

CHEER Coastal Leisure Center
FEBRUARY 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
2 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY 12:30 Doodle Club!	3 8-4:30 Fitness / Puzzles 9 Virtual Bone Builders 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit/Fit 11 Suzette P Entertaining! 11:30 Lunch 11:30 MJ / Dominoes 12:15 Pinochle	4 8-4:30 Fitness/Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2:15 Bingo, \$3 donation 11:30 Lunch/Lung Health! 12 Poker 12-2:30 Chronic Conditions 12:15 Knitting/Crocheting 2:30 Play Practice	5 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 10 Samaritan's Thrift Shop, Selbyville and Frankford Family Diner 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Support	6 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:45 Milford Museum and Sisters Caribbean 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg
9 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 10:45 Joyful Living w/ Andrew 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY	10 8-4:30 Fitness /Puzzles 9 Virtual 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 Acrylic Painting Class w/David of RAL!	11 8-4:30 Fitness/Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12-2:30 Chronic Conditions 12 Poker 12:15 Knitting/Crocheting 2:30 Play Practice	12 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 11 Fox's Pizza and Harris Teeter, Selbyville 11:30 Lunch, \$ 12 Hand and Foot / Mahjongg	13 Happy Valentine's! 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11 Victoria's on the Boardwalk, RB 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg
16 CHEER is Closed Today! 	17 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, \$ 11:30 MJ / Dom's 12:15 Pinochle 12 Arts & Crafts Club, \$	18 8-4:30 Fitness / Puzzles 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation/L 12-1 BHM Film Short/Disc. 12-2:30 Chronic Conditions 12 Poker 12:15 Knitting/Crocheting 2:30 Play Practice 2:30 Parkinsons Supp Grps	19 8-4:30 Fitness/Puzzles 9:30 Biggs Museum (free) and the Grey Fox Grille, Dover 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Supp Grp	20 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:45 Nanticoke Indian Museum & Pizza King, Millsboro 10:30 Memory Café-Art w/ Sinead! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg

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Phone: 302.539.2671
Email: ygallego@cheerde.com

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23 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY	24 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, \$ 11:30 MJ / Dom's 12:15 Pinochle 4-6 The Magic of Motown w/ Rythym Tec & Dinner! \$10 members / \$15 guests	25 8-4:30 Fitness Room / Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12-2:30 Chronic Conditions 12 Poker 12:15 Knitting/Crocheting 2:30 Play Practice	26 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 10 Rehoboth Beach Outlets and 302 Social Eatery 11:30 Lunch, \$ 12 Hand and Foot / MJ	27 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Open for Rescheduling from earlier in month due to inclement weather, if needed 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg

*Coming
In
March*



The TWILIGHT ZONE

*Our next
T.Z.
performance
Tuesday,
March 31st*

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