

JANUARY 2026
FREE

CHEERful LIVING

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

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CHEERful Living

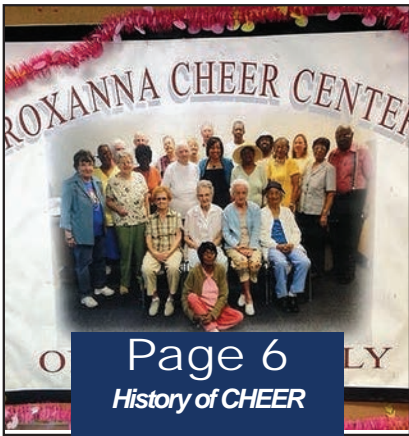
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Kathy Motak Singel
Editor, CHEERful Living

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Award



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History of CHEER



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Tom Reardon
Chief Operating Officer

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Debbie Joseph
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Monica Mandujano
Volunteer Services Coordinator

Jacquie Reilley
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Christie Shirey
Caregiver Resources Coordinator

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

Celebrating 55 Years of Service, Strength, and Community

2026 marks a special moment in CHEER's story. This year, we celebrate 55 years of serving the seniors of Sussex County! 55 years of meals delivered, friendships formed, independence protected, and community strengthened. From our beginnings in 1971 as Sussex County Home Services, Inc., to the evolution of our name and mission over the decades, CHEER has grown because our community needed us to grow. And we answered that call every single time.

As we step into this milestone year, I find myself reflecting not just on how far we've come, but on what our progress means for the people we serve. At its heart, CHEER's 55-year journey is a story of hope, stability, and reassurance. The very things seniors and their families count on us to provide.

Looking back at 2025, our organization underwent one of the most transformative years in recent history. We modernized nearly every corner of our operations. We embraced new systems—PayCor, NetSuite, CXM, upgraded phone systems, standardized processes and each upgrade strengthened our foundation and our ability to deliver consistent, high-quality services. We elevated communication, governance, and training. We expanded programs like the CHEER Travel Club and launched CHEER Academy, championing lifelong learning and connection for our seniors.

Then there was our momentum with our Gateway East Project. The

largest, most ambitious project in CHEER's history. The construction of Gateway East Apartments I and our Administrative & Support Services Building is more than an expansion. It is an investment in the next generation of senior services. These apartments will provide safe, affordable housing for older adults who want to remain independent in Sussex County. The administrative building will bring our teams together, strengthen collaboration, and improve efficiency across every program we offer. This project represents our commitment to meet the evolving needs of our community for decades to come.

“CHEER's 55-year journey is a story of hope, stability, and reassurance.”

But, as proud as I am of our infrastructure and innovation, I am most proud of the people who carried us through 2025 and positioned us for a powerful 2026. Our staff - in Nutrition & Senior Activities, Transportation, Adult Day Program, PASA, Hospitality, Maintenance, CHEERMobile, Administration, and every team across the county - are the backbone of this organization. Their compassion, resilience, and adaptability made every accomplishment possible. Their work is deeply human and their impact is felt every day in the lives of the seniors we serve.



Beckett Wheatley, CEO

This anniversary year is not just about celebrating the past; it is about honoring the people who built CHEER and the people who keep it moving forward.

Throughout 2026, we will host special events to celebrate our 55th year, including a major celebration scheduled for May 5, 2026 (“5/5 for 55”). More details will be shared soon and I hope you'll join us as we honor our history, our staff, our volunteers, and the thousands of seniors and families who trust us.

As we begin this new year, CHEER remains committed to improving services for our seniors and strengthening the work environment for our employees. That means embracing new partnerships, deepening existing ones, and exploring every opportunity to grow because we cannot do this work alone.

Fifty-five years ago, CHEER began with a simple mission: to help older adults live with dignity and independence. Today, that mission is stronger than ever and, together, we will shape a future filled with opportunity, connection, and care.

Here's to an inspiring start to 2026 and to the next 55 years of CHEER! ●

Ocean View CHEER wins “2025 Best of the Quiet Resorts Community Spirit: Best Initiative” Award

Congratulations to Yolanda Gallego, Director of our Coastal Leisure Senior Activity Center in Ocean View on receiving the “2025 Best of the Quiet Resorts Community Spirit: Best Initiative” award presented by the Bethany-Fenwick Area Chamber of Commerce. For more than a decade, Yolanda’s steadfast commitment to her center has



Quiet Resorts Chamber Leaders with Yolanda and Member and Volunteer Karen Garrison



The difference between an Acute Rehabilitation Hospital and a Sub- Acute Rehabilitation Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the postacute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisciplinary approach which includes : Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

To make a referral or ask a question about acute rehab please call 302-672- 5810 to speak to an admissions coordinator.



**Yolanda Gallego, Center Director
CHEER Coastal Leisure Center
with her award**



**Left to right: Bethany-Fenwick Area
Chamber of Commerce Executive
Director Lauren Weaver and Yolanda
Gallego, Center Director CHEER’s
Coastal Leisure Center**

made it one of the most vibrant places anywhere in the region for seniors to gather, grow and laugh together. We are fortunate to have Yolanda on our team and celebrate the opportunity to recognize her passion for quality programming and friendship to all who come her way. ●

Lewes Rehoboth Moose #646

The Lewes Rehoboth Moose Lodge #646 donated \$1,000 to CHEER, Inc. during the lodge’s meeting on Thursday, November 13, 2025.

The donation will be split between Milton and Harbour Lights (Lewes) CHEER Senior Activity Centers. On hand to receive the donation were Milton CHEER Director, Ashlyn Elliott, Harbour Lights CHEER Director, Cristina Tunnell, and Chief Operating Officer, Tom Reardon.

The donation was presented as part of Moose Lodge’s ongoing commitment to community service. “The mission of the Moose Lodge is founded on service, fellowship, and community,” explained Administrator Eric Stewart. “Our organization is dedicated to caring for children, supporting seniors, and improving the quality of life in the places we call home. Through volunteerism,

charitable giving, and neighborly connection, we strive to make a lasting difference for those in need.”

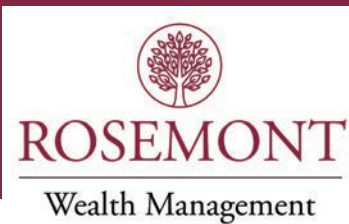
The Legionnaire’s suggested CHEER as the recipient and noted the perfect alignment between the two organizations. “We have selected CHEER, Inc. as the recipient as their purpose aligns perfectly with our mission,” third-year Trustee James Layton said. “The CHEER senior activity centers provide invaluable services to older adults—offering meals, activities, social engagement, and essential resources that promote health, dignity, and independence. These programs not only enrich the lives of local seniors, but also strengthen the fabric of our entire community.”

Tom Reardon, CHEER’s Chief Operating Officer, highlighted the



Front row: James Layton, Cristina Tunnell (Director, Harbour Lights CHEER), Ashlyn Elliott (Director, Milton CHEER), Rosa Lopez, and Mark Wing. Back row: Bill Wilczynski, John Dean, Russell Marsh, Tommy Henshaw, James “JB” Blackburn, Ricky Buzzard, Tom Reardon (COO, CHEER), Ray Brown, Brian Mifflin, Jake Boyd, Chris Corbi, Todd Meredith, Tim Wegemer, Kyle Hooley

importance of such local partnerships. “By supporting the CHEER Centers in Milton and Lewes, the Moose Lodge reaffirms its commitment to compassion, community, and care for those who have contributed so much throughout their lives,” Reardon remarked. “They believe, as does CHEER, that together, we continue to build a stronger and more connected community for all.” ●




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The Enduring Spirit of CHEER: Serving Sussex County Seniors Since 1971

In celebration of our 55th year, we are excited to introduce a new series of monthly articles and photos focused on CHEER's history. This effort is headed up by Rich Taylor, who has been with CHEER for more than two decades. Rich welcomes your stories, photos and memories to be part of the story! Reach him at 302-515-0001 x 1002 or rtaylor@cheerde.com.

In a rapidly growing Sussex County, the services provided by the CHEER Center network—like the popular one in Roxana—are vital cornerstones of the community. But their history often prompts a question: Which came first, the centers or the organization?

It's time to set the record straight and look back at the origins of CHEER (Sussex County Senior Services, Inc.) a story that began not with a building, but with a growing need and a simple promise of Hope.

Retirement Reimagined

Travel back to 1971. Delaware was a younger place and retirement was often just a handful of quiet “golden years.” People who retired at age 65 were lucky to live another decade, filling their time with travel and fishing—the things they dreamed of while working.

But a health revolution was underway. As people cut back on smoking and drinking and embraced jogging and weight watching, something dramatic happened: older adults were living longer and there were more of them than ever. Retirement was quickly transforming from a brief respite into a major, vibrant portion of a person's lifespan.

This shift brought new challenges, particularly in the rural areas of Sussex County. Older residents needed reliable transportation. Those with failing eyesight struggled with complex government forms to secure their benefits. The list of gaps in crucial services grew daily and no existing organization was equipped to handle such a wide variety of needs.

From Hope to CHEER

Enter the Rev. and Mrs. Milton Keene of Sussex County's Methodist Manor House. They recognized this burgeoning need and, working with others, designed a non-profit organization dedicated to a single, powerful goal: keeping people over 60 healthy and independent.

Their original organization, launched quietly on July 23, 1971, was simply called the HOPE Program. It began modestly with just one nurse operating out of a small office in the Manor House, concentrating on the crucial nursing needs of homebound clients.

As the population aged and the organization's reputation grew, the scope of services expanded. A network of senior centers began opening and essential programs like transportation were added to the roster.

By 1984, the organization had solidified its position and its name officially changed to Sussex County Senior Services, Inc. It was at this time the enduring and memorable nickname - CHEER - was officially adopted.

A Mission for Today and Tomorrow

CHEER's core mission today remains true to its founding principles: “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.”

Today, the urgency is greater than ever. With more people retiring across the U.S. and choosing to settle in



Governor Sherman Tribbitt digging first shovel to dedicate in 1971.

Sussex County, the senior population is expanding at a rapid clip.

Of course, this incredible undertaking would not be possible without widespread community support. CHEER relies on the close cooperation of local and state legislatures, business partners, industry, and, perhaps most importantly, a powerful network of volunteers. Hundreds of dedicated individuals donate their time and efforts every year to serve their senior neighbors.

If you would like to become a part of the CHEER story, we would like to hear from you. Are you a long-time CHEER member? Or maybe you have memories from your parents or friends who are or were. Do you have some old photos or maybe recordings? We would love to be able to include them in CHEER's historical timeline. ●

If you are interested in becoming a part of this inspiring legacy and/or dedicating your time to helping the senior community, you can find out more by calling CHEER 302-515-0001. To donate your precious memories ask for Rich Taylor or email rtaylor@cheerde.com. To become a CHEER volunteer or for more information, please call: 302-515-0001.

We hope to hear from you soon.

Kindness Calls



Friendly calls to seniors who may be lonely or isolated. A simple check-in, a friendly voice, a reminder that someone cares.

*Sign up
to receive
a call from
a volunteer
caller.*



*Sign up
to make
a call
to a
senior.*



To sign up and learn more about volunteering
at CHEER! cheerde.com/kindness-calls.

Happy New Year and Happy Birthday, CHEER!

Celebrating 55 Years, and the 55 Yet to Come

By Tom Reardon, Chief Operating Officer

I know CHEER's official birthday isn't until July. But honestly, when you reach 55 years of serving Sussex County, you earn the right to celebrate all year long. That's my story and I'm sticking to it.

Even though I've only been part of CHEER for two of those years, I'm deeply proud of this organization and the people who built it; brick by brick, meal by meal, handshake by handshake. Fifty-five years is a remarkable milestone for any nonprofit. And if you look back over those decades, one thing becomes unmistakably clear: CHEER has never been afraid of change. In fact, change is woven into our story.

We often talk about change like it's a bad houseguest; shows up uninvited, eats your food, knocks things over. But the truth is far more generous. One of my favorite sayings is, "I can't promise that change will make things better, but I can promise that without change, nothing will get better." A toothache doesn't stop hurting until something changes. Growth doesn't happen without movement. And comfort zones... well, they're not always quite as comfortable as they pretend to be.

So as we look back on 55 years of transformation: new programs, new centers, new people stepping up to serve, let's also look forward. Because the next 55 years are inviting us to imagine something bold and deeply needed.

I believe our future is connection.

For years, many of us (myself included) have stayed plugged into screens while slowly drifting away from one another. Social media gave us the illusion of closeness, while real community quietly thinned out around the edges. And as we age, connections can slip away faster than we realize.

But CHEER has the beautiful, stubborn habit of pulling people back together.

“The next 55 years are inviting us to imagine something bold and deeply needed.”

That's why I'm so excited about CHEER Academy. It's more than classes, it's community in the making. I picture groups that start as students and end as friends. I picture clubs that outgrow the classroom and spill into cafés around town. (Sand Hill Café is a fine option -just saying.)

And I picture our Senior Centers buzzing with life from early morning until after dark, seven days

a week, full of people learning, laughing, debating, caring, and simply being together. That's the kind of change worth leaning into. The kind that heals. The kind that makes life brighter.

Maybe community is something we've misplaced over the years, but I believe it's something we can reclaim. When we sit across from each other; face-to-face, not screen-to-screen, even our disagreements soften. It's harder to shout at someone when you can see their eyes. Respect comes easier. Grace comes easier. And goodness knows our world could use a little more of both.

So as we celebrate CHEER's 55th year, let's also celebrate day one of the next fifty-five. Let's look ahead with joy, courage, gratitude, and maybe just a little ambition. We're standing on decades of service, experience, and love, steady shoulders to build on. And now we get to decide who we will become for the next generation.

Here's to growth. Here's to change. Here's to connection. And here's to a future filled with life, laughter, service, and community... everything CHEER was built for.

Happy New Year, and happy birthday, CHEER. Let's make this a year worth remembering. ●





Members of the Georgetown Center with Caregiver Resource Coordinator, Christie Shirey.



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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



Remember the Blessings

Last year, my New Year's Resolution was to start a Blessing Jar. I wrote down things I was thankful for and put them in a jar which I opened this year. It was full of notes about the fun times during Memory Café, the feeling I get when I can help someone, and how you all have filled my life. The notes that brought back the most smiles were from the many times you all have made me laugh.

I am going to encourage you to start your own Blessing Jar for this year. Remember to include the small things

that make you smile. Things like the smile on your friends' faces, little things they do to help you, little things like that provide warmth and hope. Write down your blessing and add it to the jar throughout the year. Next New Year's Day, empty the box and revisit everything you have counted as a blessing.

There is a saying to remember to stop and smell the roses. This is particularly important to caregivers. Something as small as the smile on your loved one's face when you help them eat breakfast or the way they squeeze your hand when you help them out of the car and into their wheelchair can be such a treasure. A Blessing Jar helps you focus on the positive and hopeful parts of your life. ●

Wishing all of you a wonderful New Year!



Mr. Man Remembers To Smell The Roses (or Pine in his case)

Please contact the Caregiver Resource 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, 2:30 PM
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 Services Coordinator

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



**New Year,
New Opportunities
to Make a Difference
in Volunteer Service**

Happy New Year!

I hope your holidays were filled with warmth, joy, and moments that made you smile.

As we step into 2026, we're feeling inspired — and we're so grateful to so many committed volunteers by our side for another year of impact throughout Sussex County.

We're excited to offer a new way to help – CHEER Connect!

CHEER Connect features two ways to connect with Sussex Seniors to meet needs that aren't often made available: "Kindness Calls" and "Kindness Rides". We are looking for volunteers to help with each.

Kindness Calls:
Volunteers place friendly calls once per week to seniors who may be lonely or isolated. It's a simple check-in, a friendly voice, a reminder that someone cares.

Kindness Rides:
Volunteers provide medical transportation within Sussex County for seniors who have no other option.

Meals on Wheels
We still need volunteers to donate one hour per week to deliver Meals on Wheels. Currently, we have a significant need for drivers in Milton, Long Neck, Seaford, Laurel and Delmar.

Sign Up to Volunteer Today!

Whether it's an hour of your time or more, every act of kindness counts. For more information on volunteer opportunities at CHEER, reach out to our Volunteer Coordinator, Monica Mandujano, at (302)515-0001 ext. 1166 or mmandujano@cheerde.com

**To Our Current Volunteers:
THANK YOU!**

Your kindness, dedication, and hard work have touched countless lives in 2025; you've been the reason we've achieved so much together.

Through your meal deliveries, thoughtful gestures, and warm conversations, you've brought light and joy into the lives of those who needed it most.

Be sure to mark your calendar for CHEER's "Volunteer Appreciation Brunch" on Friday, April 24th 2026. More details to come! ●



Spend More Time in Your Happy Place!

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.

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- 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

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

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Is a long or short term home loan the best?

There has been some talk recently about offering 50 year term home loans. Forty year terms are already available. It pays to step back and put into perspective the total short term and long term costs involved with these options.

Some people may think a 15 year term would be double the monthly payment as a thirty year term. But it isn't. On a loan amount of \$300,000 the monthly payment at 6.125% is \$1822. The 15 year term payment at 5% is \$2372; a difference of \$550.

When it comes to total payback, the differences are astounding. Total payback on a fifteen year is \$427,028. The total payback on the 30 year term is \$656,219. The difference is \$229,191. Just think of what you

could do with all of those extra funds.

The difference in monthly payments and total payback on 15 and 30 year terms are dramatic. So, you can imagine how much more the 40 year and fifty year terms would be.

Purchasing and refinancing your home loan are some of the most expensive transactions you will ever come across. Is it extremely important to know the short and long term financial factors before you fully decide how to proceed.

The benefits of going with a 15 year term over a thirty year term are:

Pay off in less years so you can use the funds to invest in your financial future, renovations, etc.

You build equity in your home much faster.

Less years means a lower interest rate.

Total payback is quite less.

Helps with timing your retirement.

Not much more in monthly payment.

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.)

**Are you considering a reverse mortgage?
62 or older?
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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.
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Cell 302.236.1229,
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*Did you know
that you can get
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at CHEER?*

**We are now offering
Grab and Go Meals!**

We love when you have lunch with us, but if you are on the go, just stop by any CHEER Senior Activity Center and pick up a meal to go!

*Minimum
Suggested
Donation
\$3.50*

Know someone who can't leave the house? They should consider applying for home-delivered meals. Contact Megan at 302-515-0001 x1165

Meals are available at CHEER Senior Activity Centers located in Georgetown, Greenwood, Harbour Lights Lewes, Long Neck, Milton, Ocean View and Roxana

CHEER

Over 50 Years Serving Sussex Seniors

302-515-0001

cheerde.com

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

A C A D E M Y

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

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."



JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ALL CENTERS CLOSED	2 New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk
5 Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	6 Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	7 Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	8 Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	9 Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
12 Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Skim Milk	13 Baked Egg Omelet Sff Lc American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	14 Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Skim Milk	15 Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	16 Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
19 ALL CENTERS CLOSED	20 Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	21 Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	22 Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	23 Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk
26 Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	27 Turkey Chili Sf Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	28 Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	29 Lemon Pepper Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Assorted Cookies Skim Milk	30 Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk



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Menu items subject to change due to availability.

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Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



January marks the beginning of a new year and, for many, a fresh start. Whether your goals include joining a gym, volunteering, or meeting new friends, CHEER is here to support you as you pursue both new and longstanding aspirations. We are honored to be part of Café Salud and we're starting the year with a celebration of Rosca de Reyes, a cherished Hispanic tradition.

This month, we're also launching our new book club. Whether you enjoy listening on Audible™ or turning the pages of a traditional book, there's a place for you. We're excited to dive into creative activities as well, including a wreath-making workshop led by our talented instructor, Alexis.

We are also pleased to offer Zumba, chair yoga, and sewing classes, giving



Painting night with Gilberto

our members even more ways to stay active and engaged. Maria from the Rehoboth Art League will be joining us again this month—her classes fill up quickly, and we're thrilled to welcome her back.

Our center meets every Tuesday and Wednesday from 4–8 p.m., and dinner is available for all who attend.

We extend our heartfelt gratitude to all the volunteers who supported us throughout the past year. A special thank-you to Gilberto for generously sharing his artistic talent and helping us create beautiful canvases.

And finally, we are delighted to welcome our new cook, Megan Ventura, to the CHEER family. ●

WEEKLY

Bingocize, Loteria, Spanish Classes, Zumba

REPEATS MONTHLY

Art and Crafts, Sewing, Book club

ACTIVITIES

January 6: Rosca Celebration- Loteria-Socialize

January 7: Art and crafts with Maria from Rehoboth Art League – Bingocize-Socialize

January 13: Wreath workshop with Alexis- Bingocize-Socialize

January 14: Zumba/ Chair Yoga-Loteria

January 20: Wreath Workshop with Alexis-Bingocize- Socialize

January 21: Book Club-Art and Crafts- Loteria-Socialize

January 27: Sewing-Key-chains-Board Games-Socialize

January 28: Art and crafts with Maria from Rehoboth Art League – Bingocize-Socialize

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



Georgetown members with Memory Café Coordinator, Christie Shirey.

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

MONTHLY:

Dollar Tree – every Tuesday
Walmart – every Thursday

SPECIAL HAPPENINGS

January 1: Happy New Year - All CHEER Centers Closed

January 12: Monday at 10:00 a.m. GT Members Meeting

January 15: Thursday at 12:00 p.m. Revive Sound Productions

January 15: Thursday at 4 p.m. Dinner/Bingo

January 19: Martin Luther King Jr. Day – All CHEER Centers Closed

January 29: Thursday at 10:30 a.m. Arts and Crafts

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41 Schulze Road
Greenwood, DE 19950

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



Happenings

Beating the Winter Blues: A Gentle, Heartwarming Note for Seniors

Winter can be a beautiful season, but it also has a way of settling a quiet heaviness in the air. Short days, chilly mornings, and long evenings indoors can make anyone feel a little lonely or low. If you've been feeling the winter blues, you're not alone—and there are soft, simple ways to bring a bit of sunshine back into your days.

Start with connection. A warm voice on the other end of the phone, a friendly neighbor stopping by, or a cup of tea shared with someone you care about can lift your spirits more than you might realize. Reaching out—just a little—can remind you how many hearts are nearby, ready to brighten yours.

Light is another gentle healer. Pull back the curtains first thing in the morning, let the day in, and sit by a sunny window even for a few minutes. If the sun is shy, a cozy lamp or a light therapy box can help bring that comforting glow indoors.

Most of all, give yourself permission to enjoy small joys—those sweet, quiet things that make winter feel softer. Maybe it's the smell of soup simmering, the feel of a blanket around your shoulders, a good book, or working on a beloved hobby. These little moments have a way of lighting up the day.

Winter may be cold, but your life is full of warmth. With a bit of light, movement, connection, and kindness toward yourself, the winter blues don't stand a chance. ●

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)
- Monthly Shopping or Educational/Entertainment Trip and Lunch out. 9:15 a.m. bus departure. Dates vary.

SPECIAL HAPPENINGS

January 1: Happy New Year - All CHEER Centers Closed

January 7th: Wednesday at 10:30 a.m. Wii™ Bowling

January 8th: Thursday at 10:30 a.m. Armchair Travels "Alaska"

January 15th: Thursday at 9:30 a.m. Positive Music Time With Randy

January 22nd: Thursday Trip to Food Lion in Bridgeville

January 22nd: Thursday at 4 p.m. Dinner

January 28th: Wednesday at 10:30 a.m. Bingocize w/ Lyndsie

January 29th: Thursday at 9:15 a.m. Trip to Dutch County Amish Market

January 30: Friday at 10:30 a.m. Unity Club Meeting (Members Meeting)



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



Happenings

Happy New Year

As we welcome a fresh and exciting new year, we're sending warm wishes to everyone in our community. May the months ahead be filled with joy, laughter, and heart-warming moments.

The New Year is also a great time to dream a little and set a few small, meaningful goals. Whether it's trying something new, reconnecting with friends, enjoying a favorite hobby, or simply taking time each day to do something that makes you smile. Every little step can make the year brighter.

Here's to a wonderful year ahead, full of positivity, new beginnings, and moments that make you feel proud and inspired!



Bullets on Broadway cast, Left to right: Chip Zahm, Mary Meyer, Evelyn DeLazzaro, Doug Mayer, Rose Balzano, Michael Sciallo, Ramona Betancourt, Dot Spicer, Amy Magee



Membership Dues Reminder

It's that time of year again! Membership dues for 2026 are due January 1, 2026, and the annual cost is just \$30.00. Your membership helps keep our programs thriving and our community active and connected.

Thank you for your support and enthusiasm. We're excited for another great year together!

CHEER Academy

We're excited to announce that a brand-new season of CHEER Academy classes will begin at all CHEER Centers this January! We'll be offering a variety of engaging, enriching courses designed to inspire, educate, and bring our community together.

To kick things off, Jacqueline Reiley will be joining us on January 9th at 11:45 AM to share an overview of the upcoming classes and what you can look forward to this semester. It's the perfect chance to learn more, ask questions, and discover which courses spark your interest.

Get ready for a wonderful year of learning, connection, and new experiences with CHEER Academy!

WellCare Visit and Medicare Info Session

A representative from WellCare will be joining us on January 23, 2026 at 11:45 a.m. to discuss Medicare benefits and answer any questions you may have. This is a great opportunity to learn more about your coverage, explore available options, and get the information you need.

One-on-one assistance will also be available for anyone who would like personalized support. We hope you'll stop by and take advantage of this helpful resource! ●

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

Every 4th Wednesday: AARP Defensive Driving

SPECIAL HAPPENINGS

January 1: Happy New Year - All CHEER Centers Closed

January 9th: 11:45 a.m. Presentation on CHEER Academy

January 15th: 12:15 p.m. Soul Collage with Dee

January 19: Martin Luther King Jr. Day - All CHEER Centers Closed

January 23rd: 11:45 a.m. Well Care Presentation on Medicare benefits

January 26th: 9:45 a.m. Mystery Trip Lunch on your own.

Long Neck Activity Center

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



Happenings

Happy New Year! It is hard to believe that it is 2026 already. Long Neck is looking forward to another year of fun and friendship. ●

WEEKLY

Monday:

- 8:30 a.m. Weight Watchers
- 10:00 a.m. Chair Yoga
- 12:00 a.m. Nickel Poker
- 12:00 a.m. Knitting and Crocheting
- 12:30 a.m. Penny Bingo
- 12:30 a.m. Nickel Poker
- 1:30 p.m. Hand and Foot
- 1:30 p.m. Table Tennis

Tuesday:

- 8:00 a.m. Texercise
- 9:00 a.m. Zumba
- 10:15 a.m. Tai Chi
- 12:00 p.m. Nickel Poker
- 1:00 p.m. Mahjongg
- 1:00 p.m. Memory Café



Bill Eidem, Rosa Mathew, our Turkey, Minnie Woods, and Gayle Eddinger



Pedro Sanchez, George Hess, and Pat Smidt enjoying the Holiday Feast

Wednesday:

- 8:00 a.m. Texercise
- 9:00 a.m. Michigan Rummy
- 12:30 p.m. Prize Bingo
- 1:00 p.m. Bunco

Thursday:

- 9:00 a.m. Zumba
- 10:15 a.m. Tai Chi
- 12:00 p.m. Nickel Poker
- 12:30 p.m. Nickel Poker

Friday:

- 8:00 a.m. Texercise
- 10:00 a.m. Bible Study
- 12:30 p.m. Penny Bingo

Monday:

- 9:15 a.m. Walmart

Wednesday:

- 9:15 a.m. Bank, PO, Drug Store

Friday:

- 10:00 a.m. Dollar Tree

SPECIAL HAPPENINGS

January 1: Happy New Year - All CHEER Centers Closed

January 6: Tuesday at 9:15 a.m. Trip to Target and IHOP

January 14: Wednesday at 12:00 p.m. Membership Meeting

January 15 : Thursday at 9:15 a.m. Trip to Aldis, Home Goods, and Chick-fil-a

January 19: Martin Luther King Jr. Day – All CHEER Centers Closed

January 21: Wednesday at 4:00 p.m. Evening Penny Bingo and Dinner

January 23: Friday at 10:00 a.m. Music and Memories with Dan Feth

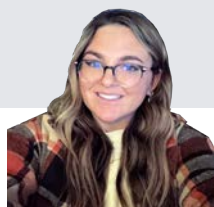
January 27: Tuesday at 9:30 a.m. Marshalls and China Buffet

January 29: Thursday at 4:15 p.m. Cracker Barrel

January 30: Friday at 10:00 a.m. Music and Memories with Dan Feth



Barbara Snyder, Carol Ryan, the Turkey is Bob Harrison, Rick Ryan and Warren Vetter

**Milton
Activity Center**24855 Broadkill Road
Milton, DE 19968Ashlyn Elliott, Director
(302) 515-0001, Ext. 1461**Happenings****Step Into the New Year with Joy & Wellness!**

A new year brings fresh energy, new goals, and renewed motivation to stay active and connected. At the Milton CHEER Center, we invite you to begin 2026 with a focus on wellness, friendship, and joyful moments. Each day offers a chance to move your body, stimulate your mind, and enjoy the company of others who make our center feel like a true home away from home.

As we step into 2026, we also celebrate the gift of new beginnings. This year is full of opportunities to rediscover what brings you joy, to stay active in ways that support your health, and to stay connected with a community that truly cares. No matter where you are on your journey, you are not alone—your CHEER family is here to encourage you every step of the way. Let 2026 be a year of hope, healing, and joyful living.

This January, we encourage all members to join us for classes, games, meals, and conversations that support healthy living. Staying active not only improves physical strength and balance, but also boosts mood, reduces stress, and helps maintain mental clarity. Whether you are trying something new or returning to your favorite activities, we are excited to share a month filled with positivity and new beginnings. ●

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.

**Crafting button tree cards for the holiday at the center.****Mondays:**9 a.m. Tai Chi
12:00 p.m. Mingo with Dan Feth
1:30 p.m. seated Tai Chi/seated Qigong with Deb**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****January 1: Happy New Year -
All CHEER Centers Closed****January 5th:**

Monday at 9:30 a.m. Membership Meeting, please see Ashlyn or receptionist to pay your \$30 Dues.

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

January 8th:Thursday at 12:00 p.m.
Join us for Birthday Celebrations!**January 12th:**Monday at 12:00 p.m.
Mingo with Dan Feth**January 19th:****CLOSED Martin Luther King Day****January 21st:**Wednesday Dinner and Bingo
from 4 p.m. – 6 p.m. 60+ \$8.00
and Under 60 \$10.00**January 26th:**Monday from 12 p.m. – 1 p.m.
Bingocize with Lyndsie Smears

Ocean View Activity Center

30637 Cedar Neck Road
Ocean View, DE 19970

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



Happenings

GLORY DAYS HAPPY NEW YEAR!

Share your greatness and all the fun you had when you were younger, so we can all get to know each other better!

We have several special activities planned for the month – see below and watch for more details. Maybe we'll even get some ideas for more fun activities / events to have here!

~Bring in H.S. and/or College Yearbooks, Athletic/Scholastic Memorabilia and anything else important you wish to share-we'll have a table set up all month long.

~Play Oldies Mingo on Thursday 22nd from 10 – 11:30 a.m.!

~Surprise Photo Opportunities . . .

~Lunchtime Reminisce on Monday 26th, 11:45 a.m. – 12:30 p.m.

~Group Puzzle Contest on Tuesday 27th, 10 – 11:30 a.m., get your team together and signed up, limited to 4 teams!

~Richie & Guy will Entertain us before Dinner on Tuesday, 27th at 4 p.m., with their oldies rock 'n roll! ●

We all have a story to tell, no matter how small you think it might be – come on out and share yours!

MONTHLY TRIPS

January: 2nd: Baskin-Robbins after lunch at Dunkin' Donuts, Bethany Beach, noonish.

January: 8th: Teen Challenge Thrift Shop and Lunch, Seaford, 10 a.m.

January: 9th: Byler's in Dover and Group Lunch Choice, 9:30 a.m.



Painting at the center

January 15th:

Home Sense/TJ Maxx/Aldi's Shops and China Buffet, 10 a.m.

January 16th:

The Country Store and Denny's, Salisbury, MD, 9:30 a.m.

January 22nd:

No Trip – Oldies Mingo at Center

January 23rd: IHOP and Victrola Museum, Dover, 9:30 a.m.

January 29th: TBD or open for rescheduling due to weather.

January 30th: *Penguin Diner / Fire & Ice – drive around and see what's happening, 11:30 a.m.*

SPECIAL HAPPENINGS

January 1st: Happy New Year - All CHEER Centers Closed

January 5th: Mondays, 12 & 26 at 12:30 p.m. - New Bible Study, Light of Hope Ministries with member Carlos F.

January: Wednesday, TBD, noon – 1 p.m., "COPD" with Logan and Beebe's NICHE program.

January 19th: CLOSED
Martin Luther King Day



January 20th: 11:45 a.m. – PAM Rehab. Lunch 'n Learn with Erin S.

January: Friday TBD,

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

January 22nd: 10 – 11:30 a.m. – Oldies MINGO with Margie!

January: 26th:

11:45 a.m. – 12:30 p.m. – Reminisce with Margie!

January 27th: 10 – 11:30 a.m. – Jigsaw Puzzle Contest! Get your buddies together and sign up for one of 4 teams to compete for the Best Puzzler! Teams must be 3 or 4 members each.

January 27th: 4 – 6 p.m. – Richie & Guy will Entertain us with their Oldies Rock 'n Roll, followed by dinner! \$10 members / \$15 guests – please pay at time of sign up.

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

January brings a fresh start, new energy, and the chance to begin again. As we welcome 2026, our center is excited to continue creating a space filled with community, joy and connection. This month, we look forward to new activities, shared laughter, and opportunities to learn and grow together. Thank you for being a special part of our family, your presence is what makes our center feel like home. Here's to a bright, healthy, and hopeful year ahead for all of us! ●

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)

Friday:

Memory Café with Christie Shirey



Coastal Gardens at the Center

BI-WEEKLY:

January 5 and January 26:

Monday, Music Ministry with Pastor Dan & Betsy Taylor

January 6th and 22nd:

Thursday, Dan Feth – Prize Mingo and Stump the DJ

January 9 and

January 23:

Chair Yoga with Barbara “Strength from Within”

January 16th:

Erin Fall Prevention Talk

Membership Meeting
Blood Pressure Check with Erin
(PAM HEALTH)

MONTHLY TRIPS

January 2: Trip to Ocean View CHEER Center

“Happy Birthday Jay”

January 8th: Walmart Trip and Group Choice of Food



SPECIAL HAPPENINGS

January 1: Happy New Year - All CHEER Centers Closed

January 7: “Happy Birthday Delores Justice, Center Member”

January 19th:
CLOSED Martin Luther King Day

January 24:
“Happy Birthday Al Oliver- Center Member” Roxana CHEER

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 birthdays.

Linda Netzel

Linda is from Baltimore, MD. When asked where did you spend most of your adult life she said, "Here at CHEER." She has one daughter and three grandchildren. She used to work in a law firm and loves to bake.



Sharon Farmer

Sharon is from New Castle, Delaware. When asked where did you spend most of your adult life she said, "All over Delaware, all 3 counties". She has two children and three grandchildren. She used to work in banking, financing/mortgages for 30 years. Sharon's favorite place to live was a farmhouse in Dover that was built in the 1800's. She got married in 1974 and was crowned state princess for the Delaware State Grange. She said, "I had a great life and wouldn't have done anything different."



Mary Ryan

Mary Ryan is from Maryland. She has two children. She worked at Burger King in Seaford, DE for 12 years.



Anna Karl

Annie is from Philadelphia, Pennsylvania. She has four children and four grandchildren and two great grandchildren. She was a teacher and seamstress. She was a Sunday School teacher at the House of Prayer of All People in West Philadelphia. She had seven siblings.



Richard St Jock

Richard is from Portland, Maine. He spent most of his adult life in Upstate New York. He has three children and seven grandchildren. He was a Pastor and a computer tech for a school district. He loves to swim, paint, and color. He also enjoys the ocean and collecting lighthouses.



Therese Jones

Therese was born in Englewood, New Jersey, grew up in Dumont, New Jersey. When she was a teenager, she moved to Miami, Florida with her family to have warmer weather. She met her husband in High School and was married 74 years before her husband passed away. Upon her husband's death, Therese moved to Delaware where she resides with her oldest daughter. She was a telephone operator before she became a stay-at-home Mom. She has two daughters, five grandchildren and six great grandchildren. Therese loves to color and watch Hallmark movies. Her absolute favorite food is oysters, both fried and raw!



Annie Margaret Kessler

Annie is from Philadelphia, Pennsylvania. She has four children and four grandchildren and two great grandchildren. She was a teacher and seamstress. She was a Sunday School teacher at the House of Prayer of all people in West Philadelphia. She had seven siblings.



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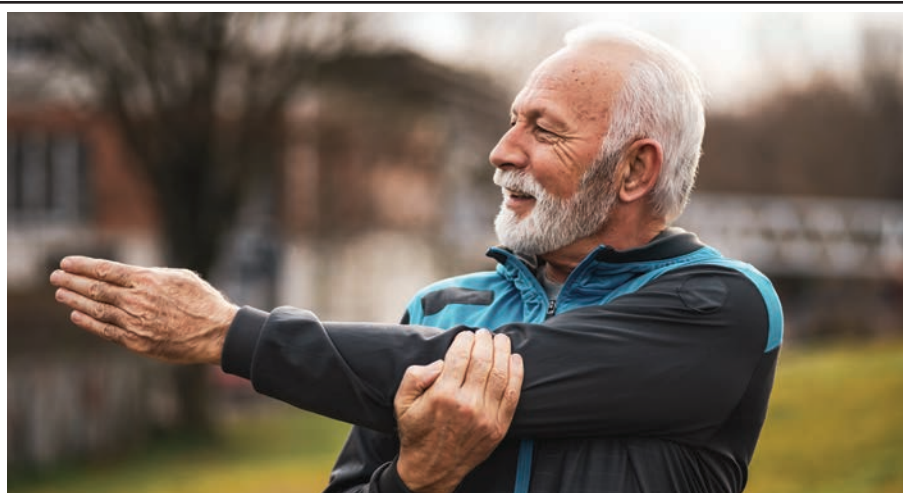


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How to handle joint pain in the cold

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.)



Create a Realistic Budget You Can Actually Stick To

Many people do not follow their budgets because their budgets are too strict or too complicated. A realistic budget starts with understanding how money flows in and out of your life. It makes room for both responsibilities and the things that matter to you.

Your budget should reduce stress, not add to it. Begin with one month of tracking. The point is not to criticize yourself. The point is to understand your spending patterns. This gives you a clearer picture and helps you make decisions that feel doable.

Simple ways to begin your 2026 budget:

- Pick one method to try, such as a digital app or a paper template
- Track one spending category at a time
- Build your categories slowly
- Leave space for fun or comfort purchases
- Review and adjust your plan every month

Your budget becomes stronger when you:

- Prioritize your essential bills
- Set realistic spending limits
- Add savings as a required category
- Prepare for irregular expenses like annual fees or car maintenance

The more you understand your money, the more confident you become in controlling it. Want help with your budget? Reach out to a Stand By Me Financial Coach today!

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.



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**Featuring Meals
Prepared by Area Chefs!
Featured Meals
Change Regularly
*Try Them All!***



Chef Diane Corsi
What's Cooking, Di?

*Back by popular demand with
two new dishes is What's Cooking, Di!*



Cozy Ziti Bake

Tender penne pasta baked with savory ground beef, fresh spinach, and marinara, finished with a golden layer of mozzarella and Parmesan. A homestyle favorite that's hearty and comforting.



**Harvest Chicken Plate
with Gravy**

Juicy roasted chicken breast paired with golden potatoes and sweet glazed carrots. A balanced, wholesome plate with rustic flavors and bright colors.



**Sussex County
Food
Partnership**

CHEER
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**For more information:
(302) 515-0001**

cheerde.com/grab-and-go-meals



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.

Hot Dog	\$5	Combo \$7 (includes Chips & Drink)	Cookies	\$2
Cheeseburger	\$5	Mozzarella Sticks	Pies	\$3
Chicken Tenders	\$5	Soda/Water	Chips	\$1

Community Center • 20520 Sand Hill Road • Georgetown, DE

***Must be 18 years old to play**





CHEER

2026 Travel Show

Saturday, February 21, 2026
10 am – 2 pm

Located: **CHEER Community Center**
20520 Sand Hill Road, Georgetown, Delaware

Special Event: **Complimentary Wine Tasting**
by Salted Vines Vineyard & Winery



Vendors: Avalon Waterways River Cruises
CHEER Travel Club
CIE Tours
Collette Vacations
Delaware River and Bay Authority
(Cape May Ferry, ILG Airport)
Diamond Tours
Jetset Travel Agency
(representing multiple travel suppliers)

Jolly Trolley Tours
Mt. Cuba Center and Botanical Gardens
Norwegian Cruise Line
Salted Vines Vineyard & Winery
Sandals & Beaches Resorts
Southern Delaware Tourism

And more to be announced soon!

At the show, you will be able to pick up brochures, ask questions, book travel, take advantage of Travel Show specials, and learn about local travel and attractions.

Book a Dream Vacation on a cruise, to a Caribbean Island resort, International/European travel, Domestic travel such as National Parks, and local attractions such as botanical gardens, winery, bus trips and more!

This Event will be Free to the Public.

Café will be open with Lunch Specials available for purchase!

www.cheerde.com/travel-club



HOLIDAY FEAST 2025





2026 TRIPS



CHEER Travel Club



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, 03/02/2026
Philadelphia Flower Show
Price: \$95 per person
Cash, Check, Money Order only
Reservation Deadline: 1/21/2026
Departs from Milton CHEER
Center (See flyer or website for all
details)

APRIL
Monday, 04/20/2026
Grounds for
Sculpture
Gardens/Artwork
Price: \$79.81 per person
(includes service fee)
Credit or Debit Card only
Reservation Deadline: 3/23/2026
Departs from Milton CHEER
Center (see flyer or website for all
details)



Contact CHEER Travel Club:
for information and/or
reservations (302) 515•0001 ext.
1100 or email travel@cheerde.com
Visit:
www.cheerde.com/travel-club Stop
by any CHEER Center for flyer and
reservation form.



MAY
Thursday-Thursday, 5/21-5/28, 2026
Bermuda and Charleston,
SC Cruise Norwegian
Cruise Line- Jewel of the Seas
Price Range: \$925-\$2045 pp/dbl
occ based on cabin type
Debit or Credit Card only Includes
Amenity Package A or B
Reservation Deadline: 1/14/2026
Bus from Milton CHEER Center RT
\$70 per person
Departs from Philadelphia Naval Pier
(see flyer or website for all details)



JUNE
Tuesday, 06/30/2026
Sight & Shady Maple Buffet
Price: \$175 per person
Cash, Check, Money Order only
Reservation Deadline: 5/11/2026
Departs from Milton CHEER Center
(see flyer or website for all details)



AUGUST
Sunday – Saturday, 8/23-8/29 2026
Nashville and Grand Ole Opry
Price: \$1100 per person/
dbl occupancy
Cash, Check, Money Order only
Reservation Deadline: 06/01/2026
Departs from Milton CHEER Center
(see flyer or website for all details)

SEPTEMBER
Monday – Friday, 9/14-9/18, 2026
Cape Cod, MA
and Martha's
Vineyard
Price: \$755 per
person/ dbl
occupancy
Cash, Check,
Money Order only
Reservation Deadline: 6/15/2026
Departs from Milton CHEER Center
(see flyer or website for all details)



DECEMBER
**Saturday –
Monday,
12/5-12/7, 2026**
New York City
at Christmas
Price: \$479 per
person/ dbl
occupancy
Cash, Check, Money Order only
Reservation Deadline: 09/07/2026
Departs from Milton CHEER Center
(see flyer or website for all details)



Monday, 12/14/2026
Longwood Gardens
at Christmas
Price: \$101.36 per person
(includes service fee)
Credit or Debit card only
Reservation Deadline:
11/13/2026
Departs from Milton
CHEER Center
(see flyer or website
for all details)

By Lisa Harkins, RD, LDN,
CHEER Dietitian



Happy and Healthy New Year My Top 10 to Get You on Track!

It's the beginning of another New Year...and many of us will make resolutions to lose weight, get more sleep, increase our exercise, and eat better.

As a Dietitian, I feel like I am always educating people on what they **SHOULDN'T** eat...but what I really want to be telling them is what they **SHOULD** eat.

So here are my Top Ten Foods you should try to eat as often as possible to meet those resolutions and start the New Year off right.

1. Blueberries – Packed full of anthocyanins and phenolics (powerful antioxidants), blueberries are also bursting with Vitamin C and fiber. Studies have shown these berries may actually slow the aging process!

2. Broccoli – Packed full of vitamin C, fiber, and cancer-fighting carotenoids, it's a diamond in the roughage. Aim for a cup a day.

3. Yogurt – Excellent source of probiotics. Look for reduced-fat or light versions since some “regular” yogurts can be very high in sugar and fat.

4. Fatty Fish – swimming in Omega-3s, which have been shown to reduce risk of heart disease and make us more insulin sensitive (good news for diabetics). Go fish at least twice per week with salmon, tuna or trout..

5. Leafy Greens – two cups per day give us a generous helping of vitamin C and K, folic acid, some calcium, magnesium and potassium, as well a large amount of vitamin A and lutein.

Limit your intake though if you are on blood-thinning medications like Warfarin, although many newer medications don't have any interactions with greens.

6. Tomatoes – Tomatoes contain lycopene, another powerful antioxidants shown to decrease risk of many cancers including lung, prostate, and stomach.

7. Quinoa – this whole grain has twice the amount of protein and almost 2g more fiber per cooked cup as brown rice.

8. Oats – Just $\frac{3}{4}$ cup a day may significantly reduce your cholesterol and risk of heart disease.

9. Beans – A cup of black beans contains 15g of protein, as well as 15g of fiber - half your days' worth!.

10. Almonds – Two tablespoons contain almost 4g of fiber, 75mg of calcium, just 1g of sugar, 9g of monounsaturated fat, and all for about 160 calories.

Healthy Blueberry Muffins

Makes 16 Muffins

Ingredients:

Nonstick cooking spray with flour

- 1/4 cup trans fat-free margarine
- 2 ounces reduced-fat cream cheese
- 3/4 cup sugar (you can use Splenda for Baking for all or half this amount to decrease sugar)
- 1 egg
- 1/2 cup skim milk
- 1 tablespoon vanilla extract
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 C fresh or frozen blueberries

Directions:

1. Preheat oven to 350 degrees. Coat a muffin-tin baking pan with nonstick spray.
2. In a large bowl, cream together the margarine, cream cheese and sugar with an electric mixer. Add the egg, milk and vanilla extract and continue to beat until combined.
3. In a separate bowl, combine the flour, baking powder, baking soda and salt.
4. Add the wet ingredients to the dry ingredients and stir until just moistened.
5. Fold in the blueberries.
6. Fill each muffin cup to two-thirds full. Bake 20 to 25 minutes or until a wooden pick inserted in the muffin comes out clean. Loosen and place muffins onto cooling rack.



Nutrient Information per muffin:

Calories ~ 129
Total Fat~ 2 grams
Carbohydrates~
22 grams

Protein~3 grams
Sodium~133 mg
Cholesterol~14 mg
Fiber~ 1 gram

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At TidalHealth, our team of experienced, patient-focused practitioners are committed to giving you the comprehensive individualized healthcare you deserve. We specialize in preventative visits, chronic illness management, and a wide range of medical services tailored to fit your specific needs. Come experience the difference at TidalHealth. We believe in delivering quality medical care backed by personalized attention and trust. Please call your practice of choice or visit tidalhealth.org/primarycare.

Practitioners at the following locations are accepting new patients:

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9111 Antique Alley, Unit 1
Bridgeville, DE
302-297-2581
Raheel Awan, MD (ages 18+)

Delmar

38552 Sussex Highway, Unit 101
Delmar, DE
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Stuart Hensley, NP (ages 16+)
Faith Lauer, NP (ages 0+)

Georgetown

503 W. Market St.
Georgetown, DE
302-297-2587
Umme Ferdaush, MD (ages 18+)

Lewes

1526 Savannah Road
Lewes, DE
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Maritza Parreno, MD (ages 18+)

Millsboro

30265 Commerce Drive
Suite 206 & 207
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302-732-8400
Rina Ghorpade, MD (ages 18+)

Seaford

100 Rawlins Drive
Seaford, DE
302-990-3300
Ghazaleh Barghgir, MD (ages 0+)

West Fenwick

37464 Lion Drive
Suite 2
Selbyville, DE
302-564-0004

