

CHEER Coastal Leisure Center
DECEMBER 2025



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
1 8-4:30 Fitness/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 Shop+/Quilting 12:30 Doodles Club!	2 8-4:30 Fitness/Puzzles 9 V. Bone Builders 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch, \$/ CHEER's Mobile Food Mart w/John 11:30 MJ/Dominoes 12:15 Pinochle	3 8-4:30 Fitness/Puzzles+ 9 Yoga w/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	4 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 10:30 Beckett's Bulletin 11 Frankford Diner/Dollar Tree, Selbyville 11:30 Lunch, \$ 12 Hand and Foot/MJ **All Atlantic/Bayside Rm Activities end at 2 pm**	5 <i>Cheer Coastal Leisure Center</i> HOLIDAY BAZAAR Friday, December 5th 9 am — 12 noon 50/50 Bake Sale Lucky Draw Arts and Crafts Holiday Music 30637 Cedar Neck Road OV (Cedar Bay Condos) 302-539-2671  
8 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 MahJong 12:15 Shop+/Quilting Doodles Club - New	9 8-4:30 Fitness/Puzzles 9 V. Bone Builders 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch 11:30 MJ/Dominoes 12:15 Pinochle 12:30 Acrylic Painting Class w/David of RAL!	10 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, \$ 11:45 Caregiving & Stress 12 Poker 12:15 Knitting/Crocheting	11 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 10:15 Clear Space Theatre for "A Christmas Carol", \$30/The Purple Parrot! 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Support	12 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café/ Mingo/Music/Memory 10:30 AARP Christmas Concert, MV Church 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg
15 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 +	16 8-4:30 Fitness /Puzzles 9 V. Bone Builders 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, \$	17 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 Poker 12:15 Knitting/Crocheting Parkinsons Supp Grps	18 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Supp Grp 3:30 Hollywood Diner and Gift of Lights, Dover Speedway, \$5 (bus/ lights)	19 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10 S'ville Library Tour/ Crabcake Factory Bayside 10:30-12 Memory Café, MINGO, Music, Memory w/ DJ Dan! 11:30 Lunch, \$ 11:30 Dominoes

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Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
22 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, \$/Imagine to Entertain over Lunch! 12 Mahjongg 12:15 Quilting Club/Local Shopping+	23 8-4:30 Fitness / Puzzles 9 Virtual Bone Builders 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch, \$; MJ / Dom's 12:15 Pinochle	24 8-4:30 Fitness Room/ Jigsaw Puzzles+ 9 Yoga w/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	25 The Center is Closed for Christmas! 	26 PEACE, LOVE & JOY TO EVERYONE!!! 
29 8-4:30 Fitness/Jigsaw Puzzles+ 9 Yoga w/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+	30 8-4:30 Fitness/Puzzles 9 Virtual Bone Builders 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11:30 Lunch, \$; MJ/Dom's 12:15 Pinochle	31 8-4:30 Fitness Room/ Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10 Bocce John West Park 10-11:30 FREE Bingo! 11:30 Lunch, \$ 12-1 NYEVE Party w/Dave C. & CAKE!!! 12 Poker 12:15 Knitting/Crocheting		

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