


**CHEER Coastal Leisure Center**  
**JUNE 2025**



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

Mon	Tue	Wed	Thu	Fri
<p>2 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, \$ 12 <b>Mahjongg and 11a.m.</b> 12:15 <b>Quilting Club / Local Shopping+</b></p>	<p>3 8-4:30 Fitness/ Puzzles 9:30 Hand and Foot 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ 11:30 <b>Lisa Miller Entertains</b> 11:30 <b>MahJongg / Mex.</b> <b>Train Dominoes</b> 12:15 <b>Pinochle</b></p>	<p>4 8-4:30 Fitness / Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10 <b>Bocce John West Park</b> 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b></p>	<p>5 8-4:30 Fitness/Puzzles 9:15 <b>Assateague Island Nat'l SS &amp; Roadie Joe's, Berlin, MD</b> bring sr. park pass 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 11:30 Lunch, \$ 12:15 Hand and Foot 1 <b>Alz. Caregiver Support Grp</b></p>	<p>6 8-4:30 Fitness/Puzzles 9 <b>Honey's at Station 26 - Breakfast, Gallery One</b> 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mexican Train Dominoe's</b> 12 <b>Poker / Drop In Mahjongg</b></p>
<p>9 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 w/Andrew S.</b> 11:30 Lunch/M'ship Mtg 12 <b>Mahjongg and 11a.m.</b> 12:15 <b>Quilting Club / Local Shopping+</b></p>	<p>10 8-4:30 Fitness/ Puzzles 9:30 Hand and Foot 10 <b>Chair Yoga w/Lori, \$5</b> <b>Pickleball</b> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ 11:30 <b>MahJongg / Mex.</b> <b>Train Dominoes</b> 12:15 <b>Pinochle</b></p>	<p>11 8-4:30 Fitness / Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10 <b>Bocce John West Park</b> 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b></p>	<p>12 8-4:30 Fitness/Puzzles 10 <b>Choptank Riverboat Lunch Cruise, Hurlock MD, \$56 pay at sign up!</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 11:30 Lunch, \$ 12:15 Hand and Foot</p>	<p>13 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:15 <b>Prickly Gal and Shaka Shack, Millville</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mex. Train Dom's</b> 12 <b>Poker / Drop In Mahjongg</b></p>
<p>16 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, \$ 12 <b>MahJongg and 11a.m.</b> 12:30 <b>Quilting Club/Local Shopping+</b></p>	<p>17 8-4:30 Fitness/Puzzles 9:30 Hand and Foot 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ 11:30 <b>Mahjongg /Mexican</b> <b>Train Dominoes</b> 12-2 <b>Arts &amp; Crafts Club</b> 12:15 <b>Pinochle</b></p>	<p>18 8-4:30 Fitness/Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10 <b>Bocce John West Park</b> 10-2:30 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ 11:45-12:45 <b>Juneteenth Celebration!!! See Flyer</b> 12 <b>Poker</b> 12:15 <b>Knitting</b> 1 <b>Parkinson's Support Grp</b></p>	<p>19 <b>We are Closed Today in Celebration of Juneteenth</b></p> 	<p>20 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10 <b>Christine's Consignments and The Salted Rim, OV/MV</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mex. Train Dom's</b> 12 <b>Poker / Drop In Mahjongg</b></p>

**CHEER Coastal Leisure Center**  
**JUNE 2025**



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

Mon	Tue	Wed	Thu	Fri
<b>23</b> 8-4:30 Fitness / Jigsaw Puzzles <b>9 Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 10 <b>Walking Club</b> 11 <b>Food for Thought</b> w/ <b>Joan R.</b> 11:30 Lunch, \$ 12 <b>Mahjongg</b> and 11a.m. 12:15 <b>Quilting Club /</b> <b>Local Shopping+</b>	<b>24</b> 8-4:30 Fitness/Puzzles 9:30 <b>Hand and Foot</b> 10 <b>Chair Yoga with Lori, \$5</b> 10 <b>Pickleball</b> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ 11:45 <b>L 'n L with Aqua Care</b> 11:30 <b>Mahjongg / Mexican</b> <b>Train Dominoes</b> 12:15 <b>Pinochle</b> 5 <b>Dinner &amp; Entertainment w/</b> <b>the Short Term Memories,</b> <b>\$11 / \$15 guests</b>	<b>25</b> 8-4:30 Fitness Room / Puzzles+ <b>9 Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10 <b>Bocce at John West Park</b> 10 <b>BEACH CLEAN UP AT IRLSS</b> <b>&amp; The Big Chill Beach Club</b> 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b> <b>Club</b>	<b>26</b> 8-4:30 Fitness / Jigsaw Puzzles+ 9:15 <b>Trap Pond Pontoon</b> <b>Ride, \$6 and Stargate</b> <b>Diner, Laurel</b> 10 <b>Chair Yoga w/Lori, \$5</b> 10 <b>Pickleball</b> 11:30 Lunch, \$ 12:15 <b>Hand and Foot</b> 1 <b>Alz. Caregiver Support</b> <b>Group</b> (in place of 6/19)	<b>27</b> 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> No Trip Today . . . 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mexican Train</b> <b>Dominoes</b> 12 <b>Poker / Drop In</b> <b>Mahjongg</b>
<b>30</b> 8-4:30 Fitness / Jigsaw Puzzles <b>9 Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 10 <b>Walking Club</b> 11 <b>Food for Thought</b> w/ <b>Joan R.</b> 11:30 Lunch, \$ 12 <b>Mahjongg</b> and 11a.m. 12:15 <b>Quilting Club /</b> <b>Local Shopping+</b>				

Check out our Center's website page:  
<https://www.cheerde.com/ocean-view/>



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