



CHEER Coastal Leisure Center
SEPTEMBER 2025

Flip The Script!

30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>1 We Are CLOSED Today!</p> 	<p>2 8-4:30 Fitness / Puzzles+ 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle</p>	<p>3 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</p>	<p>4 8-4:30 Fitness / Puzzles 9 Pickleball 10 Chair Yoga w/Lori, \$5 10:30 Beckett's Bulletin 11 Prickly Gal and Shaka Shack, Millville 11:30 Lunch, \$ 12:15 Hand and Foot / MJ 1 Alz. Caregiver Support</p>	<p>5</p>  <p>TRAP POND FALL FESTIVAL!!! Bus Leaves OV 9 a.m.</p>
<p>8 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:30 Walking Club 10:45 Joyful Living w/AS 11:30 Lunch, \$ / Lisa Miller Performs! 12 Mahjongg 12:30 Quilting / Shop+</p>	<p>9 8-4:30 Fitness / Puzzles 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch, \$, Fall Prevention w/PAM! 11:30 MJ / Dominoes 12:15 Pinochle 12:30 New Acry Paint RAL</p>	<p>10 8-4:30 Fitness / Puzzles 9 CWT—Dolphin Tour with MERR, \$30 and Big Oyster 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 / Knitting/Croch.</p>	<p>11 8-4:30 Fitness / Puzzles+ 9 Old State Building Tour and Hollywood Diner, Dover 9 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12:15 Hand and Foot / MJ</p>	<p>12 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Kayak Eco Tour, 90 Min., \$40 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>
<p>15 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:30 Walking Club 11 Food for Thought 11:30 Lunch/M'ship Mtg 12 MahJongg 12:30 Quilting Club / Local Shopping +</p>	<p>16 8-4:30 Fitness / uzzles+ 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle</p>	<p>17 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, \$, Arthritis Talk w/PA-C Christine B.! 12 Poker 12:15 Knitting 2:30 Parkinsons Support Group</p>	<p>18 8-4:30 Fitness / Puzzles+ 9 Pickleball 9:15 Trap Pond Pontoon Ride, \$6, Abbots, Laurel 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12:15 Hand and Foot / MJ 1 Alz. Caregiver Support Group</p>	<p>19 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:15 Brittingham Farm Tour, \$10 and Two Meatballs, Millsboro 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>

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Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>22 8-4:30 Fitness / Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:30 Walking Club 11 Food for Thought with Joan R. 11:30 Lunch, \$ 12 Mahjongg 12:15 Quilting Club / Local Shopping+</p>	<p>23 8-4:30 Fitness / Puzzles+ 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</p>	<p>24 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10 Bocce John West Park 10-2:30 Bingo, \$3 donation 11:30 Lunch, \$ 12-1 Diabetes Workshop with Logan J - Beebe! 12 Poker 12:15 Knitting / Crocheting</p>	<p>25 8-4:30 Fitness / Jigsaw Puzzles+ 9 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 OC Seacrets Distillery Tour and the Speakeasy Tasting Room, \$15 AFTER Lunch at the Center! 12:15 Hand and Foot / MJ</p>	<p>26 8-4:30 Fitness / Puzzles+ 9 Beginner Tai Chi, \$3 9:15 Boscov's in Dover and Pat's Select Pizza Grill 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Drop In Mahjongg</p>
<p>29 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:30 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 Mahjongg 12:15 Quilting Club / Local Shopping+ 1 Stand By Me w/Karen by appt. 302 658-4171</p>	<p>30 8-4:30 Fitness / Puzzles+ 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit 11:30 Lunch, \$ 11:30 Mahjongg / Mexican Train Dominoes 12:15 Pinochle 3-4:30 Parking Lot Concert w/Dale Teat and Happy Hour Food, \$10 M / \$15 G</p>	<div>  <p>CELEBRATE NATIONAL HISPANIC HERITAGE MONTH! September 15th— October 15th</p>  </div>		

Check us out at <https://www.cheerde.com/ocean-view/>



Over 50 Years Serving Sussex Seniors