




**CHEER Coastal Leisure Center**  
**AUGUST 2025**



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

Mon	Tue	Wed	Thu	Fri
			<p><b>1</b> 8-4:30 Fitness /Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mex. Train Dominoes</b> 12 <b>Poker/Drop In Mahjongg</b></p>	
<p><b>4</b> 8-4:30 Fitness/Puzzle 9 <b>Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 9:15 <b>Walking Club</b> 11 <b>Food for Thought</b> 11:30 Lunch, \$ 12 <b>Mahjongg</b> and 11a.m. 12:15 <b>Quilting Club / Local Shopping+</b></p>	<p><b>5</b> 8-4:30 Fitness/ Puzzles 8:30/10 <b>Chair Yoga, \$5</b> 9 <b>Pickleball</b> 9 <b>CWT Eco Tour, \$28, I.E.</b> 9:30 Hand and Foot 10:30 <b>Sit/Fit</b> 11:30 Lunch, \$ 12 Ice Cream Sundae Day! 11:30 <b>MahJjong / Dom.</b></p>	<p><b>6</b> 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, \$ 11:45 <b>MERR Presentation!</b> 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b></p>	<p><b>7</b> 8-4:30 Fitness/Puzzles 9 <b>Pickleball</b> 9:15 <b>TP Pontoon Ride, \$6 and Abbott's in Laurel</b> <i>(cancelled trip gets 1st dibs)</i> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12:15 Hand and Foot 1 <b>Alz. Caregiver Support</b></p>	<p><b>8</b> 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mex. Train Dominoes</b> 12 <b>Poker / Drop In Mahjong</b></p>
<p><b>11</b> 8-4:30 Fitness/Puzzle 9 <b>Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 9:15 <b>Walking Club</b> 10:45 <b>Joyful Living Disc. Grp w/Andrew S.</b> 11:30 Lunch/M'ship Mtg 12 <b>MahJongg</b> and 11a.m. 12:30 <b>Quilting Club/Shop+</b></p>	<p><b>12</b> 8-4:30 Fitness/Puzzles 8:30/10 <b>Chair Yoga, \$5</b> 9 <b>Pickleball</b> 9:30 Hand and Foot 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ <b>and Lisa Ingrid to Entertain us!</b> 11:30 <b>MJ / Dominoes</b> 12:15 <b>Pinochle</b> 12-2 <b>A&amp;C Floral Project, \$</b></p>	<p><b>13</b> 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</b></p>	<p><b>14</b> 8-4:30 Fitness/Puzzles 9 <b>Pickleball</b> 9:30 <b>Super Walmart &amp; Diner, Seaford</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12:15 Hand and Foot</p>	<p><b>15</b> 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café</b> 11 <b>Flip Flops or local restaurant</b> 11:30 Lunch, \$ 11:30 <b>Mex. Train Dominoes</b> 12 <b>Poker / Drop In Mahjong</b></p>

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**AUGUST 2025**



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

Mon	Tue	Wed	Thu	Fri
<p>18 8-4:30 Fitness / Jigsaw Puzzles 9 <b>Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 9:15 <b>Walking Club</b> 11 <b>Food for Thought with Joan R.</b> 11:30 Lunch, \$ 12 <b>Mahjongg</b> and 11a.m. 12:15 <b>Quilting Club / Local Shopping+</b></p>	<p>19 8-4:30 Fitness/Puzzles 8:30/10 <b>Chair Yoga, \$5</b> 9 <b>Pickleball</b> 9:30 <b>Hand and Foot</b>  10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ 11:30 <b>Mahjongg / Mexican Train Dominoes</b> 12-2 <b>Arts &amp; Crafts Club</b> 12:15 <b>Pinochle</b></p>	<p>20 8-4:30 Fitness / Puzzles 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10 <b>Bocce at John West Park</b> 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$/<b>Tim Cooper, Public Safety w/ Emergency Preparedness</b> 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b> 2:30 <b>Parkinsons Support Group</b></p>	<p>21 8-4:30 Fitness / Jigsaw Puzzles+ 9 <b>Pickleball</b> 9:30 <b>Senior Art Show at Rehoboth Collaborative and Iron Hill Brewery</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12:15 <b>Hand and Foot</b> 1 <b>Alz. Caregiver Support Group</b></p>	<p>22 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10 <b>ACTS and The Salted Rim</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mexican Train Dominoes</b> 12 <b>Poker / Drop In Mahjong</b></p>
<p>25 8-4:30 Fitness / Puzz 9 <b>Yoga with Susan, \$5</b> 9:15 <b>Corn Hole, P. Lot</b> 9:15 <b>Walking Club</b> 11 <b>Food for Thought with Joan R.</b> 11:30 Lunch, \$ 12 <b>Mahjongg</b> and 11a.m. 12:15 <b>Quilting Club / Local Shopping+</b> 1 <b>Stand By Me w/Karen by appt. 302 658-4171 X104</b></p>	<p>26 8-4:30 Fitness/Puzzles 8:30/10 <b>Chair Yoga, \$5</b> 9 <b>Pickleball</b> 9:30 <b>Hand and Foot</b> 10:30 <b>Sit and Fit</b> 10:45 <b>Lighthouse Beach Golf (pay there, \$10 sr.)</b> 11:30 Lunch, \$ 11:30 <b>Mahjongg / Mexican Train Dominoes</b> 12:15 <b>Pinochle</b> 5 <b>Dinner and Beachy BINGO!!! \$11 M / \$15 G</b></p>	<p>27 8-4:30 Fitness Room / Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10 <b>Bocce at John West Park</b> 10-2:30 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting / Crocheting</b></p>	<p>28 8-4:30 Fitness / Jigsaw Puzzles+ 9 <b>Pickleball</b> 9:45 <b>Seaside Country Store and Harpoon Hanna's, Fenwick Island</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12:15 <b>Hand and Foot</b></p>	<p>29 8-4:30 Fitness/Puzzles 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Mexican Train Dominoes</b> 12 <b>Poker / Drop In Mahjongg</b></p>

Check out Coastal Leisure Center's website page:

<https://www.cheerde.com/ocean-view/>