

MARCH 2026
FREE

CHEERful LIVING

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

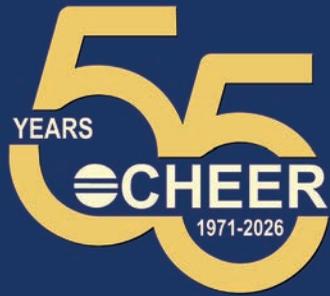


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CHEERful Living

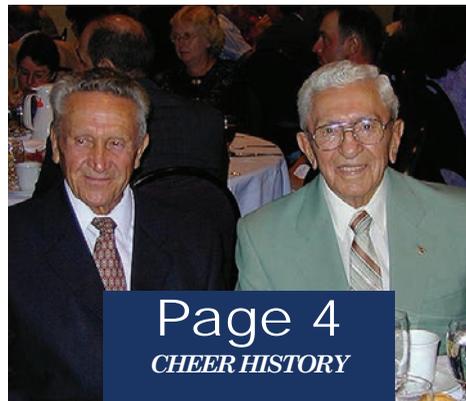
magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

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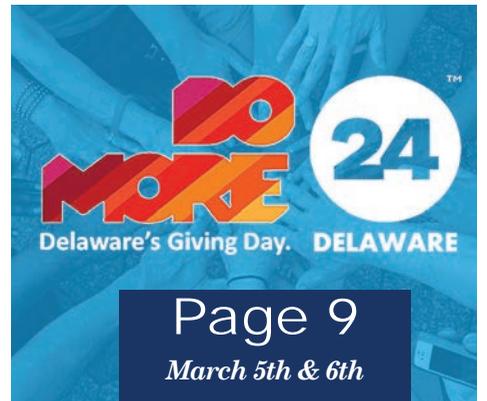
(302) 515-0001 ext. 1001



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CHEER HISTORY



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March 5th & 6th

CHEER Staff

Beckett Wheatley
CEO

Tom Reardon
Chief Operating Officer

Marissa Chávez
Human Resources Director

Debbie Joseph
Personal Assistance
Services Director

Cindy Mitchell
Adult Day Program Director

Robert Rogers
Transportation and
Facilities Director

Amy Smith
Nutrition Director

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Community
Engagement Director

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Robin Greene
Congregate Manager

Stacy Hart
Food Services Manager

Monica Mandujano
Volunteer Services Coordinator

Jacquie Reilley
CHEER Academy
Program Manager

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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WE CARE FOR YOUR SKIN!

CEO Perspective



Beckett Wheatley, CEO

There is comfort in knowing that the things you rely on are steady. As winter fades and the first signs of spring begin to appear, many of us find ourselves appreciating routines, familiar places, and people we trust. At any stage of life, those steady points give us confidence. They remind us that even when things change, there is something solid beneath our feet.

At CHEER, our work is built on that belief. For the seniors we serve, a strong foundation often shows up in simple but meaningful ways: a nutritious meal delivered with care, a friendly conversation that brightens the day, a reliable ride to an activity, or a welcoming place to gather with others. These moments may seem small on their own, but together they support independence, dignity, and peace of mind.

Providing that kind of support requires intention. Behind the scenes, CHEER works every day to ensure that our programs, staff, and resources remain strong and dependable. Stability does not happen by accident. It takes planning, responsible decision making, and a commitment to doing things the right way, even when no one is watching.

Our Board, leadership team, and staff spend a great deal of time focused on one essential question: how do we make sure CHEER continues to serve Sussex County seniors well, not just today, but for many years to come? That long term view

guides how we manage resources, support employees, and prepare for the evolving needs of the community.

As we move through 2026, CHEER continues to grow thoughtfully and with purpose. Some of that work is visible and some of it happens quietly behind the scenes. Strengthening systems, refining programs, and investing in people allows us to remain financially sound and operationally prepared. This kind of preparation helps ensure that CHEER can continue to respond with care, consistency, and reliability - no matter what the future brings.

“
Strong foundations matter.”

Growth, when done responsibly, brings reassurance. It allows us to expand opportunities without losing focus on what matters most. At CHEER, growth is not about change for the sake of change. It is about strengthening the foundation so that services remain dependable and relationships remain personal.

Even as we plan ahead, the heart of CHEER does not change. You will still find familiar faces, welcoming spaces, and programs shaped by real lives and real

needs. Our mission remains rooted in compassion, respect, and connection. Preparing for the future is not about leaving anything behind; it is about protecting and sustaining what has always mattered.

March is often a month of quiet momentum. It carries a sense of promise and possibility. At CHEER, this season reflects how we approach our work every day - grounded in experience, guided by purpose, and committed to the people we serve.

We are grateful for the trust placed in CHEER and proud of the foundation that supports our work. As the year unfolds, we remain steady, attentive, and focused on providing the support seniors deserve.

We encourage you to stay connected, stay engaged, and continue being part of the CHEER community. Together, we build the foundation that makes everything else possible. ●

A Decade of Heart: How CHEER Transformed Senior Life in the 1990s

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.

The 1990s were more than just the era of flannel shirts and dial-up internet—for seniors in Sussex County, they were a decade of explosive growth, innovation, and community spirit. From a milestone anniversary to a game-changing million-dollar gift, the 1990s solidified CHEER, Inc. (then Sussex County Senior Services) as the heartbeat of the community.

Celebrating Twenty Years of Service

The decade kicked off with a bang in July 1991 as CHEER celebrated its 20th anniversary. At the time, Director Arlene Littleton shared some staggering statistics from the previous year that proved just how vital the organization had become:

- **Meals Served:** Over 200,000 meals across 10 different centers.
- **Miles Logged:** Over 300,000 miles of transportation provided.
- **Volunteer Power:** 300 dedicated volunteers were delivering meals to the homebound five days a week.

Innovation on Wheels: The Mini-Market

In 1993, CHEER realized that getting to the grocery store was a significant hurdle for many. Their solution? The Mini-Market. This service utilized a 29-foot Ford van to deliver groceries four days a week directly to homebound clients. The operation was kept running smoothly by Lester Bunting and Charlie Rogers, who maintained and drove the vehicle.



A Kaleidoscope of Services

By the mid-90s, CHEER had evolved into a multifaceted support system. The “menu” of services in 1993 was remarkably diverse, proving that “senior services” meant much more than just a hot lunch:

- **CHEER Home Services:** Personal care, light housekeeping, and errand running.
- **CHEER-a-Pets:** A unique program bringing pets to visit members.
- **The CHEERful Crab Boutique:** A retail presence at the Rehoboth Mall selling beautiful handmade items.
- **The CHEER Ups:** A professional clown troupe that brought laughter to public performances.
- **Delaware Senior Olympics:** Promoting fitness and healthy competition.



Charles and Warren Allen, whose quiet generosity built a permanent home for CHEER's mission.

The Gift That Changed Everything

The trajectory of the organization shifted forever in 1998 thanks to an extraordinary act of kindness. Brothers **Warren L. and Charles C. Allen, Jr.**, prominent local businessmen and long-time philanthropists, donated \$1.1 million to fund a brand-new Community Center.

Despite their massive impact, the Allen brothers were famously modest. Director Littleton recalled that they initially wanted the donation to remain confidential; it took significant convincing to get them to allow their names to be featured on the building.

1999: The New Georgetown Vision

By October 1999, the “new” CHEER community center in Georgetown had become a high-tech, high-energy hub. It wasn't just a place for a meal; it was a lifestyle destination featuring:

Continued page 5

CHEER 1990's continued from page 4

- **The Sand Hill Café:** Opening at 7 a.m. for snacks and meals throughout the day.
- **Recreation:** Dance classes, a glee club, and competitive pool and dart tournaments.
- **Specialized Care:** The Later Lifestyle Center provided adult day services (including grooming and massage), alongside a specialized Alzheimer's center for individualized support.

As the decade drew to a close, the campus expanded even further with the planned opening of a **60-unit senior apartment complex** in December 1999, ensuring that for many, CHEER wasn't just a place to visit—it was home.

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."

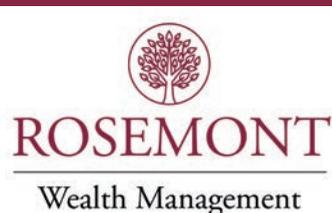
Today, the urgency is greater than ever. With more people retiring across the U.S. and choosing to settle in Sussex County, the senior population is expanding at a rapid clip. CHEER serves many of Sussex county's over-50 demographic, providing critical support that allows thousands to live independently and actively.

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 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.



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Spring into Action!

CHEER ACADEMY

**CHEER Academy
Spring Semester 2026
Registration starts
March 2, 2026**

TAI CHI / QIGONG

Harbour Lights - Lewes Center
Monday: 5-6 p.m.

Instructor: Deb Hunt

Greenwood Center
Saturday: 10-11 a.m.

Instructor: Gary Tompkins

CARDIO DRUM CLASS

Milton Center
Monday: 5:30-6:30 p.m.

Instructor: Lyndsie Smyser

CHESS LESSONS FOR ALL

Ocean View Center
Saturday: 10-12 a.m.

Instructor: Lester James

CHAIR YOGA

Roxana Center
Friday: 10-11 a.m.

Instructor: Barbara Popiel

SQUARE DANCE FOR ALL

Ocean View Center
Thursday: 5:30-7:00 p.m.

Instructor: Dennis O'Neal

VIRTUAL CLASSES

INTRO TO AI

Saturday - 10-11 a.m.

Instructor: Bob Burakiewicz

INTRO TO GENEALOGY

Tuesday 1-3 p.m.
6 Week Course-4/7-5/12/26

Instructor: Jon Smith

INTERMEDIATE GENEALOGY

Tuesday: 1-3 p.m.
6 Week Course - 5/19-6/23

Instructor: Jon Smith

Spanish Culture and Language Class

Georgetown
Café Salud

Monday: 5:30-6:30 p.m.

CREATIVE ART CLASS

TBD

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WITS WORKOUT
AROUND THE TABLE
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CHEERDE.COM/CHEER-ACADEMY**

For more information and registration:

**Contact: Jacquie Reilley
jreilley@cheerde.com
302-515-0001 Ext. 1167**

NO COST TO ATTEND



*"This agency receives funding from the
DHSS Division of Services for Aging
and Adults with Physical Disabilities."*

CHEER Introduces A Modern “Pen Pal” Experience: Kindness Calls

In a world that feels more connected than ever through fiber-optic cables and high-speed satellites, it's a stinging irony that many of us feel more isolated than ever before. This is particularly true in Sussex County, where the scenic beauty of our coastal towns and rural farmlands can sometimes come with a side of quiet seclusion.

As part of our ongoing mission to celebrate 55 years of service, CHEER, Inc. is thrilled to introduce a heartwarming new initiative: Kindness Calls. If you are age 50 or better, here is why you should consider picking up the phone and joining this community-driven program.

The Power of a Familiar Voice

We often think of “staying healthy” in terms of diet and exercise, but social connection is just as vital to our well-being. Studies have shown that chronic loneliness can be as damaging to health as smoking 15 cigarettes a day. It impacts everything from blood pressure to cognitive function.

Kindness Calls is designed to break that silence. The program is simple: CHEER matches you with a dedicated

volunteer who will call you once per week just to chat. There's no clinical agenda and no complicated paperwork—just a consistent, friendly voice on the other end of the line.

A Modern “Pen Pal” Experience

Remember the excitement of having a pen pal? The anticipation of a letter arriving in the mailbox and the joy of sharing stories with someone who truly wants to listen? Kindness Calls brings that nostalgic “pen pal” spirit into the 21st century.

By talking with your volunteer each week, you aren't just passing the time; you are building a bridge. You can share memories of Sussex County “back in the day,” discuss your favorite hobbies, or simply reminisce about places you've been or things you've done. For many, these volunteers become more than just callers—they become long-distance friends who offer a consistent spark of joy in the weekly routine.

Why Sign Up?

Fight Social Isolation: Even if you lead a busy life, having a scheduled time

to connect with someone outside your immediate circle keeps the mind sharp and the spirit light.

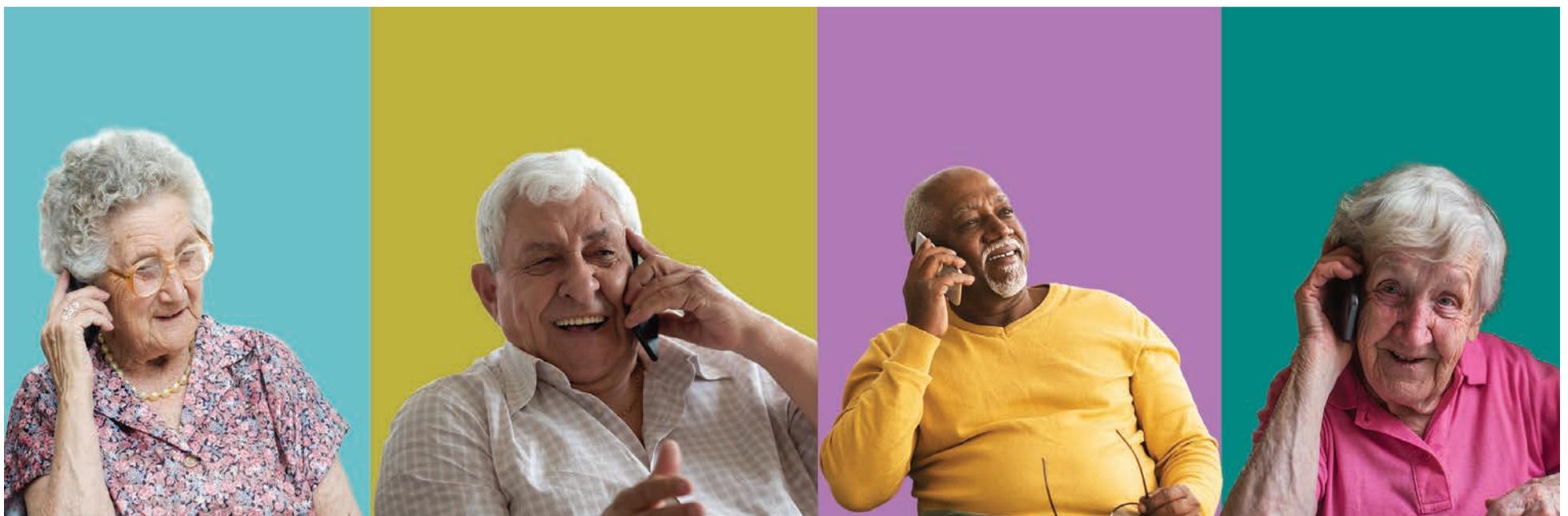
Safety and Wellness: While the calls are social, they serve as an informal “wellness check.” Having someone who expects to chat with you once a week adds an extra layer of community care.

Total Flexibility: You and your volunteer can decide on a time that works best for both of you. If you're heading out to a CHEER Academy class or a Travel Club trip, you can easily coordinate your chat.

Absolutely No Cost: In a time when everything seems to have a subscription fee, Kindness Calls is 100% free.

Signing up is easy!

Sign up online at cheerde.com/kindness-calls, email volunteer@cheerde.com or call 302-515-0001 x1166. ●



Keeping Seniors and Their Pets Together: Allen Harim Supports CHEER with \$1,000 Gift

Keeping Seniors and Their Pets Together: Allen Harim Supports CHEER with \$1,000 Gift

Allen Harim, a poultry producer headquartered in Sussex County, has donated \$1,000 to CHEER, Inc. to support its growing Pets for Meals on Wheels program. The effort ensures homebound seniors receive nutritious meals and have the basics they need to care for the pets who keep them company — from pet food and cat litter to leashes and litter boxes.

CHEER began offering pet assistance after noticing a troubling trend: many seniors were sharing their own meals with their pets or spending what little money they had on pet food instead of medication. As more seniors need help, CHEER volunteers remain committed to supporting both them and the animals they love.



Shown Left to Right: Erik Smith, Allen Harim Director of Sales & Marketing; Tom Reardon, CHEER COO; Amy Smith, CHEER Nutrition Director; Mike Little, Allen Harim CEO; Tom Donovan, Allen Harim Director of Technical Services

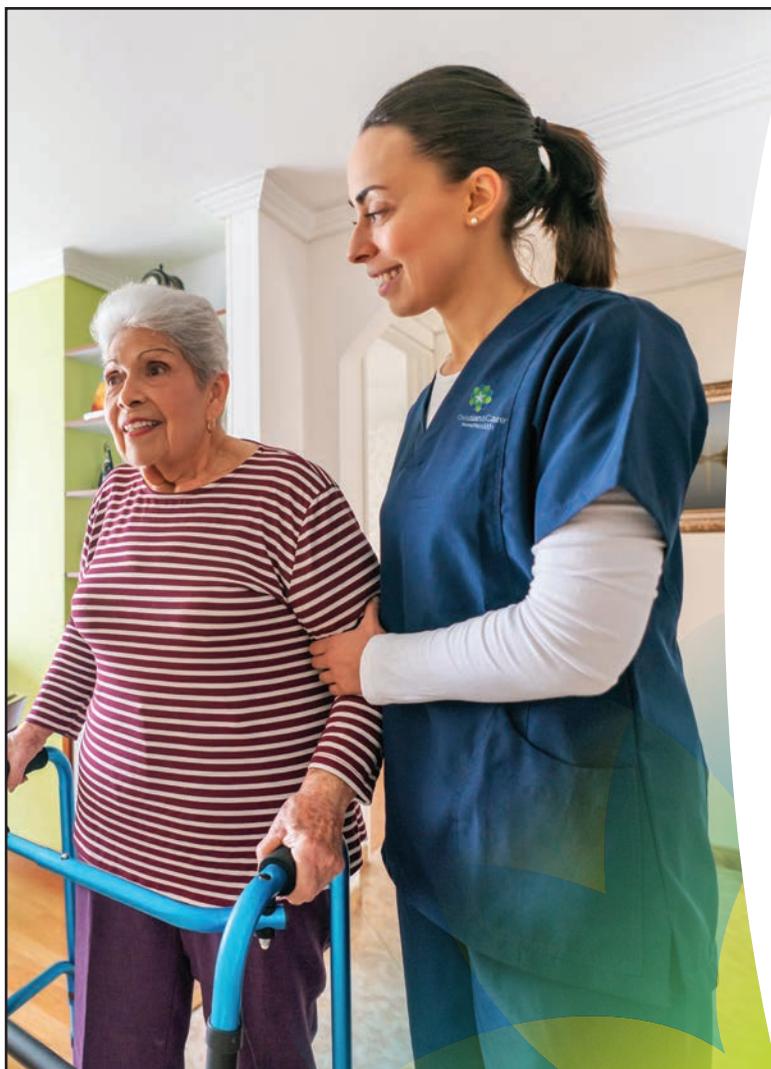
“Pets are more than just companions — they’re lifelines for many of the seniors we serve,” said Tom Reardon, CHEER’s Chief Operating Officer. “For someone who is homebound, a pet may be their only source of comfort or emotional support. This donation from Allen Harim helps us make sure seniors do not have to choose between

feeding themselves and feeding their pets.”

“Social Security just isn’t enough for so many older adults in our community,” said Amy Smith, CHEER Nutrition Program Director. “We visit seniors who may not see another person all day. When our volunteers notice a pet in the home, they make sure we find a way to support that pet too.” “CHEER has supported our community for decades,” said Mike Little, CEO of Allen Harim. We’re glad to support a program that helps seniors and the pets who brighten their lives.”

As demand for Meals on Wheels increases, support from community partners like Allen Harim ensures no senior — or pet — is left behind.

If you, or your organization, would like to donate dog or cat food, contact Megan Jordan at 302-515-0001. To make a donation toward this program, please visit cheerde.com. ●



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- Adapt to new diagnosis and needs
- Keep up with medicines and routine activities
- Continue living independently and safely

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The CHEER Mini Market: More Than Groceries, A Friendly Face on Wheels

At CHEER, we believe community is about more than services, it's about relationships, dignity, and caring for one another as neighbors and friends. That's why the CHEER Mini Market is such a blessing to adults 50+ and disabled adults across Sussex County.

Yes, it's a mobile grocery store stocked with everyday essentials; bread, canned goods, cereal, pet food, cleaning supplies, and more, brought right to your home. But what sets the CHEER Mini Market apart isn't just what we carry on our shelves, it's who's behind the wheel and in the driver's seat of every visit.

When the CHEER Mini Market rolls up your road, it's not just groceries that are

delivered. Our team brings personalized service with a heart. We carry your items inside. We offer a listening ear and a warm check-in on how you're doing that day. If you need a moment of laughter, encouragement, or someone to simply say, "How can I help?," we're right there with you. It's compassionate care in action, humble service that reflects our belief in valuing every person we serve.

We understand that for many of our members, independence looks different from day to day. The CHEER Mini Market isn't just about convenience; it's about connection and dignity, making it easier to live comfortably in your home, feel known,



and know that someone cares. In every small interaction and every animated conversation at your doorstep, we're reminded that community isn't built in offices, it's built on kindness.

With no delivery or application fees and two alternating routes throughout Sussex County, the CHEER Mini Market strives to remove barriers to healthy living and joy.

At CHEER, we don't just show up with groceries, we show up with care and that makes all the difference. ●

A Lifeline in Sussex: Why Your Support of CHEER, Inc. is the Heart of DoMore24 on March 5-6, 2026

As the sun rises over the flat, fertile fields and coastal reaches of Sussex County, a quiet but vital mission begins. It's the arrival of a warm meal, a ride to the doctor, or the simple, profound joy of a conversation.

The mission to meet these diverse needs is led by **CHEER, Inc.**, and as Delaware prepares for **DoMore24**—our state's premier 24-hour day of giving—there is perhaps no organization that embodies the spirit of community more.

As it has for 55 years, CHEER ensures that seniors can continue to be active and thriving, despite the obstacles that aging often brings. In a county where the senior population is growing faster than almost anywhere else in the region, the challenges of aging—food insecurity and social isolation—are becoming increasingly acute.



CHEER tackles these issues head-on. First, through our Meals on Wheels program that serves most of the county. While hunger is a visible crisis, social isolation is a silent one. At our senior activity centers in **Georgetown, Lewes, Milton, Greenwood, Long Neck, Roxana and Ocean View**—seniors aren't just sitting around; they are thriving. Whether it is at the center during the day or through a CHEER Academy class held during the afternoon, evening, weekend and online, CHEER provides the social glue that keeps our elders integrated into the community.

CHEER ensures that Sussex County residents can remain in their own homes longer. This independence is a gift not just to the seniors, but to their families and the community at large. And, for those who need it, CHEER has an Adult Day Program.

Why Your Donation Matters Today

Nonprofits like CHEER rely on the generosity of neighbors to keep their wheels

turning—literally. Every dollar donated to CHEER during DoMore24 stays right here in Sussex County, helping to expand transportation routes, subsidize meals, and keep the lights on at the senior activity centers that so many call a “second home.”

When you give to CHEER, you aren't just funding a program; you are honoring a generation. You are ensuring that those who built our communities, taught our children, and ran our local businesses are not forgotten in their golden years.

Make your impact count. During DoMore24 running 24 hours from Thursday, March 5th at 6 p.m. to Friday, March 6th at 6 p.m. -- your donation reflects the care you have for senior citizens across Sussex County.

Increase your impact when you invite your friends to join you in support of CHEER!

Donate at CHEER's official DoMore24 Giving page: www.domore24delaware.org/fundraisers/cheer-inc

To support CHEER on any other day of the year, visit www.cheerde.com/we-thank-you/ ●

Caregiver Resource Coordinator

546 South Bedford Street
Georgetown, DE 19947

(302) 515-0001, Ext. 1061

It Isn't Denial, It's Anosognosia

How many times has a caregiver heard "I'm fine. I don't need to stop driving." They resist taking medications, refuse help or decline medical appointments because they don't think they have a memory problem. They may not just be difficult, they may have anosognosia. Anosognosia often starts early, even with a diagnosis of mild cognitive impairment. As dementia invades the areas of the brain, the patient simply cannot recognize their impairment.

Seniors with dementia lose the ability to reason; seniors with anosognosia can't



Mr. Man and everyone at the Caregiver Resource Center wish you all a Happy Caregiver's Appreciation Month!

This will be Mr. Man's final article. He has enjoyed being part of CHEER, but is retiring to enjoy the Springtime weather with his feline (and human) friends.

recognize that they're being unreasonable because they don't understand that anything is wrong. They may insist on continuing driving, cooking or managing finances despite decreasing abilities and increasing risk. Some people with dementia may forget their diagnosis and accept it when reminded, those with anosognosia

respond differently. "They will argue with the person or shut down when confronted."

Anosognosia increases the difficulty of caregiving for a loved one with dementia. They might put on a good show, make excuses for symptoms, or even refuse treatment. Another concern is they might be unintentionally concealing important information about increasing challenges from their physician.

It is important to watch how your loved one functions day to day, especially when it comes to independence. These things include medications, appointments, finances, and home safety. You may have to step in and manage more of the day-to-day tasks. Make sure to make the physicians aware and provide correct information. A key part of navigating anosognosia is to not try and make someone understand their condition, an effort that often leads to frustration for both of you.

If you would like more information or need assistance, please call the Caregiver Resource Center at (302) 515-0001 ext.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, 2:30PM
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
(302) 515-0001 ext: 1061

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MONDAY, MARCH 16TH, 2026



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Volunteer Services Coordinator

546 South Bedford Street
Georgetown, DE 19947

Monica M. Mandujano,
Coordinator

(302) 515-0001, Ext. 1166



As we welcome March, I want to take a moment to celebrate the heart of CHEER -- our incredible volunteers. Your time, energy, and kindness make a real difference every single day. Whether you're serving meals, leading activities, offering a listening ear, or helping behind the scenes, you bring warmth and joy to our community. On behalf of our staff and members, thank you for all you do.

If you've been thinking about getting involved—or know someone who might—now is a wonderful time to join us. You can volunteer at a CHEER center near you, help from your home or your car. You can even assist on an as-needed basis as a substitute. Your gift of an hour or two can brighten someone's day!

To sign up, please visit cheerde.com/volunteer.

For more information, call (302) 515-0001 ext. 1166 or email volunteer@cheerde.com.

Together, let's make March a month full of connection, kindness, and community spirit.

Volunteer Opportunities

Kindness Calls:

Make a weekly phone call to a senior

Kindness Rides:

Provide transportation for a senior to their medical appointment

BINGO: Volunteers are needed to assist with BINGO once per month, even on a substitute basis. BINGO takes place on the second Tuesday of each month at the CHEER Community Center in Georgetown.

Meals on Wheels:

Substitute drivers at all our locations

Kitchen Assistant:

Milton, Long Neck, Roxana

Receptionist: Georgetown



Physical Therapy at CHEER

Over 50 Years Serving Sussex Seniors

Located in the CHEER Centers
Greenwood, Lewes, Milton, Long Neck

GREENWOOD - Mon/Thurs - (8 a.m. - 4 p.m.)

LEWES - Tues/Fri - (9 a.m. - 12 p.m.)

MILTON - Mon/Thurs - (9 a.m. - 4 p.m.)

LONG NECK - Tues/Fri - (1 - 5 p.m.)

OUT PATIENT CLINIC NOW OPEN

Harrington and Milford
Monday/Friday



Schedule Your Appointment!
(302) 422-2518



Newest Office in Harrington

COMPREHENSIVE PHYSICAL THERAPY SERVICES

- Neck Pain
- Lower Back Pain
- Arm and Leg Pain
- Dry Needling
- Parkinsons
- Balance and Fall Prevention
- Lymphedema
- Pelvic Floor
- Treatments



Volunteer Spotlight

This March, we're thrilled to shine our spotlight on Thomas "Tom" N., whose dedication and compassion have made a lasting impact on our Meals on Wheels family.

I want to take a moment to recognize Tom N., one of our dedicated Meals on Wheels drivers in the Western Sussex area. His commitment extends beyond delivering meals. He recently ensured that a senior received his meals while also clearing snow from his driveway and ramp. When asked about his motivation, Tom expressed his love for meeting people and giving back to the community.

Tom, THANK YOU for all that you do for CHEER and our seniors. We are truly grateful for your exceptional service and dedication to our mission of making sure seniors in our community receive healthy meals.





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or call (302) 515-3048
Visit us - www.cheerde.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk</p>	<p>3</p> <p>Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>4</p> <p>Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk</p>	<p>5</p> <p>Lemon Pepper Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p>6</p> <p>Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk</p>
<p>9</p> <p>Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk</p>	<p>10</p> <p>Shrimp Fried Rice Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk</p>	<p>11</p> <p>Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk</p>	<p>12</p> <p>Moroccan Chicken Basmati Rice Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk</p>	<p>13</p> <p>New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk</p>
<p>16</p> <p>Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk</p>	<p>17</p> <p>Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>18</p> <p>Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk</p>	<p>19</p> <p>Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk</p>	<p>20</p> <p>Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk</p>
<p>23</p> <p>Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>24</p> <p>Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk</p>	<p>25</p> <p>Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Dutch Cherry Cobbler Skim Milk</p>	<p>26</p> <p>Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk</p>	<p>27</p> <p>Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk</p>
<p>30</p> <p>Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>31</p> <p>Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk</p>			



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"

Menu items subject to change due to availability.



CHEER

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Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



WEEKLY

Bingocize, Loteria, Spanish Classes, Zumba

REPEATS MONTHLY

Art and Crafts, Sewing, Rehoboth Art League

ACTIVITIES

March 3rd:

Zumba-Spanish Class-Socialize

March 4th: Arts & Crafts-Face

Painting-Bingocize- Socialize



Paint Night

March 10th:

Zumba-Holiday Party- Socialize

March 11th: Arts & Crafts with

Megan- Bingocize- Socialize

March 17th: Spanish Class-Bingocize-

Socialize

March 18th:

Paint Night- Loteria- Socialize

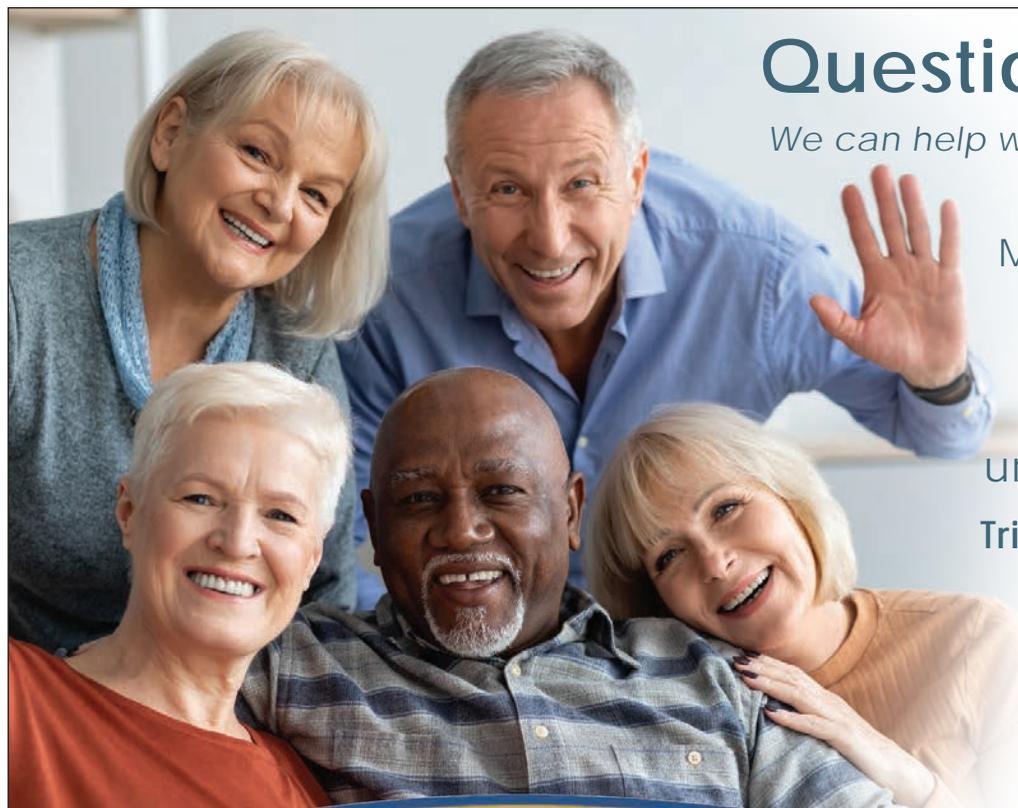
March 24th: Arts & Crafts-Socialize

March 25th:

Rehoboth Art League-Bingocize-Socialize

March 31st:

Bags 2 Mat-Socialize



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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.

Georgetown Activity Center



20520 Sand Hill Road
Georgetown, DE 19947

Debbie Landon, Director
(302) 515-0001, Ext. 1961

Happenings

WEEKLY

Monday – Friday:

Coffee and Social Hour 9 – 10 a.m.

Monday:

Chair Fitness – 10 a.m.

Bible Study – 10:30 a.m.

Tuesday:

Memory Café – 9:30 a.m.

Penny Bingo – 12:00 p.m.

Wednesday:

Wii® bowling – 12:00 p.m.



Friday Chair Exercise at Georgetown Senior Center.

Friday:

Breakfast in the Café: 9 – 10 a.m.

Chair Fitness – 10 a.m. Penny Poker –

10:30 a.m. Prize Bingo – 12:00 p.m.

MONTHLY:

Dollar Tree – every Tuesday

Walmart – every Thursday

SPECIAL HAPPENINGS

March 5th:

10 a.m. Beckett's Bulletin

March 6th:

Georgetown to Bridgeville

March 8th:

Daylight Saving Time Begins

March 12th:

10:30 a.m. – Arts and Crafts

March 17th: St. Patrick's Day

March 20th: First Day of Spring

March 19th: 12 p.m. – Revive Sound Productions

March 19th: 4 – 6 p.m. Dinner/Bingo

March 27th:

Bridgeville to Georgetown



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Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

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



Happenings

March for Meals: The Backbone of Community

In Delaware, Meals on Wheels is more than a meal delivery service—it's a lifeline. Across Sussex County, the program helps seniors who face food insecurity, limited mobility, or isolation, delivering not just nutritious meals but reassurance and human connection.

For many recipients, the knock at the door is the highlight of the day. A warm lunch comes with a friendly greeting, a quick check-in, and the comfort of knowing someone cares. That simple interaction can make all the difference, supporting both physical health and emotional well-being while allowing seniors to remain independent in their own homes.

Powered by volunteers, donors, and local partners, Meals on Wheels shows what's possible when a community comes together. It's a reminder that strong communities are built on small, consistent acts of kindness—shared one meal, and one neighbor, at a time.

WEEKLY

Monday – Friday – CHEERful Morning Café 8:30 – 9:30 a.m.
Bible Study 10:00 a.m.
Tai Chi with Gary Tompkins 9:15 a.m.

Tuesdays – Prize Bingo 10:30 a.m.
Full Card Bingo 12:15 p.m.

M/W/F - Luncheon Card Club 12:30 p.m.

Thursdays – Memory Café 1-3 p.m.

Fridays – Ladies Prayer Group 10:00 a.m.
Penny Bingo 10:30 a.m.

BI-MONTHLY

Every other Friday – CHEERful Morning Café with Full Breakfast 8:30 – 9:30 a.m.

MONTHLY

Dates determined according to Betty's availability

- Alzheimer's Support Group (1st Thursday of the month 1-3 p.m.)
- Greenwood Library Program – Creating a Memory Book (2nd Wed of the month) 10:00 a.m.
- Music Ministry with Pastor Dan & Betsy Taylor (2nd Monday of the month)
- Membership Meeting (Unity Club) Last Friday of the month 10:00 a.m. (check calendar to verify)

Shopping or Educational/Entertainment Trip and Lunch out (usually 3rd Wed of the month) 9:15 a.m. bus departure. Dates vary.

SPECIAL HAPPENINGS

March 4th: Wednesday at 10:30 a.m.
Keep the Balloon in the Air Exercise Game

March 5th: Thursday at 10:30 a.m.
Armchair Travels- Ireland

March 11th: Wednesday at 10:00 a.m.
Visit from Greenwood Library

March 11th: Wednesday at 12:00 a.m.
Presentation From PWW Law on Estate Planning and Elder Law

March 12th: 10:30 a.m.
Trip to Milford Bowling Lanes (sign up required First Come First Serve)

March 18th: – Thursday at 11:45 a.m.
Presentation from Jody and the counsel on Gambling Problems

March 19th: Thursday at 4:00 p.m. Sock Hop! TICKETS REQUIRED! SEE KAYLA TO PURCHASE!

March 25th: Wednesday at 10:30 a.m. Bingocize w/ Lyndsie from PACE your LIFE!

March 25th: Wednesday at 9 a.m.
AARP Defensive Driving Refresher Course (Call to sign up)

March 26th: Thursday at 9:30 a.m.
Positive Music Time w/ Randy

March 27th: Friday at 10:00 a.m.
Unity Club Meeting



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Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

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



Happenings

From the Desk of your Director

As we enter the month of March, we are reminded that caring for ourselves is a gift we give not only to our bodies, but to our minds and spirits as well. Each day offers a chance to choose peace over worry, movement over stillness, and gratitude over doubt. Small moments of reflection, gentle movement, and kind thoughts toward ourselves can make a meaningful difference.

This season encourages renewal and hope. Take time to breathe deeply, nourish your body, and quiet your mind. Stay connected to what brings you strength and comfort and remember that you are never alone on this journey. May this month bring you clarity, resilience, and a renewed sense of purpose and well-being: mind, body, and spirit.

Bingocize– Still Going Strong!

Just a friendly reminder that our exciting Bingo & Balance program is still happening! This fun and engaging class combines lively bingo games with helpful fall-prevention tips and gentle exercises designed to support balance, strength, and confidence. It's a wonderful way to stay informed, stay steady, and enjoy time with friends.

Join us every Monday at 12:15 pm. and be part of this enjoyable and educational experience. We look forward to seeing you there as we continue to focus on staying active, safe, and on our feet...together!

PAM Rehab Field Trip

Join us on Tuesday, March 10th, for a special trip to PAM Rehab where they specialize in comprehensive inpatient and outpatient rehabilitation care, helping patients recover from acute injuries, illness, or chronic conditions.



This is a new class with PAM Rehab. The class is taught by Erin Scharp. It is blended class with prize bingo, information, and exercises.

During our visit, members will enjoy a tour of the Milford facility, a delicious lunch and free prize bingo. Seating is limited, so please sign up with Crissy to reserve your spot.

Upcoming Art Classes

We are excited to welcome the Zwaanendael Women's Club to the center to host a special art class on Thursday, March 12 at 12:15 p.m. This class offers a fun and relaxing opportunity to get creative and express yourself.

In addition, Suzy will be hosting an art class on Friday, March 13, giving members another chance to enjoy a creative experience. Both classes require advance sign-up, so please be sure to register ahead of time. We look forward to sharing these creative moments with you!

Upcoming Speakers

Corey from Atena Medicare will be at the center on Friday, March 13th, to provide important information about Medicare benefits. This is a great opportunity to learn more about your coverage and ask any questions you may have.

Linda Pierce will be at the center on Friday, March 20th, to speak about aging in place. Linda provides personalized, hands-on home modifications like grab bars, raised toilets and more to help older adults or caregivers create safer, more convenient homes and maintain independence for longer.

These sessions are informative and valuable for anyone looking to stay informed and proactive about health, safety and independence. ●

WEEKLY

Monday: Nickel Bingo and Mahjongg
Tuesday: Bible Study
Wednesday: Nickel Bingo
Thursday: Chair Yoga
Every Wednesday: Grocery Store, Bank, Post Office and Drug Store
Every 1st Friday: Blood Pressure Checks and Prize Bingo
Every 4th Wednesday: AARP Defensive Driving

SPECIAL HAPPENINGS

March 5th:
12:15 p.m. Soul Collage with Dee

March 10th:
10:30 a.m. Field trip to PAM Rehab

March 12th: 12:15 p.m. Zwaanendael Women's Club Craft

March 13th: 10:00 a.m. Craft with Suzy
11:45 a.m. Benefits Informative Presentation

March 17th:
10:30 a.m. Pet Therapy with Paris

March 19th:
12:15 p.m. Soul Collage with Dee

March 20th: 11:45 a.m. Aging in Place Informative Presentation with Linda

Long Neck Activity Center

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, DE 19966

Samantha Harper, Director
(302) 515-0001. Ext. 1561



Happenings

“March comes in like a lion and out like a lamb”

We are hoping for warmer weather this month and a start to a beautiful spring. We have a busy March planned with trips and entertainment. We are excited to have our evening events and dinner return to Long Neck. ●

WEEKLY

Monday

8:30 Weight Watchers
10:00 Chair Yoga
12:00 Nickel Poker
12:00 Knitting and Crocheting
12:30 Penny Bingo & Nickel Poker
1:30 Hand and Foot
1:30 Table Tennis

Tuesday

8:00 Texercise
9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker
1:00 Mahjong & Memory Café

Wednesday

8:00 Texercise
9:00 Michigan Rummy
12:30 Prize Bingo
1:00 Bunco

Thursday

9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker (Back Room)
12:30 Nickel Poker (Dining Room)

Friday

8:00 Texercise
10:00 Bible Study
12:30 Penny Bingo



Michigan Rummy game at Long Neck Center



Bunco game at Long Neck Center



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WEEKLY AND MONTHLY

Monday 9:15 a.m. Walmart

Wednesday
9:15 Bank, PO, Drug Store

Friday 10:00 a.m. Dollar Tree

SPECIAL HAPPENINGS

March 6th: Friday at 10:00 a.m. Music and Memories

March 10th: Tuesday at 9:15 a.m. Trip to Super Walmart in Milford and Chic-fil-A

March 11th: Wednesday at 4:00 p.m. Evening Penny Bingo and dinner

March 17th: Tuesday Wear green for St. Patrick's Day

March 19th: Thursday at 9:15 a.m. Trip to Laurel Dutch Market

March 20th: Friday at 10:00 a.m. Mingo

March 26th: Thursday at 9:15 a.m. Trip to Produce Junction and Bylers

March 27th: Friday at 10:00 a.m. Music and Memories

March 31: Tuesday at 9:15 a.m. Trip to Parsons

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Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

Ashlyn Elliott, Director
(302) 515-0001, Ext. 1461



Happenings

How Lucky Are We?

This month, Milton CHEER is feeling especially lucky as we welcome an exciting variety of new classes, talented instructors, and enriching experiences into our community! If you've been thinking about finding a positive, supportive place to move your body, improve your well-being, and connect with others, now is the perfect time to get involved.

Are you someone who enjoys exercising in a group setting with encouragement and friendly faces? Our Tai Chi, Yoga, and Dance classes offer something for everyone whether you're looking to improve balance and flexibility, reduce stress, build strength, or simply have fun while staying active. Our instructors are welcoming, knowledgeable, and passionate about helping participants of all experience levels feel comfortable and confident.

For those who prefer a more independent and self-guided approach, Milton CHEER also offers an exercise room designed to support personal growth at your own pace. This flexible space allows you to create a workout routine that fits your schedule, goals, and energy level, making it easier than ever to stay consistent and motivated.

This is your opportunity to create a positive change in your life and start the year off healthy, active, and connected. At Milton CHEER, fitness is about more than exercise it's about building community, boosting confidence, and supporting one another every step of the way.

If you are interested in becoming a

member, exploring our classes, or simply learning more about what we offer, please stop by and visit us. We would be happy to answer your questions, show you around, and introduce you to the warm, welcoming community that makes Milton CHEER such a special place to be. ●

WEEKLY

Every Monday- Friday:

Fitness Center Open
8:00 a.m – 4:00 p.m.

Mondays and Wednesdays:

11:00 a.m. – 12:15 p.m. Yoga

Mondays:

Tai Chi at 9:00 a.m.
Mingo with Dan Feth starting at 12:00 p.m. except for the fourth Monday.

Tuesdays:

1:00 p.m. Tai Chi/ Qigong with Deb
11:00am – 12:15 pm. Chair Yoga

Wednesdays:

Creative Dance Class w/ Janaea at 9:30 a.m.
Bible study at 10:00 a.m.
Bridge Club at 1:00 p.m.
Wordle at 12:00 p.m.

Thursdays:

Memory Café 9:30 a.m.
Mahjong w/ Maryann at 12:30 p.m.
Chair Yoga 11:15 a.m. – 12:30 p.m.

Tuesdays and Fridays:

Bingo check calendars
for times

Fourth Monday:

Bingocize at 12:00 p.m. with Lyndsie
from PACE Your Life

First Tuesday of Each Month:

Blood Pressure Check and Chair
Exercise with Erin from PAM
Rehabilitation

Wednesday of each Month:

Trip to Bank, Post Office and Drug
Store 12:30 p.m.

Thursdays of each Month:

Computer and Smartphone clinic
12:00 – 2:00 p.m. Call us to set your
appointment.

Fridays of each Month:

\$2.50 Breakfast for those 60 and over
\$3.50 breakfast for guests under 60.
Trip to Dollar General 1:00 p.m.

SPECIAL HAPPENINGS

March 2nd: Milford Dunkin Donuts

Trip, Departure from Center at
8:00 a.m., Members will return to
Center after Trip.

March 9th: Foot Health Screenings at

No Cost! Private Screenings available
starting at 10:00 a.m.
New Drum Circle and Rhythm Dance
class starts at 1:00 p.m., \$5 per person a
class. Come check it out and make new
friends and gain confidence in your self-
expression!

March 10th: Membership Meeting at

9:30 a.m., Come to discuss things going
on this month, bring any questions you
have!

March 12th: Birthday Celebrations at

12:00 p.m., come celebrate your birthday
this month here at Milton CHEER!

March 13th: St. Patrick's Party from

11:00 a.m. – 1:00 p.m., Games, socialize
with friends and wear your GREEN!

March 18th: Dinner and Bingo with

entertainment!

March 19th: Day Trip to Byler's

Shopping Center, please sign up for
this trip at the Center, Departure is at
8:00 a.m.

March 23rd: Foot Health Screenings at

No Cost! Private Screenings available
starting at 10:00 a.m.

Ocean View Activity Center

30637 Cedar Neck Road
Ocean View, DE 19970

Yolanda Gallego, Director
(302) 515-0001, Ext. 1760



Happenings

Our first week of March is very busy, with Lisa Miller kicking off the month with her wonderful vocals and piano music over lunch on Tuesday 3rd.

On Wednesday 4th, Beebe's lunch presentation is "Boosting Memory and Cognitive Skills As You Age". Be sure to bring a friend to lunch every day and especially for entertainment and speakers – all are welcome!

Then on Friday 6th, Margie is back with March Madness Mingo from 10:30 – 11:30 a.m. join the fun and reminisce with great oldies! We'll conclude the month of March with another Twilight Zone Episode, Hocus Pocus, performed by our Ocean View Players and directed by Murry Gatling with a Spaghetti Dinner on Tuesday 31st at 5 p.m.

Reminder that Daylight Savings Time Begins Sunday 8th which is also International Women's Day and the First Day of Spring is Friday 20th! ●

Be sure to visit our Ocean View page on the CHEER website for our calendar, menu and pics!

<https://www.cheerde.com/ocean-view/>

MONTHLY TRIPS

March 5th: Parson's Farm Produce, Dagsboro for produce and lunch, 11 a.m. approx., following Virtual Beckett's Bulletin at 10:30 a.m.

March 6th: No Trip – Instead join us for March Madness Mingo with Margie here at OV, 10:30 – 11:30 a.m., Free!

March 12th: Clear Space Theatre for "42nd Street" RB and Nicola's Pizza for a late lunch (if time permits), Lewes, 10:15 a.m. \$30, pay at time of sign up.



Jim, Marie, Laurence & Mary Kay completed the 500 piece puzzle in a record 50 minutes!



Puzzle Contest at the center.

March 13th: First Watch for breakfast/brunch then Habitat for Humanity ReStore, Lewes, 9:30 a.m.

March 19th: Super Walmart in RB and Irish Eyes in Lewes for lunch, 9:30 a.m.

March 20th: Flutterby House with Flea Market, etc., FF and Porto Pizza & Grill, Dagsboro, 10 a.m.

March 26th: Delmarva Discovery Museum and Otter Feeding at noon, \$8/Sr. and Dockside Bar & Grill, Pocomoke, MD, 9:30 a.m.

March 27th: Boscov's and Food Court, Dover Mall, 9:15 a.m.

SPECIAL HAPPENINGS

March 3rd: 11:30 a.m. – 12:30 p.m. – Lisa Miller Entertains us for Women's History Month!

March 4th: Noon – 1 p.m. – "Boosting Memory and Cognitive Skills As You Age" with Beebe's NICHE program!

March 5th: 10:30 a.m. – Virtual Beckett's Bulletin.

March 6th: 10:30 – 11:30 a.m. – March Madness MINGO with Margie! Free – come join the fun.

March 17th: 11:45 a.m. – Lunch 'n Learn with Erin of PAM Rehab.

March 31st: 5 – 7 p.m. – Our Ocean View Players will perform the Twilight Zone Episode "Hocus Pocus", directed by Murry Gatling with a Spaghetti Dinner, \$10 Members and \$15 for Guests – please pay at Sign Up.

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

Ja'Quasia Reid-Norwood, Director
(302) 515-0001, Ext. 1861



Happenings

Marching into a new season, I want to thank each of our members for being such an important part of the Roxana CHEER Center community. Your participation, smiles and friendships make our center a place filled with warmth and positivity. March is a wonderful time to try a new activity, reconnect with friends, and continue focusing on wellness and togetherness. We look forward to sharing another great month with you. ●

WEEKLY

Monday - Friday:

Morning Chats, Snacks and Music Social Lunch at 11:30 a.m. \$ Donations
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: Shopping at: Bank, Pharmacy, Post Office, Grocery Store and Dollar Tree (Only 2 Stores)

Tuesday: Prize Bingo 10:00 a.m. (\$1 Donations) Throughout the month there will be an additional bingo day, you don't want to miss!!!

Wednesday: Breakfast Day, \$2.50 Donation for Seniors 60 Plus

Friday: Memory Café

BI-WEEKLY:

March 2: Pastor Dan and Betsy: Bible Study and Inspirational Music

March 3: Dan Feth- Prize Mingo

March 4: Bingo Dauber

March 5: Dan Feth: Stump The DJ

March 6: Memory Café 12:15 p.m.

March 9: Erin PAM Health: BINGOCIZE

March 11: Lisa Miller Piano Entertainment

March 13: Chair Yoga with Barbara "Strength from Within"

March 13: Memory Café 12:15 p.m.

March 16: Pastor Dan and Besty: Bible Study and Inspirational Music

March 17: Dan Feth St. Patrick's Day Games "Green Clover" (Wear Your Green, Black AND White)

March 18: Imagine Singers

March 20: Blood Pressure Check with Erin PAM Health
Memory Café with 12:15 p.m.

March 23: Erin PAM Health: BINGOCIZE

March 25: Rehoboth Art League: Arts and Crafts

March 26: Nancy Lynch featuring Rick Lovekin-A Vietnam Veteran: "Vietnam Mailbag"

March 27: Chair Yoga with Barbara "Strength from Within"

March 27: Memory Café 12:15 p.m.

MONTHLY

Monthly Trips on Monday and Thursday (sign-up required):

March 2: 12:00 – 1 p.m.: Dollar Tree and Grocery Store

March 5: 12:00 – 1 p.m.: Dollar Tree and Grocery Store

March 9: 12:00 – 1 p.m.: Dollar Tree and Grocery Store

March 16: 12:00 – 1 p.m.: Dollar Tree and Grocery Store

March 23: 12:00 – 1 p.m.: Dollar Tree and Grocery Store

March 30: 12:00 – 1 p.m.: Dollar Tree and Grocery Store

March 12: Wal-Mart Trip Group Choice of Food

March 19: Wal-Mart Trip Group Choice of Food

SPECIAL HAPPENINGS:

March 7: Spring Craft Show

March 29: National Vietnam War Veterans Day. March for Meals with Meals on Wheels.

March 17: St. Patrick's Day (Wear Your Green, Black AND White)

Upcoming Birthdays / Birthday Celebration:

March 2: Peggy M.

March 3: Jill S.

March 16: Linda G.



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.



Forrest was born and raised in Lewes, DE. He did his time in Vietnam at the tender age of 18. He has 2 children, 5 grandchildren and 1 great grandchild. He was a hard worker with many occupations; moved houses, worked at the clam factory, Beebe hospital and spent 20 years at Cape Henlopen School district as a custodian. He loves children. He thoroughly enjoys it when we have students from DT&CC's Occupational Therapy department visit our program. Forrest said he has lived a good life, however, it wasn't easy. Birthday, January 3rd.



Marie was born and raised in Smyrna, DE. Her family owned Faries Funeral Home established 1831 making it the state's oldest funeral home and one of the oldest in the nation. She worked most of her adult life as a secretary for the Correctional Center in Smyrna. Following retirement, she enjoyed traveling throughout the U.S., Dining out is her favorite thing to do. She enjoys "being on the go" and attending CHEER. Marie currently resides with her youngest daughter and son-in-law in Georgetown, DE. She has 3 daughters, 5 granddaughters and 7 great grandchildren. Birthday, January 2nd.

Steve was born in Sanford, Maine and grew up in Saco, Maine. He moved to Maryland in 1991 for his work and moved to Delaware in 2005. He has 2 daughters, no grandchildren as of yet. He worked as a civil engineer with his expertise in storm water management. He is very artistic and very competitive. Birthday, January 1st.



"If you're comfortable with yourself and know yourself, you're going to shine and radiate and other people are going to be drawn to you."

-Dolly Parton



Israel was born and raised in Puerto Rico. He spent most of his adult life there and worked as an accounts payable accountant. When he came to Delaware, he worked at the Delaware National Bank from 1997-1999. In 1998, he started as the pastor of Marantha Church of God in Seaford and was there for 24 years. He has a son and a daughter and 2 grandsons. He loves attending our program as he feels that he is still helping the community. Birthday, January 26th.



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CHEER BINGO

Community BINGO Open to the Public 2nd Tuesday of Each Month

DOORS OPEN 4:30 p.m. • EARLY BIRD BINGO 5:30 p.m.
REGULAR BINGO 6:00 p.m.

\$25 BINGO PACKAGE *Includes extra Jackpot card
\$1000 in cash prizes will be awarded at each Bingo
Proceeds support our senior services.



Community Center • 20520 Sand Hill Road • Georgetown, DE

*Must be 18 years old to play





Delaware's Senior Demographics (U.S. Census Bureau, 2024):

- 219,957 seniors (21.3% of population – 4th highest percentage nationally)
- 7.9% live below poverty level
- 30.2% have disabilities
- 88.7% receive Social Security income
- Median age: 72.9 years

If you are:

- Delaware residents aged 60+ with limited income
- Those earning less than 200% of federal poverty level
- Individual income under \$31,200/year
- Couples earning under \$42,480/year

You may be eligible for:

The Diamond State Health Plan (Healthcare Coverage)
 SNAP / Food Supplement (Food Stamps)
 LIHEAP / DEAP (Electric & Heating Assistance)
 Senior Property Tax Relief
 SSI
 DPAP (Prescription Help)
 Section 8 / Income Based Housing
 Lifespan Waiver (In-Home Care Services)

You can learn about these and other free resources.

Call 211 or visit STANDBYMEDE.ORG to schedule an appointment.

The key to achieving these goals is creating a clear, actionable plan and consistently tracking your progress throughout 2026. A Financial Coach can help you build and maintain your plan. Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today!

Stand By Me is not affiliated with CHEER.

Reasons to consider a reverse mortgage

Homeowners 62 years of age or older can access the equity in their homes with FHA's HECM (Home Equity Conversion Mortgage). This can be done with no downsizing, no landlord, and no moving boxes. Homeowners can stay and age in place in their homes.

One of the most popular reasons to get this type of loan is there is no required mortgage payment. You still pay homeowners insurance and property taxes but there is no principal and interest payment. Funds derived from the loan closing can be used for numerous reasons. Remodeling, everyday expenses, and credit card debt, to name a few.

The funds can also be used to pay for in home caregivers. This loan can dramatically reduce financial pressure and improve overall stability.

You are able to receive a lump sum at closing. Then after 12 months you can access funds with a lump sum, monthly disbursements, line of credit, or a combination of these.

You can think of this loan as a retirement safety net. Borrowers remain on title to the home. The loan is repaid when the home is sold, refinanced, or no longer the primary residence.

HECMs are federally insured by FHA, meaning the loan can never exceed the home's value. Also, heirs to the home can keep the home by paying the lesser of the loan balance or appraised value.

Using a Reverse Mortgage can help you delay receiving Social Security and delay or reduce withdrawals from retirement accounts.

Bottom line is that borrowers of this type of loan find peace of mind and security without dealing with financial anxiety.

Check with your local Reverse Mortgage Broker to find out if a HECM Reverse Mortgage is the missing piece in your retirement plans.

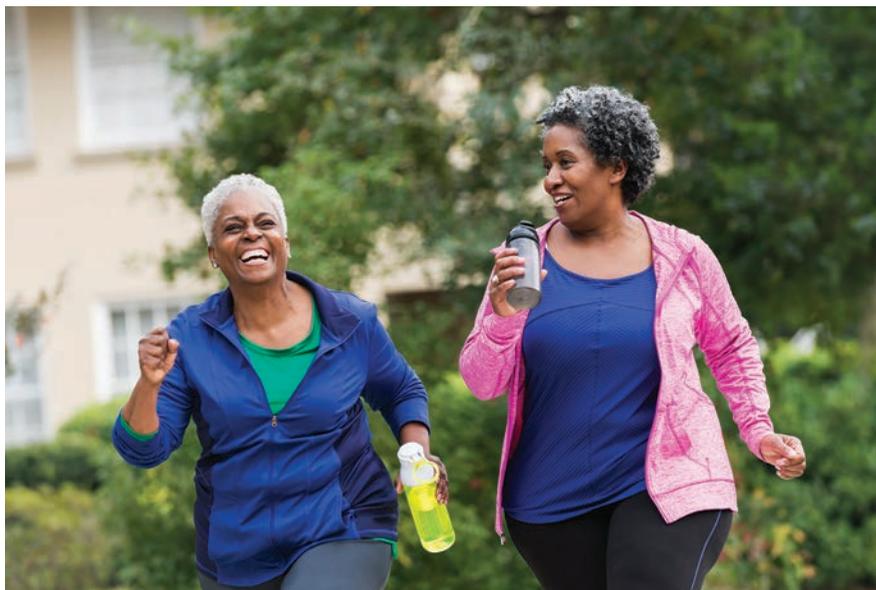
JoAnn Moore, Licensed Mortgage Loan Originator,
 NMLS #165477, Georgetown, Delaware 19947.
TheMortgageMarketofDelaware.com, 302.236.1229
MMODJoAnn@aol.com

(The above is a paid advertisement -- CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)

Lower your risk of heart disease

Hearth disease is the leading cause of death for both men and women, so it's important for everyone to ensure they are doing what they can to keep their heart healthy. Women may be less aware they're also at risk.

Heart disease encompasses multiple heart conditions, including coronary artery disease, caused by plaque buildup that limits blood flow to the heart muscle. The U.S. Centers for Disease Control says in the United States, 20 percent of deaths are due to heart disease. It's important to know your family history. If you have a blood relative who died of a heart attack while under the age of 50, that increases your risk for having one.



To keep your heart healthy, it's recommended not to smoke; know your blood pressure, cholesterol level and whether you're diabetic; maintain a healthy weight; exercise daily; eat a healthy diet; and reduce alcohol consumption.

Women may also have different symptoms when suffering a heart attack or stroke. For both heart attack and stroke, women could experience fatigue or nausea or vomiting, according to the American Heart Association. The chest pain experienced during a heart attack could be different than what men experience, and for a stroke, a woman could also suffer from disorientation, confusion or memory problems.

To find a heart or vascular specialist near you, visit tidalhealth.org/heart.

(The above is a paid advertisement -- CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)

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DPHSMP@Delaware.gov • 302-990-0522



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention Section

Remember to take some Winter Photos for the *2027 Photo Contest!*

Have your photo
featured in the
2027 CHEER calendar!

Showcase your creativity
through photos taken
anywhere in Sussex County!
More information to come!

Calendar
**PHOTO
CONTEST**
2027

Event Hall at CHEER!

Looking for the perfect venue to host your private party or celebration? Our event space is the ideal location for weddings, birthdays, reunions, baby showers, business meetings, events, concerts and other gatherings. With ample space and comfortable seating for up to 325 Guests, round or rectangle tables with chairs set up in our 7000 sq ft venue.

- CHEER Catering and Bartending Services available
- Outside Catering from our preferred caterer list includes Latino Food for Hispanic events such as Quinceaneras!
- Stage, podium, microphones, sound system, and other audio-visual equipment for band/DJ
- Centrally located in Sussex County with ample parking

CHEER
www.cheerde.com

CHEER Community Center
20520 Sand Hill Road, Georgetown, DE 19947
Contact Debra Dodd at (302) 854-2892
events@cheerde.com



2026 TRIPS

CHEER

Travel Club

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)



JUNE

Tuesday, 06/30/2026

Sight & Sound Theater

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)



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)



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

Bus from Milton CHEER Center RT

\$70 per person

Departs from Philadelphia Naval Pier

(see flyer or website for all details)

“WAIT LIST”



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

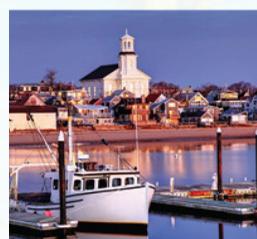
(see flyer or website for all details)



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)

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)



Contact CHEER Travel Club:
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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.

By Lisa Harkins, RD, LDN,
CHEER Dietitian



March is National Kidney Month~ Let's review their function and foods that protect these filtering friends!

The kidneys are two easily recognizable, bean-shaped organs located on either side of our spine, just below the rib cage. They play a crucial role in maintaining our body's internal balance by filtering waste products, excess fluids, and toxins from our blood, which are then excreted as urine.

Beyond waste removal, the kidneys help regulate several essential bodily

functions. First is fluid and electrolyte balance. Kidneys control our levels of sodium, potassium, and other electrolytes, helping us to maintain proper hydration and nerve and muscle function. Second is blood pressure regulation. By managing fluid levels and releasing hormones such as renin, the kidneys help keep our blood pressure within a healthy range. Third is Red Blood Cell Production. The kidneys produce erythropoietin, a hormone that stimulates bone marrow to make red blood cells, which then carry oxygen throughout our body. And lastly, the kidneys help convert vitamin D into its active form, which is vital for calcium absorption and bone health.

You probably know that certain foods are more heart healthy than others. But believe it not, diet plays a significant role in supporting kidney health as well! While everyone's needs are different (especially for those with pre-existing kidney conditions) there are certain foods that are especially

beneficial for maintaining healthy kidneys.

Packed with antioxidants and low in potassium, berries (such as blueberries, strawberries, raspberries) help reduce inflammation and protect kidney cells from damage. Apples are another lower potassium fruit choice for renal health. Anti-inflammatory and high in fiber, apples can help maintain blood sugar levels and protect the kidneys. Red bell peppers, which are rich in vitamins A, C, and B6, are also low in potassium and add flavor and nutrients to meals without overloading the kidneys. High-fiber cauliflower is a great source of vitamin C, as well as compounds that aid the body in neutralizing toxins, making it also a kidney-friendly choice. Onions and garlic add flavor to recipes without salt and provide beneficial antioxidants to most any dish. Lower Phosphorous protein choices like egg whites and fatty fish will help support muscle mass and reduce inflammation, a one-two punch preventive to keep our kidneys kicking. ●

Savory St. Paddy's Bell Pepper Slaw

Makes 6 Servings

Kidney-kind bell peppers, cabbage, and onion, tossed with a classic red wine vinegar and Dijon dressing, make for a tasty side (or top with some grilled fish or chicken!) at your St. Paddy's supper.

Ingredients:

- 3 bell peppers, sliced thin, red, orange, and yellow
- 14 oz coleslaw mix, or 2 cups of finely shredded cabbage
- 1/2 small red onion, sliced thin

Dressing:

- 1/3 cup red wine vinegar
- 1/4 cup olive oil
- 1 tbsp honey or maple syrup
- 1 tsp Dijon mustard
- 1/4 tsp salt, more to taste
- 1/4 tsp black pepper, more to taste
- 1/4 tsp Italian seasoning*, more to taste

Directions:

1. In a small bowl, whisk together red wine vinegar, olive oil, honey, Dijon mustard, salt, black pepper, and Italian seasoning.
2. In a large bowl, combine bell peppers, coleslaw mix, and red onion.
3. Pour the vinaigrette on top of the veggie slaw and toss gently until thoroughly combined.

*Be sure to use dried Italian seasoning herbs OR Mrs. Dash seasoning (not a dressing packet) for a lower sodium salad.



Nutrient Information (about 3/4 Cup)

Calories: 135kcal
Carbohydrates: 13g
Protein: 2g
Fat: 9g (Saturated Fat: 1g
Polyunsaturated Fat: 1g
Monounsaturated Fat: 7g)
Sodium: 122mg
Potassium: 263mg
Fiber: 3g
Sugar: 9g
Vitamin A: 1930IU
Vitamin C: 101mg
Calcium: 36mg



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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!

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

*Minimum
Suggested
Donation
\$3.50*

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



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302-515-0001

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