food – corn, beans, sweet potatoes, and more – their Mom would prepare for her long shift at the chicken factory. Grace, at age 12, had already mastered her Mom's recipe for cornbread, learning from both parents how to make the food stretch to feed eight hungry mouths. Grace was the oldest child.

Grace and her siblings would sing church hymns to pass the time

wrap cornbread and a hard-boiled egg in a piece of cloth, tucking it into Grace's coat pocket. "Study hard, baby," she'd whisper, smoothing Grace's braids one last time. The walk to school was three miles through Delaware woods with her brothers and sisters. In summer, the humid air would hang between the oak and hickory trees. In winter, the harsh coastal winds bit through her thin jacket. But it was autumn that Grace remembered most clearly - how the yellow school bus would roar past her on the road, kicking up dust that settled on her clothes. As Grace walked, white children's faces would peer out the windows, some turning away, others staring, a few brave ones offering secret waves.

"Take care of your brothers and sisters," Mom would say each morning, straightening her work apron before heading to work. It may not have been the easiest life, but it was one filled with love and hard work. "You are my right hand," she would say to Grace, who would already be moving to get everyone ready for the day ahead.

The Long Walk

Every morning before dawn, Grace would lace up her worn shoes by the kitchen light and she would help her mother

Grace recalls some even threw out spit balls. Grace knew this was the way things were. She would not let it get her down.

Grace and her siblings, would sing church hymns to pass the time, their voices carrying through the trees. The older kids would tell stories to distract the little ones from their tired feet. What the white folks didn't understand was that every step made Grace more determined. Every mile strengthened her resolve.

She'd read every book she could get her hands on, stay up late studying by lamplight, and raise her hand for every question. Her mama had told her, "They can make you walk, but they can't stop your mind from soaring."

A Mother's Stand

When news of Dr. King's marches and speeches crackled over their radio, Grace's family would gather close, hanging on every word. Gladys would sit in her chair, nodding slowly, her eyes distant with memories of her own solitary stand at the school board. Grace's siblings would crowd around, young faces serious as they listened to stories of other Black children fighting for their right to learn, to live, to thrive.

One day, Gladys announced that she and the other church members were discussing the situation. Everyone agreed it was time to take a stand. She told Grace that she and some of the men from the church were going to make a trip to the school board. It was time for a change, and the country was making changes.

On the designated day, Gladys put on her best dress and a hat that her husband had bought her for the occasion. When she got to the church to meet the men who were supposed to take the trip with her, there was no one there. It did not deter Gladys. She took the old family truck and drove by herself to Dover,

Delaware, where the School Board was located.

Gladys wasn't a woman who raised her voice. She spoke with the quiet authority of someone who knew her own mind. As she stood on the courthouse steps that morning, smoothing her best dress and clutching her handbag, she stood alone. The early morning sun cast long shadows across the empty street where the church men should have been. Gladys felt the weight of their absence, but it only straightened her spine.

She walked into that school board meeting with her head high, her heart thundering against her ribs. The room fell quiet as she entered - a solitary Black woman in a sea of white faces. But when Gladys opened her mouth to speak, her voice carried all the strength of a mother's love, all the weight of countless miles walked by children's feet.

The Victory

The yellow bus appeared like a mirage that first morning, creaking to a stop at the end of their long dirt driveway. Grace stood frozen, her worn shoes suddenly rooted to the ground. But Gladys gently pushed her forward, pressed the familiar cloth-wrapped cornbread into her hands, and whispered, "Go on now, baby. Your mama made this happen for you."

Grace climbed those bus steps like she was ascending to heaven itself. As she settled

into her seat, she watched her mother through the window, standing tall in her housecoat, hands clasped at her chest. In that moment, Grace saw her mother as if for the first time - not just as Mama, but as Gladys the warrior, Gladys the change-maker, Gladys who walked into rooms full of power all alone and didn't leave until justice was served.

Legacy

Years later, Grace would tell her own children and grandchildren about those walks. Not with bitterness, but as a testimony to endurance, to the unquenchable thirst for education that no amount of dust or distance could

diminish. And when her granddaughter would ask why she had to walk so far, Grace would smile gently and say, "So you wouldn't have to, baby. So you wouldn't have to."

"We were making history too," Grace would tell her children, "right here in Delaware, in our own quiet way. Your grandmother taught me that change doesn't always come with fanfare. Sometimes it comes with a mother's footsteps on courthouse stairs, or children walking miles to school, all of us moving forward together, believing in better days ahead." ●

Are you balancing your job, personal life and caring for spouse, parents, grandparents or loved one?



SAND HILL Adult Day Program

Offering respite care for caregivers as we care for your loved ones 50 and older.

- Nursing oversight
- Assistance with personal care
- Secure Facility
- Noon meal and snacks provided
- Brain Fitness and Physical Fitness Programs
- Transportation arranged

We understand how difficult it can be.

Monday thru Friday, 9 AM to 3 PM



Over 50 Years Serving Sussex Seniors

CHEER COMMUNITY CENTER

20520 Sand Hill Rd., Georgetown, DE

Call Cindy at (302) 212-4482 or email cindym@cheerde.com

The Top Scams to Watch Out for in 2025



Older Americans lose billions of dollars each year to fraudsters. These scams can devastate the victims and leave them vulnerable with little means to recoup their losses. Here's how to recognize some of these scams and avoid becoming a victim.

Telemarketing

One of the most common schemes involves scammers using fake telemarketing calls to prey on older individuals. These scams are tricky to trace because they involve no face-to-face interaction and leave no paper trail. Once a successful deal has been made, the buyer's name is shared with similar schemers who seek proven easy targets. They sometimes defraud the same person repeatedly. One of the most common examples of telemarketing fraud is when money is solicited for a fake charity. Scammers will try to exploit their victim's emotions to help people. Do not donate to someone calling you.

Email and Text as Preferred Contact Methods

Email and text messages are fast becoming the preferred methods of first contact for fraudsters. For instance, scammers may impersonate a company and send an email regarding a fake security alert, renewal, invoice, discount, or tracking error. There are even multi-party scams, where the initial scammer directs you to

an accomplice who pretends to be a government agent or bank employee. Always check the sender's email address. Avoid clicking on links, and do not send out any personal or sensitive financial information until you can verify the sender's identity. Similarly, it's vital to remain cautious if you receive a text message that seems legitimate but is likely meant for someone else. For example, the message might read, "I'm running late; I'll be there as quickly as I can." Wanting to help a well-meaning stranger, you might reply to the sender to let them know they have the wrong number. These wrong number texts often mark the beginning of a romance or employment scam. While a scammer may be involved from the outset, scammers can also employ AI messaging bots to target thousands of individuals simultaneously.

Sweepstakes & Lottery Scams

In this scenario, scammers tell their victims they have won a lottery or sweepstakes. To claim the prize money, scammers inform their victims that they must provide their bank account information (and sometimes additional sensitive personal information, like a Social Security number). This scam can be even more challenging to recognize because frequently, the target receives a check they can deposit into their bank account. The trick is that the

money appears in their account immediately. However, it can take several days before the (fake) check is ultimately rejected. During that time, while the victim has the "prize money" removed from their account as soon as the check bounces, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket.

Counterfeit Prescription Drugs

People are increasingly using the internet to find better prices on specialized medications. The danger goes beyond giving your credit card information to a bogus source that never delivers your medications. Even worse, victims may purchase unsafe substances that can inflict even more harm. This scam can pose a significant danger to the body and wallet. The most effective way to not fall victim to this scam is to only buy medicines from licensed pharmacies and ask for a receipt. Do not buy medicines from open markets. Ask the pharmacist whether the drug has the same ingredients as your current medicine.

Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today!

Call 211 or visit STANDBYMEDE.ORG to schedule an appointment.

Volunteers We Need YOU!

With eight activity centers throughout Sussex County, we are always in need of volunteers.

Join a great group of people, share your talents and energy, improve your skills or learn new skills. Help us make a difference within our community.



It is simple to join our team. Volunteer applications are available at www.cheerde.com

- **CHEER is looking for:** Meals on Wheels delivery drivers Monday through Friday (1-2 hours out of your day)
- Kitchen, office, activity center, and other areas can use your energy and time -- on your schedule.

HELP US SPREAD "CHEER" by joining us today.

Questions?
(302) 515-0001 ext.1166
or mmandujano@cheerde.com

Se habla Espanol Bilingual

The Difference Between Acute Rehabilitation and Rehabilitation in a Skilled Nursing Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the post acute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisplinary approach which includes: Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

To make a referral or ask a question about acute rehab please call (302) 672-5810 to speak to an admissions coordinator.

(The above is a paid advertisement - CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)



Acute Rehab

One on one tailored therapy for three hours per day

Dr. Check up daily

1 nurse per 6-7 patients

7-14 day stay

On site dialysis

Admit directly from home

VS.

Skilled Nursing Facility

Less intensive therapy, may be in a group setting

Dr. Check up once within the first week and then once every 30 days

1 nurse per 20 patients

20-60 day stay

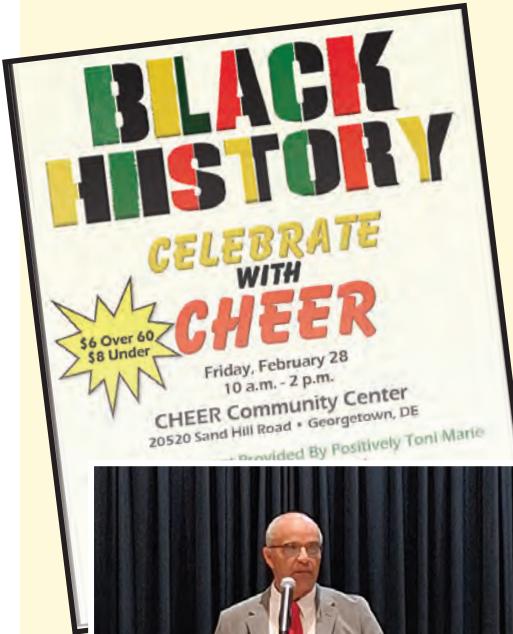
Off site dialysis

3 night hospital stay required for admissions

3 locations to serve you Dover-Milford-Georgetown



New stand alone location opening in Milford this October!



Black History Celebration

The program included two Key Note Speakers: Patricia Whaley, Senior Employment Job Developer, First State Community Action Agency and Andre Swygert, Military & Civilian Aircraft Historian and Chapter Secretary, 1st State Chapter Tuskegee Airmen Inc.

He was a commercial pilot and still enjoys flying.

William Frankin is a Member of the Dover Tuskegee Airman and is retired from, the U.S. Air Force. He was a Load Master on the C-5, the largest military plane at Dover Air Force Base.

Bryson Downey is a Sophomore at Delaware State University. He has earned his IFR Certification and is currently enrolled in the Pilot Training Program.

Lunch was served by CHEER staff and was enjoyed by all.



Andre Swygert,
Key Note Speaker



William Frankin,
Member of Dover
Tuskegee Airman



From Left to Right, Donald Blakey,
Walt Koopman and Bryson Downey



Patricia Whaley,
Key Note Speaker



Singer Toni Marie
entertained everyone
with her band
Positively Toni Marie



Spring Craft FAIR



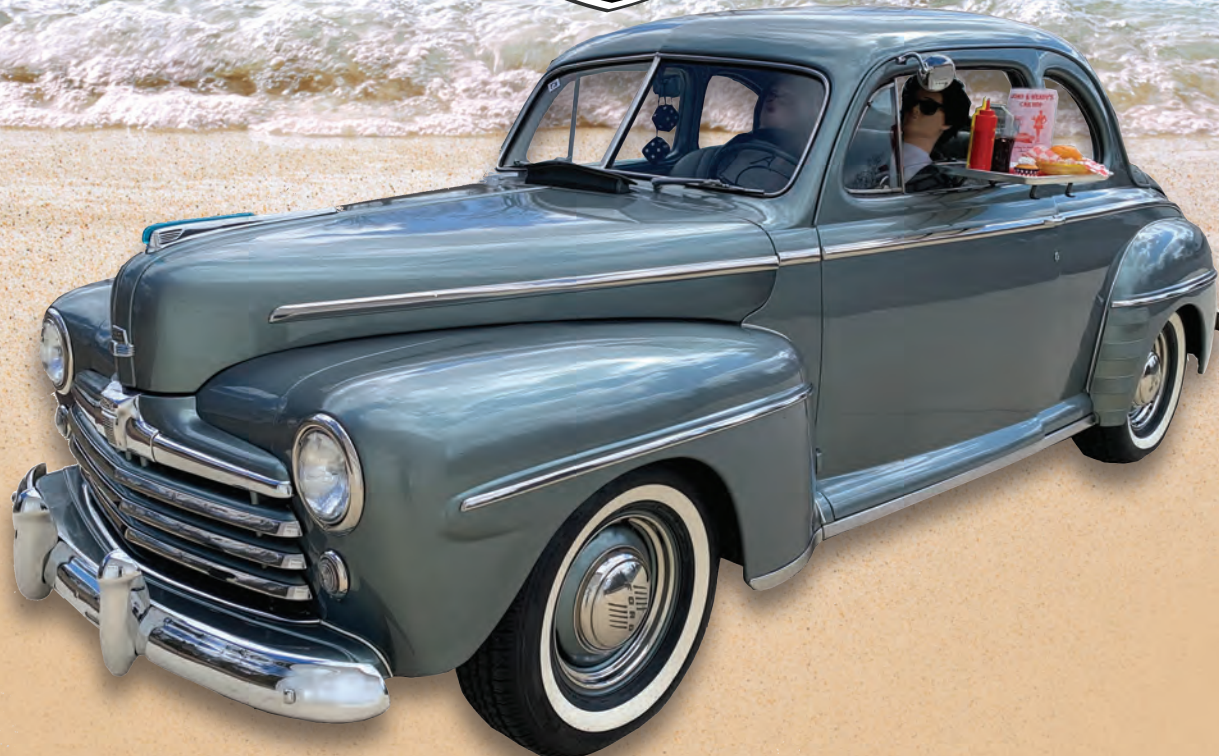
Left to Right: Arlene Littleton, CHEER's Executive Director (1985-2016) and Beckett Wheatley, CHEER's current CEO.



Sand Hill Cafe Staff



CHEER Board President, Walt Koopman, promoted CHEER's "Wheels for Meals" Benefit Car-Truck-Bike Show to be held September 20th.



Saturday, September 20th

10 a.m. – 2 p.m.

(Raindate Sunday Sept. 21th)

PRIZES – FOOD TRUCKS – MODEL CAR SHOW

To Benefit CHEER Meals on Wheels

Milton CHEER Activity Center

24855 Broadkill Road ■ Milton, DE 19968



Over 50 Years Serving Sussex Seniors

CAR – TRUCK – BIKE SHOW ■ \$20 Pre-Registration ■ \$25 Day of Show

For Information and Registration:

(302) 515-0001 ext. 1100 or www.cheerde.com/car-show/