

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

GREENWOOD

Cardio Drum Class

Tuesdays, starting
January 6, 2026
5-6 p.m., Lyndsie Smyser

Tai Chi/Qigong

Saturdays, starting
January 10, 2026
10-11 a.m.
Gary Tompkins

LEWES HARBOUR LIGHTS

Acrylic Painting and Soda Sip

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

Yoga For All Levels

Wednesday, starting
January 7, 2026
4:30-5:30 p.m., Barbara Popiel

LONG NECK

Chess Lessons For All

Thursdays, starting
January 8, 2026
5-7 p.m., Lester James

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

OCEAN VIEW

Yoga For All Levels

Thursdays, starting
January 8, 2026
6-7 p.m., Barbara Popiel

VIRTUAL

Intro To AI

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

Creative Writing

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

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](https://cheerde.com/cheer-academy)**

For more information and registration:

[Cheerde.com/cheer-academy](https://cheerde.com/cheer-academy)

302-515-0001 Ext. 1167

jreilley@cheerde.com

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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."*