

CHEER Coastal Leisure Center
JULY 2025



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
	1 8-4:30 Fitness/ Puzzles 8:30/10 Chair Yoga, \$5 9:30 Hand and Foot 9 Pickleball 10:30 Sit and Fit 11:30 Lunch, \$ 11:30 Lunch Ent w/Tony S. 11:30 MahJongg / Dom. 12:15 Pinochle	2 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 9:45 Brittingham Farm Lav. Tour, \$8 / Two Meatballs 10 Bocce John West Park 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12 Poker 12:15 Knitting / Crocheting	3 8-4:30 Fitness/Puzzles 9 Pickleball 10 Chair Yoga w/Lori, \$5 10:45 Flip Flops Beach Grill, tentative 11:30 Lunch, \$ 12:15 Hand and Foot 1 Alz. Caregiver Support Group	4 CLOSED FOR THE 4TH! 
7 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 Mahjongg and 11a.m. 12:15 Quilting Club/Local Shopping+	8 8-4:30 Fitness/ Puzzles 8:30/10 Chair Yoga, \$5 9 Pickleball 9:30 Hand and Foot 9:30 Teen Challenge, SF 10:30 Sit/Fit 11:30 Lunch, \$ 12 Ice Cream Sundae Day! 11:30 MahJongg / Dom.	9 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10 Bocce John West Park 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12 Poker 12:15 Knitting / Crocheting	10 8-4:30 Fitness/Puzzles 9 Pickleball 9:45 Bethany Beach Boardwalk Shops and Surfin' Betty for Lunch 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12:15 Hand and Foot	11 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Mex. Train Dominoes 12 Poker/Drop In Mahjong
14 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 10:45 Joyful Living Disc. Grp with Andrew S. 11:30 Lunch/M'ship Mtg 12 MahJongg and 11a.m. 12:30 Quilting Club/Shop+	15 8-4:30 Fitness/Puzzles 8:30/10 Chair Yoga, \$5 9 Pickleball 9:30 Hand and Foot 10:30 Sit and Fit 11:30 Lunch, \$ 11:30 Mahjongg / Mexican Train Dominoes 12-2 Arts & Crafts Club 12:15 Pinochle	16 8-4:30 Fitness/Puzzles+ 9 Yoga with Susan, \$5 9 Cape Water Tours Dolphin Watch w/MERR, \$30 and Big Oyster lunch 9-10 Breakfast, \$2.50, 60+ 10 Bocce John West Park 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12 Poker 12:15 Knitting 1 Parkinson's Support Grp	17 8-4:30 Fitness/Puzzles 9 Pickleball 9:15 Boscov's Salisbury Mall and Red Lobster 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12:15 Hand and Foot 1 Alz. Caregiver Support Group	18 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Mex. Train Dominoes 12 Poker/Drop In Mahjong

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Phone: 302.539.2671
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Mon	Tue	Wed	Thu	Fri
<p>21 8-4:30 Fitness / Jigsaw Puzzles 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11 Food for Thought with Joan R. 11:30 Lunch, \$ 12 Mahjongg and 11a.m. 12:15 Quilting Club / Local Shopping+</p>	<p>22 8-4:30 Fitness/Puzzles 8:30/10 Chair Yoga, \$5 9 Pickleball 9:30 Hand and Foot 10 Good Vibes Tiki Cruise with Lunch, \$45, Dewey 10:30 Sit and Fit 11:30 Lunch, \$ 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle</p>	<p>23 8-4:30 Fitness Room / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10 Bocce at John West Park 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 11:45 Osher Presentation! 12 Poker 12:15 Knitting / Crocheting Club</p>	<p>24 8-4:30 Fitness / Jigsaw Puzzles+ 9 Pickleball 9:15 Ocean City Center for the Arts self tour and Harpoon Hanna's, FI 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12:15 Hand and Foot</p>	<p>25 8-4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Mexican Train Dominoes 12 Poker / Drop In Mahjongg</p>
<p>28 8-4:30 Fitness / Jigsaw Puzzles 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11 Food for Thought with Joan R. 11:30 Lunch, \$ 12 Mahjongg and 11a.m. 12:15 Quilting Club / Local Shopping+</p>	<p>29 8-4:30 Fitness/Puzzles 8:30/10 Chair Yoga, \$5 9 Pickleball 9:30 Beach Day, DSSP, IR 9:30 Hand and Foot 10:30 Sit and Fit 11:30 Lunch, \$ 11:45 L 'n L with Aqua Care 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle 5 Dinner and Ent. w/Notes on The Beach! \$11 / \$15</p>	<p>30 8-4:30 Fitness Room / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10 Bocce at John West Park 10-2:30 Bingo, \$3 donation 11:30 Lunch, \$ 12-1 Stroke/TIA Workshop with Beebe! 12 Poker 12:15 Knitting / Crocheting</p>	<p>31 8-4:30 Fitness / Jigsaw Puzzles+ 9 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12:15 Salted Vines Vineyard & Winery, FOLLOWING lunch at the Center 12:15 Hand and Foot 1 Alz. Caregiver Support Group</p>	

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

 **CHEER**
Over 50 Years Serving Sussex Seniors