

**CHEER Coastal Leisure Center**  
**FEBRUARY 2026**



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

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

**CHEER Coastal Leisure Center**  
**FEBRUARY 2026**



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

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

**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/>

**CHEER**  
Over 50 Years Serving Sussex Seniors