

DECEMBER 2025
FREE

CHEERful
LIVING

A Monthly Publication Promoting Healthy and
Active Lifestyles for Sussex County's Adults 50+

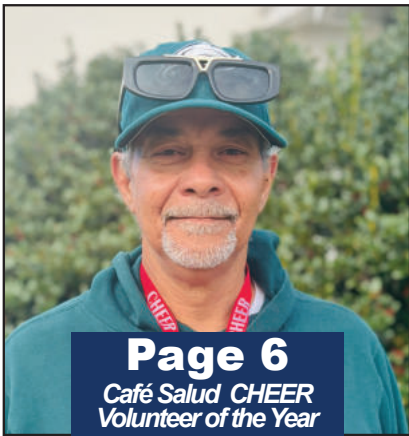
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CHEER MISSION STATEMENT

CHEER's mission is "to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over."

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CEO Perspective

Looking Back with Gratitude, Looking Ahead with Purpose

As another year is coming to a close, December offers us a perfect moment to pause and reflect on how far we've come and to look forward with excitement to the bright future ahead. At CHEER, we've experienced a year defined by transformation, teamwork, and progress. Every milestone we've achieved this year has been possible because of the unwavering dedication, flexibility, and heart of our staff, volunteers, and community partners.

Over the past year, CHEER has embraced change across nearly every corner of our organization. From administrative systems to client services, we've modernized the tools that help us better serve Sussex County's seniors. We utilize PayCor to streamline timesheets and payroll, giving staff more control and accuracy. We introduced a new employee learning platform to strengthen training and professional development. We installed modern phone systems that link all of our sites together, saving money and improving communication across our network. Behind the scenes, our finance team successfully transitioned to NetSuite, a powerful accounting system that helps us manage resources more efficiently and transparently.

We also implemented new systems to bring greater consistency and accountability to our daily operations like our purchase order request process, incident reporting system, and upgraded our data tracking platform from ServTracker to CXM. These changes may not always be visible to the public, but they strengthen our foundation and ensure we deliver the highest quality of care and service.

CHEER's governance and communications also evolved this year. Our Board of Directors now uses a new software system that improves access to materials and supports better decision-making. Our revamped CHEERful Living newspaper, website, and Facebook page now provide more timely and accessible information to the community.

“As we look toward 2026, we're turning vision into reality.”

But our progress doesn't stop with technology or systems. This year, we expanded programs that enrich the lives of the seniors we serve—programs like CHEER Travel Club and our newest initiative, CHEER Academy. CHEER Academy is designed to empower seniors to keep learning, growing, and connecting through educational, recreational, and wellness-based opportunities. This program represents the spirit of lifelong engagement that defines CHEER.

As we look toward 2026, we're turning vision into reality with our Gateway East project—a cornerstone of our future. The construction of our Gateway East Apartments I and Administrative and Support Services Building, located next to our CHEER Community Center, marks one of the most significant milestones in CHEER's history. The Adminis-



Beckett Wheatley, CEO

trative Building will centralize our operations, improving efficiency and collaboration, while the new apartments will provide safe, affordable housing for older adults who wish to remain independent in our community. Together, these projects will shape the next generation of senior services in Sussex County.

Yes, it's been a busy and sometimes challenging year, but every change, upgrade, and new program has moved us closer to our mission: promoting and maintaining the highest quality of life and independence for our seniors.

To our entire CHEER team—those working in Nutrition & Senior Activities, Transportation, Adult day services, PASA, CHEERMobile, Hospitality, Maintenance, and Administration across the county—thank you. Your adaptability, teamwork, and compassion are what make all this possible.

As we wrap up 2025 and step into 2026, let's carry forward the same spirit that brought us here: resilience, collaboration, and a shared belief in what we do. The future is bright and, together, we will continue to lead with purpose, serve with heart, and build a legacy of care that lasts for generations.

Here's to a strong finish to 2025 and to all that lies ahead for CHEER in the new year! ●

CHEER Held a Groundbreaking Ceremony



I-r) DSHA Director Matt Heckles, Senator Dave Wilson, CEO Beckett Wheatley, Senator Brian Pettyjohn, Board President Walt Koopman, Georgetown Mayor Bill West, Board Treasurer Andy Hartstein, Board Member Marlene Elliott Brown, Board Vice President John Scheetz, Board Member Jane Hovington.

CHEER held a groundbreaking ceremony for a major expansion of its 34-acre CHEER Gateway East Senior Residential Village on Tuesday, October 28, 2025. The event was held at the CHEER Community Center in Georgetown and featured remarks from distinguished guests, including Delaware State Housing Administration (DSHA) Director Matthew Heckles and State Senator Brian Pettyjohn. In addition to other esteemed guests, including construction and funding partners, Senator David Wilson and Georgetown Mayor Bill West were in attendance.

“This project is not just a construction site, it’s a foundation for the future,” commented Beckett Wheatley, CHEER’s CEO. “Sussex County’s

senior population is growing faster than anywhere else in Delaware — and with that growth comes responsibility. The Gateway East Village is not just about buildings. It’s about people — ensuring that every older adult has access to safe, affordable housing and the services they need to age in place.” ●

For more information, interested applicants should contact: Fairville Management Company, LLC at 302-856-6676 or rentalinquiries@fairvillemanagement.com.

CHEER will share pictures as the project advances. Follow our progress at <https://www.cheerde.com/cheer-apartments> or Facebook at facebook.com/cheersussexcounty.



**Senator Brian Pettyjohn
& Beckett Wheatley, CEO**



**CHEER Board President Walt
Koopman and DSHA Director
Matthew Heckles**



**Arlene Littleton, CHEER
Past Executive Director**

Gateway East: Opening Doors to Dignity, Hope, and Home

There's a quiet crisis unfolding across Sussex County. Seniors who have worked their entire lives, who raised families, built communities, and gave their all, are now facing the unthinkable: nowhere safe, affordable, or sustainable to call home. Some live in aging trailers or in spare rooms where they don't quite belong. Others face the daily anxiety of rent that rises faster than their fixed income.

For these men and women, "independence" isn't a luxury. It's life itself.

CHEER has always stood for that independence. For more than fifty years, CHEER's mission has been simple and unwavering:

"To promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of individuals fifty plus."

That mission now takes a bold step forward.

We broke ground on Gateway East Apartments, the first of four planned affordable senior housing communities. The first phase will provide 59 income-based apartments, each one a lifeline for an older adult in need. It may sound like a number, but behind that number are 59 lives, 59 stories of resilience, dignity, and hope.

Each key we hand over will represent a victory: not just for the person who turns that key, but for every neighbor, partner, and volunteer who believes that no senior in Sussex County should have to struggle alone. When Gateway East Apartments I opens next fall, it is expected that rent will range from \$475 to \$1170 per month, based on income.



CHEER
Gateway East Apartments I



CHEER
Administration & Support Services Building

Gateway East is more than a building. It's a promise kept.

Alongside the apartments, CHEER broke ground on a new Administrative Support Services Building, a home for our team. For years, our staff have worked faithfully across two separate buildings, making the most of limited space while carrying an ever-growing mission. This new headquarters will bring us together, more efficient, more connected, and better equipped to serve. It's not about convenience; it's about capacity. With one home base, we can do more, reach farther, and dream bigger for Sussex County's seniors.

This project is not just a construction site, it's a foundation for the future.

The road ahead will take partnership, prayer, and persistence. But we believe, deeply and completely, that when a community comes together in compassion, lives change. And when 59 lives change, the world around them changes too.

Gateway East is more than an address.

It's an open door; to independence, to safety, to hope.

And this is just the beginning. ●

Interested applicants should contact Fairville Management Company, LLC at 302-856-6676 or rentalinquiries@fairvillemanagement.com.

CHEER will share pictures as the project advances. Follow our progress at <https://www.cheerde.com/cheer-apartments> or Facebook at facebook.com/cheersussexcounty.

Meet Café Salud CHEER's Volunteer of the Year Jesus E. Cruz!

Volunteers are the heart of what we do at CHEER. At our annual Volunteer Appreciation Dinner in April, we selected the 2025 CHEER Volunteer of the Year. We recognized Richard (Dick) Durbano, as well as each of the nominees selected by each of our Center Directors. Since April, we have introduced each of these special individuals to highlight how their generous gift of time makes a difference every day!

Los Voluntarios son el corazón de lo que hacemos en CHEER. En nuestra cena annual de Agradecimiento a los Voluntarios, celebrada en April, seleccionamos al Volunario del Año 2025. Hemos reconocido a Richard (Dick) Durbano, así como a cada uno de los candidatos seleccionados por los Directores de nuestros centros. Desde April, hemos presentado a cada una de estas personas especiales para destacar cómo su generosa contribución de tiempo marca la diferencia cada día.

This month, we salute Jesus E. Cruz from CHEER's bilingual senior activity center in Georgetown, Café Salud.

1. How does it feel to be chosen as a Volunteer of the Year for your CHEER center?

I am grateful and happy to be the lucky one to work for CHEER as a volunteer.

¿Cómo se siente ser elegido como Voluntario del Año para su centro CHEER?

Estoy agradecido y feliz de ser el afortunado en trabajar para CHEER como voluntario.

2. Tell us about your background. How did you spend your time before you retired and became a volunteer?

I decided to change people places and things to better my life.

Cuéntanos sobre tu experiencia. ¿Cómo pasaste tu tiempo antes de jubilarte y convertirte en voluntario?

Decidí cambiar personas, lugares y cosas para mejorar mi vida.

3. Do you have any hobbies, interests, favorite teams or destinations?

I love watching the Philadelphia Eagles and the Chicago Cubs.

¿Tienes algún pasatiempo, interés, equipo favorito o destino preferido?

Me encanta ver a los Philadelphia Eagles y a los Chicago Cubs.



Volunteer
Jesus E. Cruz

4. How many years have you been coming to the center?

I started coming to the Café Salud CHEER Center in the beginning of 2025. It's been a rewarding experience.

¿Cuántos años has estado viniendo al centro?

Comencé a asistir al Café Salud CHEER Center a principios de 2025.

Ha sido una experiencia gratificante.

5. How has volunteering with CHEER impacted you personally?

It's been great, I got to meet other people.

¿Cómo te ha impactado personalmente el voluntariado con CHEER?

Ha sido genial, conocí a otras personas.

6. What initially drew you to volunteer with CHEER?

I haven't found a job yet, so I like working in Café Salud's kitchen and helping new friends.

¿Qué fue lo que inicialmente te atrajo a ser voluntario en CHEER?

Aún no he encontrado un trabajo, así que me gusta trabajar en la cocina de Café Salud y ayudar a nuevos amigos.

7. What advice do you have for current and future CHEER volunteers?

Volunteering is the perfect way to be involved. I will keep coming back as long as God helps me.

¿Qué consejos tienes para los voluntarios actuales y futuros de CHEER?

Ser voluntario es la manera perfecta de involucrarse. Seguiré regresando mientras Dios me ayude.

8. Tell us about a time you knew your volunteer efforts helped others that you'll never forget.

I like everything I do to help others learn about what we do for the people and the center.

Cuéntanos acerca de una ocasión en la que supiste que tus esfuerzos como voluntario ayudaron a otros y que nunca olvidarás.

Me gusta todo lo que hago para ayudar a los demás a conocer lo que hacemos por las personas y el centro. ●

No Cost to Attend!

Classes will meet weekly for 12 weeks, **January 5th thru March 31st, 2026**, at six CHEER centers and online. Courses focus on aspects of healthy living and a offer blend of daytime, evening, and weekend sessions to fit your life.

CHEER

ACADEMY

**Registration Starting
November 12, 2025**

Register by calling 302-515-0001 x1167
or email jreilley@cheerde.com

SEMESTER 1 COURSES

GEORGETOWN

Tai Chi/Qigong
Mondays, starting
January 5, 2026
5:30-6:30 p.m., Gary Tompkins

VIRTUAL

Intro To AI
Saturdays, starting
January 10, 2026, 10-11 a.m.
Bob Burakiewicz

LEWES HARBOUR LIGHTS

Creative Art Class
Thursdays, starting
January 8, 2026
4:30-6:30 p.m.
Jennifer August

Yoga - Be Yoga Fresh
Wednesday, starting
January 7, 2026
6-7 p.m., Amy Stiefel

MILTON

Intro To AI
Tuesdays, starting
January 6, 2026
6-7 p.m.
Bob Burakiewicz

Tai Chi/Qigong
Thursdays, starting
January 8, 2026
4:30-5:30 p.m., Deb Hunt

GREENWOOD

Cardio Drum Class
Tuesdays, starting
January 6, 2026
6-7 p.m., Lyndsie Smyser

Tai Chi/Qigong
Saturdays, starting
January 10, 2026
10-11 a.m.
Gary Tompkins

LONG NECK

Chess Lessons For All
Thursdays, starting
January 8, 2026
6-8 p.m., Lester James

Creative Writing
Thursdays, starting
January 8, 2026
6-8 p.m.
Gregory Kompes

OCEAN VIEW

Yoga For All Levels
Thursdays, starting
January 8, 2026
6-7 p.m., Barb Popiel

Square Dance For All
Saturdays, starting
January 10, 2026
9:30-11 a.m.
Dennis O'Neal

Courses meet for 12 weeks, starting the week of January 5, 2026

FOR COURSE DESCRIPTIONS GO TO:
CHEERDE.COM/CHEER-ACADEMY

For more information and registration:
Cheerde.com/cheer-academy
302-515-0001 Ext. 1167
jreilley@cheerde.com

NO COST TO ATTEND



*"This agency receives funding from the
DHSS Division of Services for Aging
and Adults with Physical Disabilities."*



CHEER **BINGO**

Community BINGO Open to the Public
2nd Tuesday of Each Month

January 13th • February 10th • March 10th

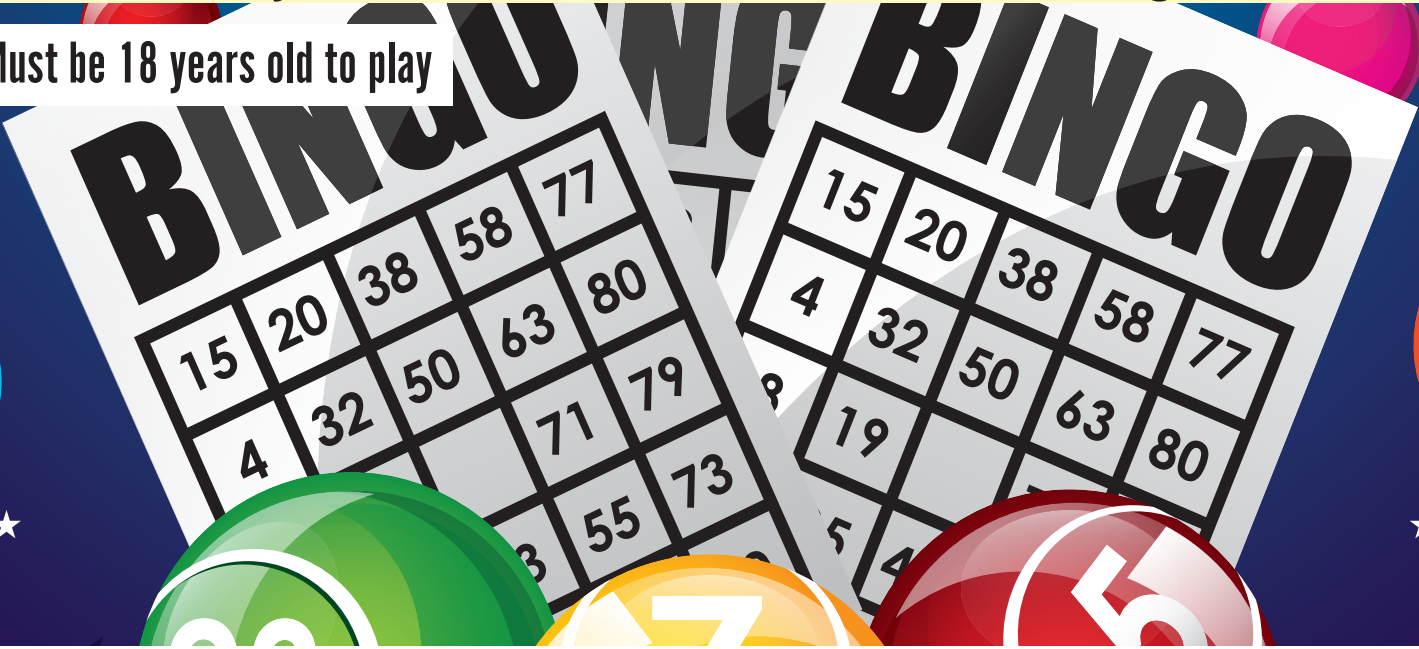
DOORS OPEN 4:30 p.m. • BINGO STARTS 5:30 p.m.

\$25 BINGO PACKAGE *Includes extra Jackpot card

Cafe Open 4:30 - 7 p.m. (Food Specials Available for Purchase)

Community Center • 20520 Sand Hill Road • Georgetown, DE

*Must be 18 years old to play



CHEER’s PASA Program Helps Sussex County Seniors Thrive at Home

For many older adults, the most important goal is to live independently and comfortably in their own homes for as long as possible. In Delaware, a specific type of licensed organization, the Personal Assistance Service Agency (PASA), is dedicated to making that goal a reality. Regulated and licensed by the Delaware Department of Health and Social Services (DHSS), Division of Health Care Quality, these agencies provide crucial non-medical support to seniors and other individuals who need help with daily life.

What is a Personal Assistance Service Agency (PASA)?

CHEER’s PASA program is explicitly focused on promoting independence and quality of life. Our services are designed to help with **Activities of Daily Living (ADLs)** and other essential tasks. Services provided by PASA staff include:

- Assistance with personal care (such as bathing, dressing, and grooming)
- Homemaker services (like light housekeeping, laundry, and meal preparation)
- Companion services (providing social engagement and supervision)
- Medication reminders
- Transportation to appointments, errands, or social outings

It is important to note that PASAs are not medical agencies; they do not provide healthcare services like wound care or injections, which are handled by skilled home health agencies. To ensure client safety and quality of care, the State of Delaware requires PASAs to adhere to strict standards. This includes mandatory competency testing for all direct care workers and specialized training in dementia. Areas such as infection control and client rights are also reviewed. ●

For more information on CHEER’s PASA program email djoseph@cheerde.com or call 302-515-0001 x1031.



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Volunteers WE Need YOU!

This project was supported, in part by grant number #90SAPG0158-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Caregiver Resources Coordinator

546 South Bedford Street
Georgetown, DE 19947

Christie Shirey, Coordinator
(302) 515-0001, Ext. 1061



Christmas tip for caregivers

Christmas can be a very stressful time for Caregivers. Trying to keep up traditions as well as caring for a loved one can be overwhelming. I am sure you have had someone say they would like to help, but you don't know exactly what to say. I often hear people say they would like to help but don't know what is needed. This year, try something new.

Make your Christmas List now and give it to everyone!

1. I wish someone would come to decorate my tree. It would be fabulous if they brought cookies and eggnog, please.
2. I wish someone would bring dinner for all and stay to enjoy it.
3. I wish someone would volunteer to stay with my loved one so I could do some Christmas shopping.
4. I wish someone would give me a massage gift certificate and volunteer to stay with my loved one while I got it.
5. I wish someone would come drive us to see the lights or attend a Christmas Concert.
6. I wish someone would come make hot chocolate and talk about memories of all our Christmases.

Mr. Man and I would like to wish each of you a wonderful holiday season filled with great memories and love.



Center if you would like more information by calling Christie Shirey at 302-515-0001 extension 1061.

Caregiver Support Groups/ MEMORY CAFE

Georgetown CHEER
Memory Cafe -
Every Tuesday - 9:30-11:30 AM

Greenwood CHEER
Caregiver Support Group -
1st Thursday of the month, 1 PM
Memory Cafe -
Every Thursday - 1-3 PM

Long Neck CHEER
Caregiver Support Group -
1st & 3rd Tuesday of the month, 1 PM
Partnered with the Alzheimer's Assoc.
Memory Cafe -
Every Tuesday - 1-3 PM

Milton CHEER
Memory Cafe -
Every Thursday - 9:30-11:30 AM

Ocean View CHEER
Caregiver Support Groups -
1st & 3rd Thursday of the month, 1 PM
Partnered with the Alzheimer's Assoc.
Parkinson Caregivers
3rd Wednesday of the month, 2:30PM
Memory Cafe -
Every Friday - 10:30 AM - 11:30 AM

Roxana CHEER
Memory Cafe -
Every Friday - 12:15 PM - 1:30 PM

Caregiver
Support Group/
Online
2nd Monday 2:30 PM

Grandparents
Raising
Grandchildren/Online
1st Monday 7 PM



One-on-One Support Group
available by calling Christie Shirey
(302) 515-0001 ext: 1061

Volunteer Coordinator-Bilingual

546 South Bedford Street
Georgetown, DE 19947
Monica M. Mandujano,
Coordinator
(302) 515-0001, Ext. 1166



To Our Volunteers,

As our fiscal year comes to a close, all of us at CHEER would like to take a moment to express our deepest gratitude to all of our volunteers. Your dedication and hard work are crucial in helping us reach as many seniors as possible in our community.

Thanks to your tireless efforts, we have been able to provide vital services and support to those who need it most. Without your commitment and passion, we would not be able to achieve our mission.

The countless hours you have devoted, the compassion you have shown, and the positive impact you have made in the lives of many is more than appreciated by our seniors and CHEER.

Your contributions are invaluable, and we are truly grateful for everything you do.

As we look forward to another year, we hope to continue working alongside you to make an even greater difference.

Thank you once again for your unwavering support! ●

Be the Change. Join our Team today! Complete our volunteer application www.cheerde.com or email me at volunteer@cheerde.com for more information.

Volunteer Spotlight



We wanted to take a moment to share our remarkable journey with CHEER since we moved here a year ago.

Initially, we sought to engage with our community through volunteering, but we never anticipated how profoundly CHEER would enrich our lives.

Joining CHEER has become an integral part of our daily routine. We became members as well.

Through our volunteer efforts, we have not only contributed to the community, but also formed lasting friendships that feel like family.

The welcoming atmosphere at CHEER is truly fulfilling; everyone we meet embodies kindness and support.

We appreciate the flexibility in volunteering, allowing us to contribute what we can, when we can.

This inclusive environment fosters a sense of belonging that has made our experience even more rewarding.

It has been a life changing experience for us and I believe it could be for you as well.

Ben and Sheila, Milton CHEER



VA Home Loans for Purchase and Refinance

It seems many Veterans are not aware of their VA Home Loan benefit. It is hands down the best home loan available.

When purchasing, there is no required down payment, no monthly mortgage insurance, and the interest rate is lower than conventional interest rates.

An upfront funding fee is 2.3% for the first time use of the benefit and 3.6% with any subsequent use. However, if the Veteran receives 10% or more in VA disability, there is no funding fee at all.

Most all property types are eligible including single family residences, VA approved condos, townhomes, multi unit (up to 4 units), manufactured homes, new construction, and planned unit developments.

This loan is great in terms of affordability with no mortgage insurance, no down payment, and low interest rates.

VA has a couple of types of refinances. One is a very simple streamlined process called a IRRRL (Interest Rate Reduction Refinance Loan). With this you can change the interest rate and/or term with very little cost. The upfront funding fee on this type of VA loan is .5%. No appraisal is required.

The other refinances are a regular rate/term refinance and cash out refinance.

If you are a Veteran or if you know someone that is, please pass along this information as they may not be aware they have this at their disposal.

JoAnn Moore is a licensed mortgage loan originator. The Mortgage Market of Delaware, LLC. Georgetown, Delaware. MMODJoAnn@aol.com 302.236.1229 NMLS #165477

(The above is a paid advertisement -- CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)



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Get the care you need from home health professionals you can trust.

For most of us, there's no place like home. That's why, for over a century, we've provided exceptional home health services to our friends and neighbors.

Our specially trained professionals can help you or someone you love:

- Recover faster after surgery or childbirth
- Manage chronic health conditions
- Adapt to new diagnosis and needs
- Keep up with medicines and routine activities
- Continue living independently and safely

ChristianaCare HomeHealth is an affordable alternative to extended hospital stays or nursing homes. The cost is often covered by Medicare, Medicaid, and private insurance plans.

We bring care to you, so you can stay comfy in your own home.

➤ Visit ChristianaCare.org/HomeHealth or call 888-862-0001 to learn more.



The Light in the Cold: Finding Togetherness This Christmas

When winter arrives in Sussex County, it tiptoes in and settles over us like a heavy blanket. The days grow shorter, the nights longer, and the air feels crisper somehow. For some, this is a cozy season; fireplaces crackling, families gathering, lights twinkling in windows. But for others, the holidays can magnify what's missing. The empty chair at the table. The phone that doesn't ring. The silence that feels louder than it should.

At CHEER, we understand that ache, the quiet loneliness that sometimes sneaks in during a season meant for joy. But we also know that even the coldest winter can be warmed by connection. And that's why, year after year, we do what we do to make sure no one in Sussex County faces the winter, or the holidays, alone.

Everyday, CHEER's Meal on Wheels program delivers more than just food. Each

meal comes with a smile, a kind word, and a reminder: You are seen. You are cared for our eight CHEER Centers aren't just buildings, they're beacons, and when seniors need to remain at home, programs like Kindness Calls and Personal Assistance Services reach through the walls, reminding them that someone still cares.

Operation Christmas CHEER is one of the most joyous (and humbling) efforts of the year. Through a small army of volunteers, we deliver hundreds of holiday meals and gifts to homebound seniors across Sussex County. It's more than a gift and meal; it's a reminder that they are not forgotten.

We often say at CHEER that service is a two-way street. Those who volunteer are transformed, and those who receive become vessels of grace for others. When you let someone serve

you, you're giving them permission to live out their calling. You're saying, "Yes, I matter, and you matter too."

If you're feeling alone, come find your place at one of our Senior Centers. If you need a meal, a ride, or just a friendly hello, reach out, we'd be honored to serve you. If your heart is full and you want to give back, volunteer with us. There's a place for everyone at the table.

This Christmas, let's remind each other that no one needs to face the cold alone. Because when we come together, whether to give, to receive, or just to share a smile, winter loses its sting. ●

From our CHEER family to yours, Merry Christmas, and may your heart be warmed by love, wherever you are.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	2 Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	3 Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	4 Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	5 Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
8 Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll/Bread Skim Milk	9 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	10 Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Dutch Cherry Cobbler Skim Milk	11 Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	12 Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
15 Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	16 Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	17 Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	18 Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	19 Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk
22 Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	23 Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	25 26 ALL CENTERS CLOSED CHRISTMAS	
29 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	30 Shrimp Fried Rice Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	31 Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk		



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities
*"This agency receives funding from
the DHSS Division of Services for Aging
and Adults with Physical Disabilities"*

Menu items subject to change due to availability.

**CHEER**
Over 50 Years Serving Sussex Seniors



Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

Ruthy Calloway, Director
(302) 515-0001, Ext. 1965



As the weather turns colder, we warmly invite you to stop by any of our CHEER Centers — whether you're up for a quick game of Lotería or just want to enjoy a chat with friendly faces.

At *Café Salud*, we have a full month of fun and meaningful activities planned, and we'd love for you to join us!

We're kicking off the month by making fleece blankets for pets, which we'll be donating to local animal hospitals and other facilities.

We'll also be getting creative with:

- **Christmas ornaments** with Maria from the Rehoboth Art League
- **Arts & crafts** sessions with Tiffany from PACE
- **Spanish classes** — no experience needed! Come curious and leave knowing a few new words
- **Sewing class** — this month, we'll be making heating pads to soothe those winter aches and pains



Get ready to sing your heart out during Karaoke Night with Nic Hitchen as he leads us in joyful Christmas carols!

We'll also be celebrating **Las Posadas**, a beautiful Hispanic Christmas tradition full of community and culture.

As the year comes to a close, we're excited to announce our **Book Exchange & Club**, launching in January. Bring a favorite book to share and discover something new!

Feliz Navidad y Próspero Año Nuevo from all of us at *Café Salud* — we can't wait to celebrate the season with you!

WEEKLY

Bingocize, Loteria, Spanish Classes, Zumba

ACTIVITIES

December 2nd

Blankets for pets, Zumba.

December 3rd

Art & Crafts with Tiffany from PACE, Bingocize

December 9th

Spanish Classes with Michelle, Loteria

December 10th

Sewing with RoseMarie- Heating Pads, Bingocize

December 16th

Zumba/Chair Yoga with Jessica Haro

December 16th

Karaoke with Nic Hitchen — Christmas Carols

December 17th

Create Christmas Ornaments with Maria from Rehoboth Art League

December 23rd

Las Posadas, Loteria

December 24th

Closed Feliz Navidad

December 25th & 26th:

All CHEER Centers Closed

December 30th

Book Exchange, Bingocize

December 31st

Closed—Happy New Year 2026

Please join our Café Salud group on Facebook to stay up to date on our activities!

<https://www.facebook.com/groups/472658739166871>



Many art projects shown above

Georgetown Activity Center



20520 Sand Hill Road
Georgetown, DE 19947

Debbie Landon, Director
(302) 515-0001, Ext. 1961



Diabetes workshop with Stephanie Williams and Steuart Martens: Workshop for Georgetown members learning how healthy food helps your body, controlling your glucose levels through exercise and stress management and staying healthier longer.

Happenings

Georgetown Senior Center offers a variety of activities that keeps all members active and engaged. For those that enjoy Uno® card games, Penny Poker, Penny Bingo, Prize Bingo, Trivia, Wii® Bowling and much more, check out our calendar at CHEER Senior Centers website – Georgetown Calendars. ●

WEEKLY

Monday – Friday
9 – 10 a.m.
Coffee and Social Hour

Monday:
10 a.m. Chair Fitness
10:30 a.m. Bible Study

Tuesday:
9:30 a.m. Memory Café
12:00 p.m. Penny Bingo

Wednesday:
12:00 p.m. Wii® bowling

Friday:
9 – 10 a.m. Breakfast in the Café
10 a.m. Chair Fitness
10:30 a.m. Penny Poker/Prize
12:00 p.m. Bingo

Georgetown members with Memory Café Coordinator, Christie Shirey.





**Are you considering a reverse mortgage?
62 or older?
Own your home?
Have substantial equity on your home?**

*A reverse mortgage may be right for you.
It is a way to turn the equity in your home
into additional retirement funds.*

JoAnn Moore, local and a fellow senior.
Contact me for more information.
Cell 302.236.1229,
MMODJoAnn@aol.com
NMLS #165477



THE MORTGAGE MARKET
OF DELAWARE, LLC
"Your neighborhood source for home loan solutions."



MONTHLY:

Dollar Tree – every Tuesday
Walmart – every Thursday

SPECIAL HAPPENINGS

December 3rd: Wednesday at 10:30 a.m. Sunshine Singers

December 4th: Thursday Health To Go Mobile Unit
10:30 a.m. Beckett’s Bulletin

December 11th: Thursday at 10 a.m. visit Georgetown Library for Model Train Display

December 11th: Thursday at 11:30 a.m. Lunch Outing

December 18th: Thursday 4 to 6 p.m. Dinner/Bingo

December 25th & 26th:
All CHEER Centers Closed

Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

Mikayla Somers, Director
(302) 515-0001, Ext. 1361



Happenings

The holiday season is a special time filled with memories, laughter, and love—but it can also bring moments of sadness for those missing loved ones who are no longer with us. It's perfectly natural to feel a mix of emotions this time of year. While we may not be able to share a hug or a laugh with everyone, we wish we could, their spirit and the joy they brought into our lives continue to live on in our hearts.

May your heart be comforted, your days be bright, and your holidays filled with connection and cheer. ●

December Happenings – A Month Full of Holiday CHEER!

December is bursting with exciting events, music, and plenty of festive fun! We'll kick off the month on Tuesday, December 2nd at 10:30 a.m. when Laurel comes to visit—what a great way to start December!

Then, on Thursday, December 4th at 9:30 a.m., we'll be heading out on our trip to Clear Space Theatre in Rehoboth to see "A Christmas Carol." This popular event is already SOLD OUT, but the holiday spirit continues that same morning at 10:30 a.m. with Becket's Bulletin, keeping everyone up to date on all the latest happenings.

On Monday, December 8th at 12:00 p.m., we'll welcome Pastor Dan and Betsy for a special time of music and ministry. The following day, Tuesday, December 9th at 11:45 a.m., join us for a Lunch and Learn presented by the Delaware Council on Gambling Problems—a great opportunity to learn while enjoying a meal together.

The festivities keep rolling on Wednesday, December 10th at 10:30 a.m. when the Sunshine Singers bring us their joyful Christmas Performance!



Live music for Halloween party

Then, on Friday, December 12th at 10:00 a.m., it's time for our big Holiday Party, featuring wonderful entertainment by Suzette Pritchett—you won't want to miss it!

As we move closer to Christmas, the fun continues on Wednesday, December 17th at 9:30 a.m. with two great options: sing your heart out during Christmas Karaoke, or take a trip to Teen Challenge in Seaford, returning to the center afterward for lunch.

WEEKLY

M/W/F

12:30 p.m. Luncheon Card Club

Monday – Friday

8:30 – 9:30 a.m.

CHEERful Morning Café

10:00 a.m. Bible Study

9:15 a.m. Tai Chi with Gary Tompkins

Tuesdays

10:30 a.m. Prize Bingo

12:15 p.m. Full Card Bingo

Thursdays

1 – 3 p.m. Memory Café
with Christie Shirey

Fridays

8:30 – 9:30 a.m. CHEERful

Morning Café with Full Breakfast

10 a.m. Ladies Prayer Group

10:30 a.m. Penny Bingo

BI-MONTHLY

Fridays

Blood Pressure Check with Nurse

Betty (2 x a month). Dates determined according to Betty's availability.

10 a.m. Ladies Prayer Group

MONTHLY

• Alzheimer's Support Group (1st

Thursday of the month 1–3 p.m.)

- Greenwood Library Program – Games and/or Creating a Memory Book (2nd Wed of the month) 10 a.m.
- Music Ministry with Pastor Dan & Betsy Taylor (2nd Monday of the month)
- Membership Meeting (Unity Club) Last Friday of the month 10 a.m. (check calendar to confirm)

SPECIAL HAPPENINGS

December 2nd:

10:30 a.m. Laurel coming to visit!

December 4th:

9:30 a.m. Trip to Clear Space in Rehoboth to see "a Christmas Carol"-
SOLD OUT

December 4th:

10:30 a.m. Beckett's Bulletin

December 8th:

Monday at 12 p.m. Pastor Dan and Betsy for Music Ministries

December 9th:

11:45 a.m. DE Council on Gambling problems Lunch and Learn

December 10th:

10:30 a.m. Sunshine singers
Christmas Performance!

December 11th:

Flower arrangement Craft!

December 12th:

10 a.m.- Holiday Party!
Entertainment by Suzette Pritchett!

December 17th:

9:30 a.m. Christmas Karaoke!
9:30 a.m. Trip to Teen Challenge in Seaford! Back to center for lunch

December 25th & 26th:

All CHEER Centers Closed

Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

Cristina Tunnell, Director
(302) 515-0001, Ext. 1661



Happenings

As we step into the last month of the year, it's amazing to look back on how far we've come and all that we've accomplished together. The past months have been filled with creativity, growth, and special moments that have brought us closer as a community. Now, as the days grow shorter and the lights start to twinkle, we're reminded of the joy and warmth that this season brings.

As the holidays are quickly approaching, it's time to pause, reflect, and appreciate the people who make our days brighter. Whether you're spending time at home or traveling to see loved ones, we hope your days are filled with laughter, kindness, and the simple joys that make this season so meaningful.

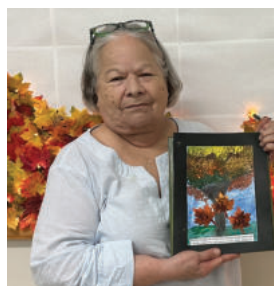
I would like to wish you a wonderful holiday season surrounded by family and friends, and a bright start to the new year ahead.

New Class Alert: Sit and Be Fit

You asked for more fitness classes, and we're excited to bring you a new one! Introducing Sit and Be Fit, a gentle, chair-based exercise program designed to improve flexibility, strength, balance, and circulation, all from the comfort of a seated position. This fun, low-impact workout is perfect for all fitness levels and a great way to stay active while taking care of your body.

Join Lori Chandler every Wednesday at 10:00 a.m. for this energizing and accessible class. The cost is just \$3 per person, making it an easy and affordable way to add a little movement to your week.

Come give it a try; your body will thank you!



Join Us for a Fun-Filled Christmas Evening Out!

Get ready for a holiday night to remember! We'll kick off the evening with a delicious dinner at a local restaurant in Dover, Delaware, and after dining, we'll head over to Gift of Lights to enjoy the stunning Christmas light displays. Seating is limited, so be sure to reserve your spot soon! The cost of the trip is \$6, which covers transportation and entrance to the light display. Dinner will be on your own at the restaurant.

We'll also be rocking our ugly Christmas sweaters, the more festive, the better! And don't forget, everyone participating is asked to bring a \$5.00 wrapped gift for a fun gift exchange with friends. It's sure to be an evening full of holiday cheer, laughter, and great memories. We can't wait to celebrate with you!

Celebrate the Season at Our Christmas Party!

Join us on December 12, 2025, for a festive Christmas celebration full of joy, laughter, and good cheer! The fun kicks off at 10:30 a.m. with a lively performance by the Sunshine Singers, bringing you all your favorite holiday tunes. Enjoy great company, delicious food, and a warm, festive atmosphere as we come together to celebrate the spirit of the season. It's the perfect way to make this holiday season even more memorable – we can't wait to celebrate with you!

Card-Making Workshop

Join Tiffany from Pace Your Life for a Creative Card-Making Workshop! Get ready to unleash your creativity with Tiffany from Pace Your Life on December 19th at 10:00 a.m. In this fun hands-on card-making class, you'll learn techniques to create beautiful, personalized cards perfect for the season. Whether you're new to card making or an experienced crafter, Tiffany will guide you through every step, offering tips and tricks to make your cards truly special. Don't miss out on this chance to make something meaningful while enjoying a relaxed and inspiring atmosphere! ●

WEEKLY

Monday: Nickel Bingo and Mahjongg

Wednesday:

Nickel Bingo and Sit and Be Fit

Thursday: Chair Yoga

Friday: Blood Pressure Checks and Prize Bingo

Every Wednesday: Grocery Store, Bank, Post Office and Drug Store

SPECIAL HAPPENINGS

December 4th:

9:30 a.m. Georgetown Public Library to tour the Model Trains

10:30 a.m. Beckett's Bulletin

December 5th: 9:30 a.m. to visit Ocean View CHEER Center's Bazaar

December 10th: Going to see the Christmas lights in Dover, departure time will be announced at a later time.

December 12th: 10:30 a.m. Christmas Party Entertainment provided by the Sunshine Singers

December 19th: 10:00 a.m. Card making class with Tiffany

December 25th and 26th
Center Closed

Long Neck Activity Center

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, DE 19966
Samantha Harper, Director
(302) 515-0001. Ext. 1561



Happenings

I am very excited about returning to the center. I have missed seeing my members every day. Long Neck is looking forward to a joyous holiday season.

WEEKLY

Monday
8:30 Weight Watchers
12:00 Nickel Poker
12:00 Knitting and Crocheting
12:30 Penny Bingo
12:30 Nickel Poker
1:30 Hand and Foot
1:30 Table Tennis

Tuesday
8:00 Texercise
9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker
1:00 Mahjongg
1:00 Memory Café

Wednesday
8:00 Texercise
9:00 Michigan Rummy
12:30 Prize Bingo
1:00 Bunco

Thursday
9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker (Back Room)
12:30 Nickel Poker (Dining Room)

Friday
8:00 Texercise
10:00 Bible Study
12:30 Penny Bingo

WEEKLY AND MONTHLY

Monday: 9:15 a.m. Walmart
Wednesday: 9:15 a.m. Bank, PO, Drug Store
Friday: 10:00 a.m. Dollar Tree

SPECIAL HAPPENINGS

December 3:
Wednesday at 10:00 a.m. Lakettes

December 4:
10:30 a.m. Beckett's Bulletin

December 5: Friday at 10:00 a.m. Music and Memories

December 9:
Tuesday at 9:30 a.m. Trip to Boscovs

December 10: Wednesday at 12:00 p.m. Membership Meeting

December 12:
Friday at 10:00 a.m. Music and Memories

December 16:
Tuesday at 9:30 a.m. Trip to Bylers and Produce Junction

December 17:
Wednesday at 10:30 a.m. Sunshine Singers

December 18:
Thursday at 4:00 p.m. Gift of Lights at Dover Downs

December 19:
Friday all day Pajama Day

December 22:
Monday 10:00 a.m. Christmas Party

December 25th and 26th
Center Closed

Losing a loved one is difficult, and the task of managing their estate can feel overwhelming.

We are here to help. Our professional team handles every aspect of estate sales with the care, discretion, and expertise your family deserves.

We provide comprehensive services for entire households, including:

- **Fine Jewelry & Watches:** Expert valuation for fine and costume jewelry, pocket watches, and timepieces.
- **Household Furnishings:** From flatware and serving pieces to both small and large furniture.
- **Complete Home Inventory:** We can manage the entire contents of a home.

From initial pricing to the final sale, we handle all the details, giving you the time and space you need.

Let us turn this responsibility into a respectful tribute.

Sasha's Jewels

Weekly Buying Event hosted by our certified Gemologist and master Repair Expert.

- Get a professional valuation and a competitive offer.
- We welcome trades people, purchases and repairs.
- Appointments recommended to ensure personalized service.



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Madeleine Sasha GRADUATE GEMOLOGIST & REPAIR EXPERT

FRIDAY & SAT.
1 PM-4 PM
OR BY APPOINTMENT DAILY
HOURS EXPANDING NOV. & DEC



Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

Ashlyn Elliott, Director
(302) 515-0001, Ext. 1461



Happenings

Holiday Greetings from Milton CHEER

At Milton CHEER, we believe the holidays are best spent surrounded by friends, laughter, and a full heart. Whether you're joining us for a warm meal, a peaceful exercise class, or simply stopping by to enjoy the comfort of community, you'll always find a place that feels like home.

As we celebrate this joyful season, we want to take a moment to say a very special thank you:

To our incredible volunteers – thank you for giving your time, your talents, and your hearts so generously. Your kindness and dedication truly bring cheer to everyone who walks through our doors.

To our members – thank you for your energy, your smiles, and the joy you bring into our center each day. You are the heart of everything we do, and we are so grateful to share this community with you.

To our supporters – thank you for your ongoing commitment to making Milton CHEER a welcoming and uplifting place for all.

Because of each of you, this center is more than just a building—it's a home filled with love, laughter, and lifelong friendships.

From all of us at the Milton CHEER Center, we wish you a joyful holiday season filled with peace, good health, and happiness. Thank you for making this center a place of true cheer, today, tomorrow, and all year long.

Merry Christmas and Happy New Year!

WEEKLY

Every Monday - Friday:

8:00 a.m. – 4:00 p.m. Fitness Center Open

Mondays and Wednesdays:

11:00 a.m. YOGA, check calendar for times.

Mondays: 9 a.m. Tai Chi

Tuesdays:

1 p.m. NEW!! Tai Chi/ Qigong with Deb

Wednesdays:

10:30 a.m. Bible study

1 p.m. Bridge Club

Thursdays:

9:30 a.m. Memory Cafe

12:30 p.m. Mahjong w/ Maryann

Tuesdays and Fridays:

Bingo-Check calendars for times

Monday and Wednesday

11 a.m. Yoga

Tuesdays and Thursday:

11 a.m. Chair Yoga

First Tuesday:

10 a.m. Blood Pressure Checks and Chair Exercise with PAM Health

Wednesday of each Month:

12:30 p.m. Trip to Bank, Post Office and Drug Store

Thursdays:

12 p.m. – 2 p.m.

Computer and Smartphone clinic, Call us to set your appointment

Fridays of each Month:

\$2.50 Breakfast for those 60 and over

\$5 breakfast for guests under 60

1 p.m. Trip to Dollar General

SPECIAL HAPPENINGS

December 1st:

12:00 p.m. Penny Bingo, bring your pennies and enjoy a fun game with us! At 1:30 p.m. Join Deb for Seated Tai Chi/ Qigong

December 2nd: 1:00 p.m. Join Deb for Taichi and Qigong

December 4th: 12:00 p.m. Christmas Ornament making with Cindy & Erin

10:30 a.m. Beckett's Bulletin

December 8th: 12:00 p.m. Mingo with Dan Feth. At 1:30 p.m. Join Deb for seated Tai Chi/ seated Qigong

December 9th:

9:30 a.m. Membership Meeting (Find out what is going on this month, and share ideas you may have with your director)

10:30 a.m. Arts and Crafts w/ Lauren

1:00 p.m. Join Deb for Tai Chi/ Qigong with Deb

December 11th: Thursday Birthday Celebrations, come celebrate member birthdays with us while enjoying a sweet treat!

December 15th:

10:00 a.m. Join us for the Band Imagine performing Christmas Songs!

12:00 p.m. Penny Bingo, bring your pennies and enjoy a fun game with us!

December 16th:

Tuesday 10:30 a.m. Arts and Crafts w/ Lauren

December 17th: Wednesday depart at 12 p.m. for a Trip to Georgetown Public Library for Model Train display! Wednesday Dinner and Bingo from 4 – 6 p.m. Members \$8.00 and Guest \$10

December 19th:

10:30 a.m. Sunshine Singers

performing!! 11:00 a.m.- 1:00 p.m.

CHRISTMAS PARTY Enjoy Sweet Treats, games and Bingo!! (Bring a handmade gift or a low-cost gift for a fun white elephant gift exchange!)

December 22nd - Monday at 12:00 p.m. Mingo w/ Dan Feth

December 25th -26th:

CLOSED for Christmas

December 29th: Monday at 12:00 p.m. Penny Bingo, bring your pennies and enjoy a fun game with us!

December 31st: New Year Wishes and Goal setting activity.

**Ocean View
Activity Center**

30637 Cedar Neck Road
Ocean View, DE 19970

Yolanda Gallego, Director
(302) 515-0001, Ext. 1761



Happenings

Let Your Light Shine!

I like to think of December as the month of Light . . .

“The more light you allow within you the brighter the world you live in will be.”

*-Shakti Gawain
From Healingbrave.com*

And, what a great time for us to slow down, expand our patience and let Our Light Shine. Here are some helpful Mindfulness tips from Shamash Alidina, that can come in handy during this busy season.

- Priorities Mindfulness
- Schedule Fun
- Seek Calm Companions
- Simplify Your Life
- Switch Off from Ads
- Shift into Being Mode-whenver you notice yourself caught up in frantic doing, gently reconnect with your breath and senses. Ground yourself in the present moment and access your inner peace.”

*—excerpted from Shamash@
learnmindfulness.co.uk*



Pontoon Ride Trap Pond



Color Me Dead Program Cast

MONTHLY TRIPS

December 4th: Selbyville Dollar Tree and Frankford Diner, following Beckett’s Bulletin, approx. 11 a.m.

December 5th:
Annual Holiday Bazaar!

December 11th: Clear Space Theatre for “A Christmas Carol”, \$30, late lunch at Purple Parrot (25% off day), Rehoboth Beach, 10:15 a.m.! You must pay at sign up to reserve your seat on the bus or if you’re driving yourself - 40 tickets available.

December 12th: Christmas Concert by the South Coastal AARP Chorus at the Millville Methodist Church, followed by Pizza there, 10:30 a.m.!

December 18th: Hollywood Diner and Gift of Lights, Dover, 3:30 p.m., \$5/bus & lights! Please pay at sign up.

December 19th: Selbyville Library for a tour of their beautiful, new building, lunch at the Crabcake Factory Bayside, 10 a.m.

December 25th & Fri. 26th:
CLOSED for CHRISTMAS!

SPECIAL HAPPENINGS

December 4th: 10:30 a.m. – Virtual Beckett’s Bulletin. Join us to hear what is new and to share your likes and/or concerns with our CEO.

December 5th: 9 a.m. – Noon, OV’s Holiday Bazaar! Bake Sale, Arts & Crafts Vendors, Lucky Draw, 50/50 and live Holiday Music with Mark Gratton on Piano at 11!

December 10th: 11:45 a.m.
–“Caregiving and Stress during the Holidays” with Karen Holstein of CARE Patrol.

December 11th: 11:45 a.m.
CHEER’s Mobile Mini Market with John.

December 12th: 11 a.m. – 12 noon – 2nd half of Memory Café will be Mingo followed by Music & Memory with Dan Feth.

December 22nd: 11:15 a.m. – 12:15 p.m. - Imagine will Entertain us for the Holidays!

December 31st: 10 – 11 a.m. / Noon – 1 p.m. – FREE BINGO MORNING, followed by a New Year’s Eve Celebration with cake and Dave Consono Entertaining!

Be sure to visit our Ocean View page on the CHEER website for our calendar, menu and pics!
<https://www.cheerde.com/ocean-view>

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

Ja'Quasia Reid-Norwood, Director
(302) 515-0001, Ext. 1861



Happenings

‘Tis the season to be jolly at Roxana CHEER Center! As we welcome the final month of the year, let's make it count. Don't be a Grinch—spread kindness, give back to the community, and cherish time with loved ones whenever you can. We celebrate birthdays, laughter, and the joy this season brings. Look at a few special memories from throughout the year, and don't forget to stop by to pick up our Holiday Newsletter—created by your very own Center Director, Ja', and volunteer, Mark Newsom. Thank you for being a part of our Roxana family. Wishing everyone peace, love, and happiness this holiday season!"

WEEKLY

Monday - Friday:

Morning chats and snacks

Lunch 11:30 a.m.

Music Social

Monday - Friday: Lunch, Games: Hand and Foot, UNO, Charades, Memory Games, Puzzles, Dominos, Wii™ Sports, Family Feud, Wordle, Hangman, Words of Words and so much more!

Open to New Suggestions for Activities as well.

Monday:

9 a.m. Bank, Pharmacy and or Post Office.

12 p.m. The Grocery Store and Dollar Tree

Tuesday:

Prize Bingo 10:30 a.m. (\$1 Donations)

Wednesday: Breakfast at 9:30 a.m. (\$2.50 for Seniors 60 plus)



Dan Feth Watercolor Painting Class

Friday:

Memory Café with Christie Shirey

BI-WEEKLY:

December 1: Pastor Dan and Betsy: Bible Study

December 2: Dan Feth- Prize Mingo "Christmas Edition"

December 3: Blood Pressure Check with Erin from PAM Health

December 4: Coastal Gardeners Christmas Card Making

10:30 a.m. Beckett's Bulletin

December 8: Dan Feth-Stump The DJ

December 9: Well Care Bingo and Prizes

December 10: Imagine Singers

December 15: Pastor Dan and Betsy: Inspirational Music

December 16: Well Care Bingo and Prizes

December 17: Georgetown Middle School Choir Sings

December 18: Holiday Bingo with Erin from PAM Health

December 19: Dan Feth- Christmas Party Games



December 22: Tie Dye Shirts

December 24: Making Holiday Snacks and Secret Santa

December 29: Pastor Dan and Betsy: Bible Study

December 25th - 26th: CLOSED for Christmas

MONTHLY TRIPS

on Thursday (sign-up required)

December 5: Holiday Bazaar at Ocean View Center 9 a.m.– 12:00 p.m.

December 11: Gold Coast Mall "Christmas Shopping" or Christmas Lights-Dover DE

December 22: Walmart Trip and Choice Restaurant

SPECIAL HAPPENINGS:

Sometime in January

we will also have:

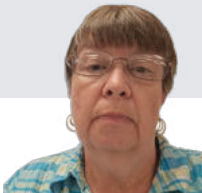
New Years Party- New Years Resolutions

New Year Birthday Celebration Upcoming Birthdays

Sand Hill Adult Day Program

20520 Sand Hill Road
Georgetown, DE 19947

Cindy Mitchell, Director
(302) 515-0001, Ext. 1141



The Adult Day Program continues to celebrate its wonderful members with two birthdays this month.

Luz Montalvo

Luz Montalvo was born in Puerto Rico. She and her husband relocated to New York City in the early 50's where they raised their two daughters and two sons. She continued her education and then worked several jobs, until she settled into her favorite one as a bilingual office worker for the City of New York. Once she and her husband, Anibal, retired, they returned to Puerto Rico. They enjoyed their retirement there with family and friends. As time went by, they wanted to be closer to their children so they moved to Delaware. She herself can not believe she is celebrating her 95th birthday! She is very grateful she has had a wonderful life and a happy and lasting marriage to her husband of 74 years!



Ava Allen

Attends the Day Program 4 days a week. She was born in Los Angeles California. She was raised in Delaware calling Lincoln, Newark and Wilmington home. Ava graduated from Glasgow High School. She now calls Milton home.



She is an avid Lakers fan and played basketball and ran track in high school. She has one daughter and two grandchildren. Ava was a bus driver and worked in the post office.

Personal Assistant Services Agency

546 South Bedford Street
Georgetown, DE 19947

Deborah Joseph, Director
(302) 515-0001, Ext. 1031

Latoya Satchell has been employed with CHEER for over 20 years! Latoya does a great job taking care of her customers in their home. Latoya has a good relationship with customers and staff. She has a great personality and always greets you with a smile. We are so glad she is part of the PASA team.

A true asset!



Latoya Satchell



Physical Therapy at CHEER

Over 50 Years Serving Sussex Seniors

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Greenwood, Lewes, Milton, Long Neck
GREENWOOD - Mon/Thurs – (8 a.m. - 4 p.m.)
LEWES - Tues/Fri – (9 a.m. - 12 p.m.)
MILTON - Mon/Thurs – (9 a.m. - 4 p.m.)
LONG NECK - Tues/Fri – (1 - 5 p.m.)



Newest Office in Harrington

COMPREHENSIVE PHYSICAL THERAPY SERVICES

- Neck Pain
- Lower Back Pain
- Arm and Leg Pain
- Dry Needling
- Parkinsons
- Balance and Fall
- Prevention
- Lymphedema
- Pelvic Floor
- Treatments



OUT PATIENT CLINIC NOW OPEN

Harrington and Milford Monday/Friday

Schedule Your Appointment!
(302) 422-2518



How to handle joint pain in the cold

Concerned about joint pain increasing as the temperature outside decreases? There are steps people dealing with joint pain can take for relief – one of them literally being to take steps.

“Maintain a healthy active lifestyle, even in cold weather,” said Dr. William Doran, DO, FAAOS, who cares for patients at TidalHealth Orthopedics. “If you can’t exercise because of weather or pain, range of motion exercises and stretching can be helpful.”

Courtney Caputo, PA-C, who works with Dr. Doran, said staying active doesn’t require a strenuous run or a contact team sport — a walk and stretching can fit the bill to improve mobility.

“Definitely keep it moving,” she said.

In addition to exercise, Caputo said people can find relief for more severe pain by using ice and over-the-counter anti-inflammatory medicines. Some people also use a brace to manage the pain.

Weight management is also important, she said, because a higher weight places more stress on a person’s joints, especially the knees.

There are also times when it’s best to see a medical professional. Some examples of these incidences include locked-up knees, red-hot swollen joints, falls and injuries, Caputo said. In the winter, ice can be a factor in these falls.

If someone has joint pain and gentle exercise, stretching and medications haven’t helped, that’s another good reason to see a physician, Dr. Doran said.

Need further relief from joint pain or have another orthopedic concern? TidalHealth has orthopedic practitioners conveniently located in Seaford and Millsboro, Delaware, and Berlin, Maryland. To learn more and schedule an appointment, visit tidalhealth.org/orthopedics.

(The above is a paid advertisement -- CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)



Strategies for Managing Your Finances This Season

- Keep your thermostat low - keeping it at 68 instead of 72 degrees can save \$40/month.
- Use apps like Gas Buddy (gasbuddy.com) to find the lowest gas prices in your area (a recent check saved 40 cents/gallon!)
- Planning a shopping trip? What is your spending limit? Write down a plan.

Making the Best of the Holidays

Buy discount cards at warehouse stores or senior centers. Focus on personalized, inexpensive gifts - photos, baked goods.

What to Think About Looking to 2026

- Set a goal.
- Invest in yourself - develop new skills, learn budgeting and investing.
- Invest your money.
- Start a Budget Road Map Plan - Determine your Cash Flow.
- Build an emergency fund.
- Take a look at your taxes - if you expect a large refund, adjust your withholding to bring home more take home pay.
- Schedule a Benefits Check Up with your Stand By Me Financial Coach to see what free or low cost programs you may be eligible for.

Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today! Call 211 or visit STANDBYMEDE.ORG to schedule an appointment. Stand By Me is not affiliated with CHEER.

DONATIONS NEEDED

Food Pantry and Pet Food Donations

Nonperishable Food Donations and Pet Food Donations.



**Needed for
Christmas CHEER!
Deadline is
December 19th.**

Your nonperishable food
and pet food donation will
go a long way to the well-being
of both the homebound seniors
and their comforting friends.

PET DONATION SUGGESTIONS:

- Dog/Cat Food (wet or dry)
- Dog/Cat Treats
- Kitty Litter



Drop donations off at the
CHEER Community Center,
or any CHEER Senior Activity Center
www.cheerde.com

For more information:

CALL: (302) 854-9500
asmith@cheerde.com
mjordan@cheerde.com

2026



TRIPS

FEBRUARY

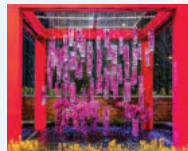
Saturday – 02/21/2026

Travel Show located at
CHEER Community Center
20520 Sand Hill Road
Georgetown, DE
TIME: 10:00 AM-2:00 PM



MARCH

Monday – 03/03/2026
Philadelphia
Flower Show



APRIL

Monday – 04/20/2026
Grounds for Sculpture
Museum and Gardens
Hamilton Township, NJ



MAY

Thur-Thur – 5/21-5/28 2026

Cruise to Bermuda
and Charleston, SC
aboard NCL Jewel from
Philadelphia Naval Pier



JUNE

Tuesday – 06/30/2026

Sight & Sound Theater
Joshua Show and Lunch
at Shady Maple Buffet



AUGUST

**Sunday-Saturday
8/23-8/29 2026**

Nashville, TN and
The Grand Ole Opry



SEPTEMBER

**Monday-Friday
9/14-9/18 2026**

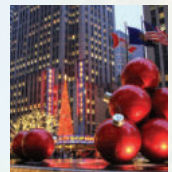
Cape Cod, MA and
Martha's Vineyard



DECEMBER

**Saturday-Monday
12/5-12/7 2026**

New York City
at Christmas
Rockettes
Show, optional



Monday – 12/14/2026
Longwood Gardens
at Christmas



**Contact CHEER Travel Club:
for information and/or reservations**

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Visit: www.cheerde.com/travel-club

Stop by any CHEER Center
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CHEER Travel Club





Bermuda Cruise

PRICES:

Inside: \$925 per person/DBL OCC

Oceanview: \$1210 per person/DBL OCC

Balcony: \$2045 per person/DBL OCC
per person/ DBL occupancy

**limited cabins each category*

**prices include port fees and taxes*

Payments: \$250 per person

deposit by 12/14/2025

Final payment due 1/14/2026

Travel Insurance: *(recommended)

Inside: \$75 per person

Oceanview: \$78.76 per person

Balcony: \$158.56 per person

Service Gratuities \$140 per person payable on ship or in advance

Cancellations Policy:

NON-refundable after 1/14/2026

**PASSPORT
REQUIRED**

NCL JEWEL TO BERMUDA

DEPART/RETURN:

DATES: 5/21-5/28 2026

May 21, 2026: 7-night cruise to Bermuda & the Southeast US on Norwegian Cruise Line. Round-trip from Philadelphia to Royal Naval Dockyard in (Bermuda) (overnight) and Charleston, South Carolina aboard Norwegian Jewel.

NCL Amenities Package

Inside - Pick 2

Oceanview/Balcony - Get all 4

1. Unlimited beverage package: includes beer, wine, mixed specialty drinks, sodas

Extra fee: \$210 for the prepaid beverage package gratuities

2. Specialty Dining:

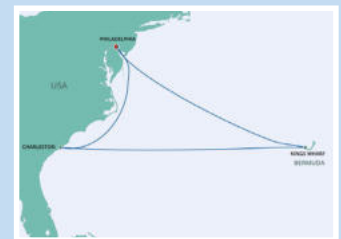
Inside & Oceanview: 1 Dinner

Balcony Cabin: 3 Dinners

3. \$50 Excursions credit per cabin

4. Wifi package: 150 minutes per cabin

Service Gratuities \$140 per person payable on ship in advance.



Booked with: Jetset Travel

Contact CHEER Travel Club:

(302) 854-2892 or email ddodd@cheerde.com

Visit: www.cheerde.com/travel-club

Stop by any CHEER Center for flyer and reservation form



NORWEGIAN
CRUISE LINE®



*Please help a senior smile
this holiday season!*

Operation Christmas CHEER

**The Senior Sleigh will kick off November 19, 2025
and gifts will be accepted until December 19, 2025.**

We are asking the Sussex County Community to help us fill the sleigh so that each senior receiving a meal on Christmas day can have a gift along with their meal.

You can help by bringing a generic wrapped gift with a tag indicating whether your gift is for a senior male, female, or either to any CHEER Center.

Gift Ideas

Hats and/or Gloves	Deodorant & Soap
Fragrance Gift Sets	Face Cloths
Disposable Razors	Towels
Adult Coloring	Robes
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Food or Beverage Sets	Socks
Shampoo	Sweat Shirts
Body Wash	Scarves
One Size Fits All Slippers	
Personal Items	



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

*"This agency receives funding from the
DHSS Division of Services for Aging and
Adults with Physical Disabilities."*

CHEER
Over 50 Years Servicing Sussex Seniors

More Information:
Contact CHEER Activity Center
(302) 515-0001 ext. 1162
email: rgreene@cheerde.com



VETERANS DAY DINNER DANCE



55

YEARS

CHEER

1971-2026

Cheers to an amazing new year!

Have a Safe and Healthy Holiday!



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Because We Care

By Lisa Harkins, RD, LDN,
CHEER Dietitian



A Healthier Holiday

The holidays are here and it has been reported that the average American gains 2-5 lbs from Thanksgiving to January 1, but you can reign yourself in food-wise without reigning in the fun. Here's some tips for a healthier holiday meal this year.

Roast the turkey or ham on a rack so the fat drips away from it. Use light whipped cream cheese to flavor mashed potatoes instead of half and half, butter and sour cream. Non-fat sour cream or yogurt can reduce the calories signifi-

cantly in recipes that call for these dairy products. Instead of brown sugar, butter, and marshmallows, sweeten sweet potatoes with orange juice and allspice. For baked goods, use applesauce, pureed white beans, or canned pumpkin in place of oil or butter.

Put out a platter of raw veggies with reduced-fat creamy dressing for an appetizer to fill family up before the big meal. Use smaller salad-size plates for meals instead of dinner size to help reduce intake. Provide a tablespoon instead of a large serving spoon for plating items. Remember to remove the skin from the turkey before you eat and, for dessert, feast on fresh fruit.

Re-think your drink. Calories can add up fast, so choose sugar-free or calorie-free beverages like water, unsweetened tea, Crystal Light, diet soda or flavored

seltzer. Limit your libations such as wine, beer, and liquor. I have a rule: if I have wine, I skip dessert, and vice versa. This helps me really reduce my calorie intake.

And it's not the holidays without a Reindeer Run. Look for fun runs/walks in your area to get a bit of exercise in before the festivities begin. Or take a walk around the neighborhood with the whole family to admire the lights and holiday decorations. Plan a hike in the park or play flag football or soccer in the back yard.

If you blew it big time and ate 'til you burst your buttons, don't sweat it – actually DO sweat it! Get up the next day and walk, get to the gym, or sign the family up for a group exercise class. Drink plenty of water throughout the day and eat lightly. The New Year and resolutions are right around the corner!

Low-fat Artichoke and Spinach Dip

Serves 16, Makes 4 Cups

Ingredients:

Ingredients:

- 8 ounces cream cheese, softened
- 1/2 cup light sour cream
- 14 ounces artichoke hearts, undrained
- 7 1/4 ounces roasted red peppers, drained
- 1/4 cup parmesan cheese, freshly grated
- 10 ounces frozen spinach, thawed and squeezed dry

Nutrient Info

(4 TBSP serving):

Calories~ 38 kcals

Total Fat~ 1.2g

Sat Fat~ 0.7g

Protein~ 2.7g

Carbs~ 4.6g

Fiber~ 1.7g

Sodium ~ 237mg

Directions:

1. Preheat oven to 375F and lightly spritz a shallow baking dish (1.5-2qt) with cooking spray.
2. Using food processor, mix light cream cheese, sour cream and artichoke hearts by pulsing until even consistency.
3. Add roasted bell pepper and Parmesan cheese and pulse until creamy.
4. To bake dip: Place mixture into prepared baking dish; add spinach and stir until combined.
5. Bake for 25 minutes, stirring half way through.
6. Dip is done when browned and bubbly around the edges.
7. To keep warm, lower temperature in oven to 250F and stir every 10 minutes until dip is served.



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DECEMBER 2025
FREE

CHEERful
LIVING

A Monthly Publication Promoting Healthy and
Active Lifestyles for Sussex County's Adults 50+

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