



**CHEER Coastal Leisure Center**  
**MAY 2025**





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

Mon	Tue	Wed	Thu	Fri
<p><i>Flip The Script On Aging: May 2025 OLDER AMERICANS MONTH!</i></p> <p><b>COME CELEBRATE WITH US ... All Month Long!</b></p> <p><b>OLDER AMERICANS MONTH</b></p>  <p>FLIP THE SCRIPT ON AGING: MAY 2025</p>		 <p><b>\$1 Lunches During May For Everyone 60 and OVER!</b></p>	<p><b>1</b> 8-4:30 Fitness/Puzzles 9:30 <b>Sunny Bay Café and RB Outlets</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 11:30 Lunch, \$ donation 12:15 <b>Hand and Foot</b> 1 <b>Matter of Balance Class</b> 1 <b>Alz. Caregiver Support</b> – alternate location for May</p>	<p><b>2</b> 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10 <b>SPRINGFEST, OC</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ donation 11:30 <b>Mexican Train Dominoe's</b> 12 <b>Poker / Drop In Mahjongg</b></p>
<p><b>5</b> 8-4:30 Fitness/Puzzle 9 <b>Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 10 <b>Walking Club</b> 11 <b>Food for Thought</b> 11:30 Lunch, \$ donation 12 <b>Mahjongg</b> 12:15 <b>Quilting Club/Local Shopping+</b></p>	<p><b>6</b> 8-4:30 Fitness/ Puzzles 9:30 <b>Hand and Foot</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ donation 11:30 <b>Piano Music Mark</b> 11:30 <b>MahJongg and Mex. Train Dominoes</b> 12:15 <b>Pinochle</b></p>	<p><b>7</b> 8-4:30 Fitness / Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 <b>Breakfast, \$2.50</b> 10 <b>Bocce at John West Park</b> 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ donation 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b></p>	<p><b>8</b> 8-4:30 Fitness/Puzzles 10 <b>Clear Space Theatre "Spring Awakening", \$30, (must pay at sign up) and The Purple Parrot</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 11:30 Lunch, \$ donation 12:15 <b>Hand and Foot</b> 1 <b>Matter of Balance Class</b></p>	<p><b>9</b> 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Boardwalk Stroll / Victoria's Mother's Day Luncheon-Happy M's Day!</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ donation 11:30 <b>Mex Train Dom's</b> 12 <b>Poker/Drop In Mahjongg</b></p>
<p><b>12</b> 8-4:30 Fitness/Puzzle 9 <b>Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 10 <b>Walking Club</b> 10:45 <b>Joyful Living Disc. Grp with Andrew S.</b> 11:30 Lunch, \$ donation 12 <b>M'ship Mtg / MJ</b> 12:30 <b>Quilting Club/Local Shopping+</b></p>	<p><b>13</b> 8-4:30 Fitness/Puzzles 9:30 <b>Hand and Foot</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ donation 11:30 <b>Mahjongg and Mexican Train Dominoes</b> 12-1 <b>Greg Fuller, Register of Wills, Helpful Tips!</b> 12:15 <b>Pinochle</b></p>	<p><b>14</b> 8-4:30 Fitness/Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 <b>Breakfast, \$2.50</b> 10 <b>Bocce at John West Park</b> 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b> 1 <b>Parkinson's Support Grp</b></p>	<p><b>15</b> 8-4:30 Fitness/Puzzles 9 <b>Discovery Battery 519, Fort Miles Tour, \$6, Lunch at Thompson Island</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 11:30 Lunch, \$ donation 12:15 <b>Hand and Foot</b> 1 <b>Matter of Balance Class</b> 1 <b>Alz. CGSupport, alt. location</b></p>	<p><b>16</b> 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 9:30 <b>Super Walmart / Surf &amp; Turf, Milford</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ donation 11:30 <b>Mex Train Dom's</b> 12 <b>Poker / Drop In Mahjongg</b></p>

**CHEER Coastal Leisure Center**  
**MAY 2025**



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

Mon	Tue	Wed	Thu	Fri
<b>19</b> 8-4:30 Fitness/Jigsaw Puzzles 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11 Food for Thought w/ Joan R. 11:30 Lunch, \$ donation 12 Mahjongg 12:15 Quilting Club/Local Shopping+	<b>20</b> 8-4:30 Fitness/Puzzles 9:30 Hand and Foot 10 Chair Yoga with Lori, \$5 10 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg / Mexican Train Dominoes 12-2 New Arts & Crafts Club w/Judi /Tricia 12:15 Pinochle 5 Dinner/Play "Angels with Dirty Faces"! \$10 M/\$15	<b>21</b> 8-4:30 Fitness Room / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50 10 Bocce at John West Park 10-2 Bingo, \$3 donation 11:30 Lunch, \$ donation 12 Poker 12:15 Knitting / Crocheting	<b>22</b> 8-4:30 Fitness/Jigsaw Puzzles+ 9:30 The Farmer's Porch/ Titanic Pizzeria, Milton 10 Chair Yoga w/Lori, \$5 10 Pickleball 11:30 Lunch, \$ donation 12 12:15 Hand and Foot 1 Final Matter of Balance Class!	<b>23</b> 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 9:45 The Shops at Heneghan's Run, OV and The Salted Rim, MV 10:30 Memory Café 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker/Drop In Mahjongg
<b>26</b> <p style="text-align: center;">WE WILL BE  CLOSED TODAY  FOR THE  MEMORIAL DAY  HOLIDAY</p> 	<b>27</b> 8-4:30 Fitness/Puzzles 9:30 Hand and Foot 10 Chair Yoga with Lori, \$5 10 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg/Mexican Train Dominoes 11:45 Older Adult Tips w/Erin S. of PAM Rehab 12:15 Pinochle	<b>28</b> National Fitness Day! 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50 10 Bocce at John West Park 10-2 Bingo, \$3 donation— w/ Fitness Bingo too! 11:30 Lunch, \$ donation Celebrate our MAY B'days! 12 Parking Lot Stroll / Poker 12:15 Knitting / Crocheting	<b>29</b> 8-4:30 Fitness/Jigsaw Puzzles+ 9:30 Doyle's for Breakfast followed by Harris Teeter, Selbyville 10 Chair Yoga w/Lori, \$5 10 Pickleball 11:30 Lunch, \$ donation 12 12:15 Hand and Foot	<b>30</b>  <p style="text-align: center;">Leave OV at 9 am  For Special OAM  Celebration in  Georgetown!  See Yolanda for Ticket  Center is CLOSED Today!</p>