

*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, offering a blend of daytime,  
evening, and weekend sessions  
to fit your life.

# CHEER

## ACADEMY

**NOT TOO LATE  
REGISTER TODAY!**

Register by calling 302-515-0001 x1167  
or email [jreilley@cheerde.com](mailto:jreilley@cheerde.com)

### SEMESTER 1 COURSES

#### GEORGETOWN

##### Tai Chi/Qigong

Mondays, starting  
January 5, 2026  
5:30-6:30 p.m., Gary Tompkins

**CLASS IS FULL**

#### 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

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

**CLASS IS FULL**

##### Yoga For All Levels

Wednesdays, 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

**CLASS IS FULL**

#### 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](http://CHEERDE.COM/CHEER-ACADEMY)**

**For more information and registration:**

**Contact: Jacquie Reilley  
[jreilley@cheerde.com](mailto:jreilley@cheerde.com)  
302-515-0001 Ext. 1167**

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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."*