

**CHEER Coastal Leisure Center**  
**JANUARY 2026**



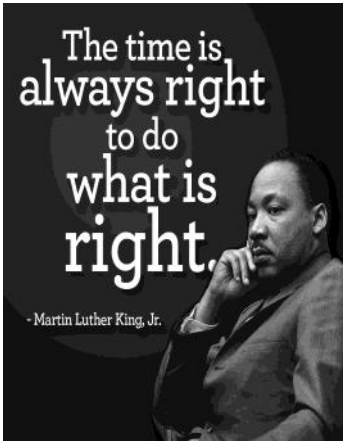
**30637 Cedar Neck Road**  
**Ocean View, DE 19970**

Mon	Tue	Wed	Thu	Fri
			<b>1 CLOSED New Yr Day!</b> 	<b>2</b> 8-4:30 Fitness/Puzzles 9 <b>Beginner Tai Chi</b> , \$3 9:30 <b>Tai Chi w/Ellen</b> , \$5 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Dominoes</b> 12 <b>Baskin-Robbins for Ice Cream</b> , Bethany Beach 12 <b>Poker / Mahjongg</b>
<b>5</b> 8-4:30 Fitness / Puzzle 9 <b>Yoga with Susan</b> , \$5 10 <b>Walking Club</b> 11 <b>Food for Thought w/ Joan R.</b> 11:30 Lunch, \$ 12 <b>MahJongg</b> 12:15 <b>Shopping+/Quilt</b> 12:30 <b>New BIBLE STUDY</b>	<b>6</b> 8-4:30 Fitness / Puzzles 9 <b>Virtual Bone Builders</b> 9:30 <b>Hand and Foot</b> 10 <b>Chair Yoga</b> , \$5 10:30 <b>Sit/Fit</b> 11:30 Lunch 11:30 <b>MJ / Dominoes</b> 12:15 <b>Pinochle</b>	<b>7</b> 8-4:30 Fitness/Puzzles+ 9 <b>Yoga with Susan</b> , \$5 9-10 <b>Breakfast</b> , \$2.50, 60+ 10-2 <b>Bingo</b> , \$3 donation 11:30 Lunch, \$ 11:45 <b>Lunch 'n Learn with Ita for Visually Imp. Group!</b> 12 <b>Poker</b> 12:15 <b>Knitting/Crocheting</b>	<b>8</b> 8-4:30 Fitness/Puzzles 10 <b>Chair Yoga w/Lori</b> , \$5 10 <b>Teen Challenge Thrift Shop and Lunch</b> , Seaford 11:30 Lunch, \$ 12 <b>Hand and Foot / MJ</b> 1 <b>Alz. Caregiver Support</b> (since we missed the 1st)	<b>9</b> 8-4:30 Fitness/Puzzles 9 <b>Beginner Tai Chi</b> , \$3 9:30 <b>Tai Chi w/Ellen</b> , \$5 9:30 <b>Byler's, Dover and Group Lunch Choice</b> 10:30 <b>Memory Café</b> 11:30 Lunch, \$ 11:30 <b>Dominoes</b> 12 <b>Poker / Mahjongg</b>
12 8-4:30 Fitness/Puzzle 9 <b>Yoga with Susan</b> , \$5 9:45 <b>Walking Club</b> 10:45 <b>Joyful Living w/ Andrew S.</b> 11:30 Lunch, \$ / M'ship 12 <b>MahJongg</b> 12:15 <b>Shop+ / Quilting</b> 12:30 <b>New BIBLE STUDY</b>	13 8-4:30 Fitness / Puzzles 9 <b>Virtual Bone Builders</b> 9:30 <b>Hand and Foot</b> 10 <b>Chair Yoga</b> , \$5 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ 11:30 <b>MJ / Dominoes</b> 12:15 <b>Pinochle</b> 12:30 <b>Acrylic Painting Class w/David of RAL!</b>	14 8-4:30 Fitness / Puzzles 9 <b>Yoga with Susan</b> , \$5 9-10 <b>Breakfast</b> , \$2.50, 60+ 10-2:30 <b>Bingo</b> , \$3 donation 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting/Crocheting</b> 3 <b>PLAY PRACTICE BEGINS!</b>	15 8-4:30 Fitness/Puzzles 10 <b>Chair Yoga w/Lori</b> , \$5 10 <b>Home Sense/TJ Maxx/ Aldi's and China Buffet</b> , Rehoboth Beach 11:30 Lunch, \$ 12 <b>Hand and Foot / MJ</b> 1 <b>Alz. Caregiver Supp Grp</b>	16 8-4:30 Fitness/Puzzles 9 <b>Beginner Tai Chi</b> , \$3 9:30 <b>Tai Chi w/Ellen</b> , \$5 9:30 <b>The Country Store and Denny's, Salisbury</b> 10:30 <b>Memory Café plus Mingo and Music &amp; Memories w/DJ Dan</b> 11:30 Lunch, \$ 11:30 <b>Dominoes</b> 12 <b>Poker / Mahjongg</b>

**CHEER Coastal Leisure Center**  
**JANUARY 2026**



**Phone: 302.539.2671**  
**Email: [ygallego@cheerde.com](mailto:ygallego@cheerde.com)**

Mon	Tue	Wed	Thu	Fri
<p>19 <b>CLOSED MLK DAY!</b></p> 	<p>20  8-4:30 Fitness / Puzzles  9 <b>Virtual Bone Builders</b>  9:30 <b>Hand and Foot</b>  10 <b>Chair Yoga, \$5</b>  10:30 <b>Sit/Fit</b>  11:30 Lunch, \$  11:30 <b>MJ / Dom's</b>  11:45 <b>Lunch 'n Learn /Erin of PAM Rehab.</b>  12:15 <b>Pinochle</b>  12 <b>Arts &amp; Crafts Club, \$</b></p>	<p>21  8-4:30 Fitness Room / Jigsaw Puzzles+  9 <b>Yoga with Susan, \$5</b>  9-10 <b>Breakfast, \$2.50, 60+</b>  10-2:30 <b>Bingo, \$3 donation</b>  11:30 Lunch, \$  12 <b>Poker</b>  12:15 <b>Knitting/Crocheting</b>  2:30 <b>Parkinsons Supp Grps</b>  3 <b>PLAY PRACTICE</b></p>	<p>22  8-4:30 Fitness/Puzzles  10 <b>Chair Yoga w/Lori, \$5</b>  10 <b>NO Trip today - Instead Enjoy Oldies Mingo with Marge at the Center from 10 - 11:30 a.m.! Free for Everyone</b>  11:30 Lunch, \$  12 <b>Hand and Foot / MJ</b></p>	<p>23  8-4:30 Fitness/Puzzles  9 <b>Beginner Tai Chi, \$3</b>  9:30 <b>Tai Chi w/Ellen, \$5</b>  9:30 <b>IHOP and Victrola Museum, Dover</b>  10:30 <b>Memory Café 11:30 Lunch, \$</b>  11:30 <b>Dominoes</b>  12 <b>Poker / Mahjongg</b></p>
<p>26  8-4:30 Fitness / Puzzles+  9 <b>Yoga with Susan, \$5</b>  10 <b>Walking Club</b>  11 <b>Food for Thought</b>  11:30 Lunch, \$  11:45 <b>Reminisce with Margie! Time to Share...</b>  12 <b>Mahjongg</b>  12:15 <b>Local Shopping+/Quilting Club</b>  12:30 <b>New BIBLE STUDY</b></p>	<p>27  8-4:30 Fitness / Puzzles  9 <b>Virtual Bone Builders</b>  9:30 <b>Hand and Foot</b>  10 <b>Chair Yoga, \$5</b>  10 <b>JIGSAW PUZZLE CONTEST! Sign Up Team!</b>  11:30 Lunch, \$  11:30 <b>MJ / Dom's</b>  12:15 <b>Pinochle</b>  4 - 6 <b>Richie &amp; Guy Entertaining with Oldies Rock 'n Roll and Dinner, \$</b></p>	<p>28  8-4:30 Fitness Room / Jigsaw Puzzles+  9 <b>Yoga with Susan, \$5</b>  9-10 <b>Breakfast, \$2.50, 60+</b>  10-2:30 <b>Bingo, \$3 Donation</b>  11:30 Lunch, \$  12 <b>Poker</b>  12:15 <b>Knitting / Crocheting</b>  3 <b>PLAY PRACTICE</b></p>	<p>29  8-4:30 Fitness/Puzzles  10 <b>Chair Yoga w/Lori, \$5</b>  10:15 <b>Clear Space Theatre's "Noises Off", a British Comedy, \$30, pay at sign up, and Nicola's Pizza, Lewes</b>  11:30 Lunch, \$  12 <b>Hand and Foot / MJ</b>  1 <b>Alz. Caregiver Supp Grp</b></p>	<p>30  8-4:30 Fitness/Puzzles  9 <b>Beginner Tai Chi, \$3</b>  9:30 <b>Tai Chi w/Ellen, \$5</b>  10:30 <b>Memory Café</b>  11:30 Lunch, \$  11:30 <b>Penguin Diner, BB and Fire &amp; Ice Drive Around . . .</b>  11:30 <b>Dominoes</b>  12 <b>Poker / Mahjongg</b></p>

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