

CHEER Coastal Leisure Center
NOVEMBER 2025



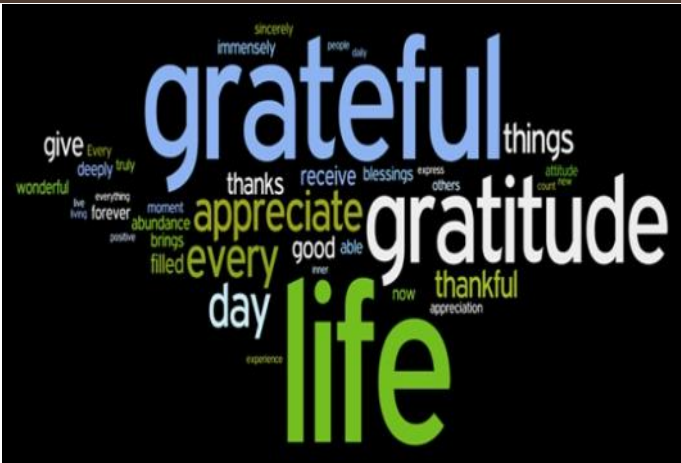
30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
3 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 12:15 Shop+/Quilting 12:30 Doodles Club!	4 8-4:30 Fitness/Puzzles 9 Pickleball/ V. Bone Bldrs 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch, \$; MJ / Dom's 11:45 Vietnam Mailbag! 12:15 Pinochle 1:15 Aroma Therapy, \$10	5 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, \$ 12-1 12 Poker 12:15 Knitting/Crocheting	6 8-4:30 Fitness/Puzzles 9 Pickleball/V. Bone Bldrs 9 John Dickinson Tour and Mission BBQ, Dover 10 Chair Yoga w/Lori, \$5 10:30 Beckett's Bulletin 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Support	7 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg ~Center Closes at 4 pm~ 4 Veterans Dinner Dance, G'town, Free Vets/\$10
10 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 10:45 Joyful Living w/ Andrew S. 11:30 Lunch, \$/M'ship 12 MahJongg 12:15 Shop+/Quilting Doodles Club—New	11 8-4:30 Fitness/Puzzles 9 Pickleball/ V. Bone Bldrs 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch / PAM Rehab. 11:30 MJ / Dominoes 12:15 Pinochle 12:30 Acrylic Painting Class w/David of RAL!	12 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	13 8-4:30 Fitness/Puzzles 9 Pickleball/V. Bone Bldrs 9 Bosco's and Food Court at The Centre, Salisbury 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ	14 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Ba Roos, Bethany Beach 12 Poker/Mahjongg
17 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11 Food for Thought w/ Joan R. 11:30 Lunch 12 MahJongg 12:15 Shop+/Quilting ClubShopping +	18 8-4:30 Fitness / Puzzles 9 Pickleball/V. Bone Bldrs 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle 12:30 Arts & Crafts Club, \$ 4-6 Robin & The Hoods, and Dinner, \$10 M / \$15 G	19 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 Advanced Care Planning with Beebe 12 Poker 12:15 Knitting/Crocheting	20 8-4:30 Fitness/Puzzles 9 Pickleball/V. Bone Bldrs 10 Chair Yoga w/Lori, \$5 10:30 Parson's Farm Tour w/Tractor Ride and Animal Feeding, \$8, Lunch there afterwards 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Supp Grp	21 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Morning Buns Bake Shop, OV 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg

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Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
24 8-4:30 Fitness/Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 Mahjongg 12:15 Quilting Club / Local Shopping+	25  THANKSGIVING FEAST! GEORGETOWN COMM CTR. OV CENTER IS CLOSED. BUS LEAVES AT 9 AM!	26 8-4:30 Fitness Room / Jigsaw 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	27 The Center is Closed for Thanksgiving! 	28
		COMING IN DECEMBER: HOLIDAY BAZAAR FRIDAY DECEMBER 5TH! 9 AM—NOON		

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



Over 50 Years Serving Sussex Seniors