



Mon	Tue	Wed	Thu	Fri
	<p>Wed. 1st!</p> 	<p>1 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 Diversity in Latin Am.! <i>Sponsored by DE Humanities</i> 12 Poker 12:15 Knitting / Crocheting</p>	<p>2 8-4:30 Fitness / Puzzles 9 Pickleball/V. Bone Bldrs 9:30 Conley's Thrift Shop and La Tonalteca, M'boro 10 Chair Yoga w/Lori, \$5 10:30 Beckett's Bulletin 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Support</p>	<p>3 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Bearhole Farms Tour (tentative), Crabcake Factory, Selbyville 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>
<p>6 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, \$ / Music with Mark G.; 12 MJ 12:30 Shop+ / Quilting / Doodles Club—New</p>	<p>7 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/Caring Trans. Important Discuss. for Srs. 11:30 MJ / Dominoes 12:15 Pinochle</p>	<p>8 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, \$ / Medicare Updates w/Tennant B. 12 Poker / Knitting/Croch.</p>	<p>9 8-4:30 Fitness/Puzzles+ 9 Pickleball/V. Bone Bldrs 9:45 Cape May-Lewes Ferry Ride Over & Back, \$20 (includes ferry ride, bus and picnic lunch) 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ</p>	<p>10 HISPANIC <i>Heritage Celebration</i> 10 a.m.—2 p.m. G'town Comm Ctr \$6/60+ - \$8/under See Yolanda! Center Closed Today</p>
<p>13 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11 Food for Thought with Joan R. 11:30 Lunch/M'ship Mtg 12 MahJongg 12:30 Quilting Club / Local Shopping +</p>	<p>14 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 Acrylic Painting Class with David of RAL!</p>	<p>15 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 2:30 Parkinsons Support Groups</p>	<p>16 8-4:30 Fitness/Puzzles 9 Pickleball/V. Bone Bldrs 9 Fifer's Farm, Camden Wyoming-pumpkins, apples, corn maze+, lunch and ice cream! 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Supp Grp</p>	<p>17 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Spence's Bazaar and El Nopal, Dover 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>

CHEER Coastal Leisure Center
OCTOBER 2025



Phone: 302.539.2671
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Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>8-4:30 Fitness / Jigsaw Puzzles+</p> <p>9 Yoga with Susan, \$5</p> <p>9:15 Corn Hole, P. Lot</p> <p>10 Walking Club</p> <p>10:45 Joyful Living w/ Andrew S. (moved from 9/13 for Sept.)</p> <p>11:30 Lunch, \$</p> <p>12 Mahjongg</p> <p>12:15 Quilting Club / Local Shopping+</p>	<p>21</p> <p>8-4:30 Fitness / Puzzles+</p> <p>10 Chair Yoga, \$5</p> <p>9 Pickleball/V. Bone Bldrs</p> <p>9:30 Hand and Foot</p> <p>10:30 Sit and Fit</p> <p>11:30 Lunch, \$</p> <p>11:30 Mahjongg / Mexican Train Dominoes</p> <p>12:15 Pinochle</p> <p>12-2 Arts & Crafts Club, \$5</p>	<p>22</p> <p>8-4:30 Fitness Room / Jigsaw Puzzles+</p> <p>9 Yoga with Susan, \$5</p> <p>9-10 Breakfast, \$2.50, 60+</p> <p>10 Bocce John West Park</p> <p>10-2 Bingo, \$3 donation</p> <p>11:30 Lunch, \$</p> <p>12 Poker</p> <p>12:15 Knitting / Crocheting</p>	<p>23</p> <p>8-4:30 Fitness / Jigsaw Puzzles+</p> <p>9 Pickleball/V. Bone Bldrs</p> <p>9:15 Trap Pond Pontoon Ride, \$6 and Abbott's Grill, Laurel (bring a jacket)!</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>11:30 Lunch, \$</p> <p>12 Hand and Foot / MJ</p>	<p>24</p> <p>8-4:30 Fitness / Puzzles+</p> <p>9 Beginner Tai Chi, \$3</p> <p>9:30 Tai Chi w/Ellen, \$5</p> <p>10 Ocean City SUNFEST, MD—on your own ...</p> <p>10:30 Memory Café and</p> <p>11:30 Music w/DJ Dan F</p> <p>11:30 Lunch, \$</p> <p>11:30 Dominoes</p> <p>12 Poker / Drop In Mahjongg</p>
<p>27</p> <p>8-4:30 Fitness / Puzzles+</p> <p>9 Yoga with Susan, \$5</p> <p>9:15 Corn Hole, P. Lot</p> <p>10 Walking Club</p> <p>11 Food for Thought</p> <p>11:30 Lunch, \$</p> <p>12 Mahjongg</p> <p>12:15 Quilting Club / Local Shopping+</p> <p>1 Stand By Me w/Karen by appt. 302 658-4171 X104</p>	<p>28</p> <p>8-4:30 Fitness / Puzzles+</p> <p>9 Pickleball/V. Bone Bldrs</p> <p>9:30 Hand and Foot</p> <p>10 Chair Yoga, \$5</p> <p>10:30 Sit and Fit</p> <p>11:30 Lunch, \$</p> <p>11:30 Mahjongg / Mexican Train Dominoes</p> <p>12:15 Pinochle</p> <p>5 'COLOR ME DEAD' Murder Mystery Dinner Theatre, \$7 M / \$10 G</p>	<p>29</p> <p>8-4:30 Fitness Room / Jigsaw Puzzles+</p> <p>9 Yoga with Susan, \$5</p> <p>9-10 Breakfast, \$2.50, 60+</p> <p>10 Bocce John West Park</p> <p>10-2 Bingo, \$3 donation</p> <p>11:30 Lunch, \$</p> <p>12 Poker</p> <p>12:15 Knitting / Crocheting</p>	<p>30</p> <p>8-4:30 Fitness / Jigsaw Puzzles+</p> <p>9 Pickleball/V. Bone Bldrs</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10 Goat Joy Farm for a private Goat Social Hour in Harbeson, \$15! Wear play clothes (no white), no perfume please. Grp Lunch Choice on way home.</p> <p>11:30 Lunch, \$</p> <p>12 Hand and Foot / MJ</p>	<p>31</p> <p>8-4:30 Fitness / Puzzles+</p> <p>9 Beginner Tai Chi, \$3</p> <p>9:30 Tai Chi w/Ellen, \$5</p> <p>9:30 Historic Berlin On Your Own—check out the new Ghost Museum</p> <p>At 11 Pitt St, Upstairs!</p> <p>10:30 Memory Café</p> <p>11:30 Lunch, \$</p> <p>11:30 Dominoes</p> <p>12 Poker / Drop In Mahjongg</p>

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



Over 50 Years Serving Sussex Seniors