

FEBRUARY 2026
FREE

CHEERful LIVING

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



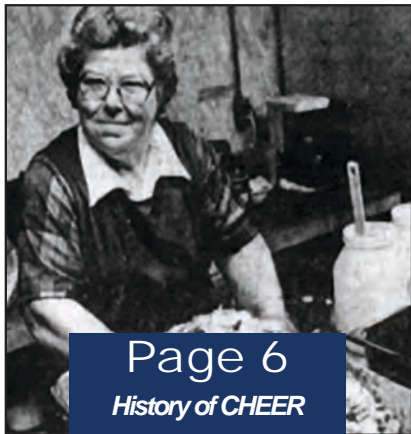
Table of Contents

| | |
|--------------------------------|----|
| CEO Perspective | 3 |
| Heart Healthy | 4 |
| Academy Announces..... | 5 |
| CHEER History..... | 6 |
| Travel Show 2026..... | 7 |
| Alzheimer’s Brain Health | 8 |
| Caregiver Resource..... | 10 |
| Volunteer Department..... | 11 |
| CHEER Academy | 13 |
| Menu..... | 14 |
| Café Salud | 15 |
| Georgetown..... | 16 |
| Greenwood | 17 |
| Harbour Lights | 18 |
| Long Neck..... | 19 |
| Milton..... | 20 |
| Ocean View..... | 21 |
| Roxana | 22 |
| Adult Day Program | 23 |
| Spring Craft Fair | 25 |
| Bingo..... | 26 |
| Now Hiring | 27 |
| Operation Christmas | 28 |
| Travel Club | 29 |
| Nutrition | 30 |
| Mini-Market..... | 31 |



CHEER
2026
Travel Show
Saturday
February 21, 2026
10 am – 2 pm

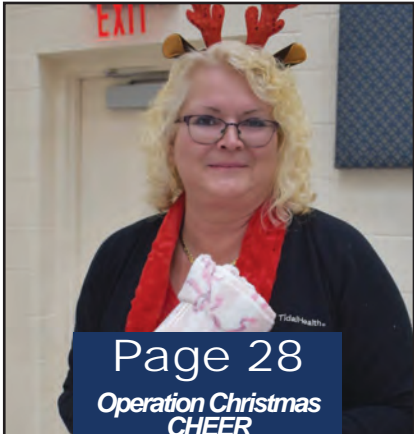
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Page 6
History of CHEER



Page 25
Spring Craft Fair



Page 28
Operation Christmas
CHEER

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CHEER Academy
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Caregiver Resources Coordinator

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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CEO Perspective

Volunteers serve as a bridge between these worlds.

As the year moves forward, it's worth pausing to think about how we take care of ourselves—not just physically, but in the quieter, everyday ways that sustain us. So much of real well-being comes from how we treat ourselves when no one is watching: how we manage stress, how we stay connected, and how we allow ourselves moments of purpose and joy. These are the small, steady choices that shape how we feel day to day and how resilient we remain as life continues to change.

Being good to yourself is not selfish. In fact, it is essential. Sometimes, the best way to take care of yourself is by doing something kind for someone else.

I have seen this time and again. People who lend a hand, check in on a neighbor, or offer encouragement to a coworker often walk away feeling lighter themselves. Their day feels a little brighter. Their worries don't disappear, but they feel more manageable. That sense of connection, of being useful, seen, and appreciated, does something powerful for the heart.

For many of the seniors we serve at CHEER, staying healthy isn't just about medications or movement. It's about staying engaged. It's about knowing that someone looks forward to seeing you, that your presence matters, and that you still have something meaningful to

give. A friendly conversation at a center, helping another participant find their way, or simply listening to someone who needs to talk can be just as nourishing as any healthy habit.

“It's about staying engaged”

The same is true for our staff. I regularly watch employees step in for one another without being asked, covering a task, offering reassurance on a hard day, or sharing a laugh when stress runs high. Those moments don't show up in job descriptions, but they make all the difference. Helping a coworker doesn't just strengthen a team; it strengthens the person doing the helping as well.

Volunteers serve as a bridge between these worlds. They give their time to support others, but what they receive in return is often just as valuable: purpose, routine, social connection, and a deep sense of fulfillment. Many volunteers tell us they feel better, physically and emotionally, when they stay active and involved. Giving back becomes a way of taking care of themselves.



Beckett Wheatley, CEO

This February, I encourage you to think about heart health in a broader way. Ask yourself simple questions:

Who could use a kind word today?

Where can I be helpful, even in a small way?

How can I stay connected: to people, to purpose, to community?

The answers don't need to be grand. Small actions count. A phone call. A thank you. An extra moment of patience. Volunteering when you can. Offering help before it's requested.

At CHEER, we believe caring for one another is one of the strongest foundations for healthy aging - and for a healthy organization. When we look out for others, we often discover we are also taking better care of ourselves.

This month, be gentle with your heart. Keep it active with kindness, strengthened by connection, and supported by purpose. In doing good for others, you may find you've done something very good for yourself as well. ●

A Good Heart Is More Than a Muscle

By Tom Reardon, Chief Operating Officer

We talk about the heart a lot. We “give our heart” to people. We “take things to heart.”

And sometimes, especially at the doctor, we’re reminded that it’s also a remarkably hardworking muscle that’s been loyally punching the clock for decades. If your heart could talk, it might say: “I’ve been here since day one. I’d appreciate a little appreciation.”

Your heart has beaten roughly three billion times by the time you reach your senior years. It’s worked nights, weekends, holidays, through joy and heartbreak, stress and laughter, weddings and funerals, and probably a few questionable buffet decisions along the way.

And yet, it keeps going. That’s worth honoring.

Here’s the good news: heart health is not about becoming a marathon runner or surviving on kale and regret. It’s about small, faithful choices made consistently. A short walk. An extra glass of water. A deep breath before reacting. Laughing more than worrying. Calling a friend instead of isolating. These things matter; more than we often realize.

If the word exercise makes you tired just reading it, you’re not alone. Let’s reframe it. Movement can be: Walking the grocery store aisles, dancing badly in the kitchen, gardening, playing with grandchildren, getting up during com-



mercials. Your heart doesn’t care if it’s a gym or a living room. It just likes to be invited to the party.

Heart-healthy eating isn’t about never enjoying food, it’s about enjoying food wisely. Add more color to your plate. Choose smaller portions. Slow down. Taste your food.

And if dessert happens? Well... grace applies here too. Just maybe not every night.

Stress is one of the quiet burdens we don’t always talk about. Worry tightens the chest just as surely as poor habits do. Try this: Breathe deeply; slow in, slow out. Let go of what you cannot control. Spend time with people who make you laugh. Give yourself permission to rest. Peace is not laziness. It’s medicine.

Loneliness affects the heart as much as cholesterol does. Conversation, community, and companionship are powerful forms of heart care. Come to the center. Join a class. Have coffee. Tell stories. Listen. A shared laugh can do more for your heart than you might imagine.

You don’t have to fix everything today. You don’t have to be perfect. You just have to care enough to take one small step. Your heart has been faithful to you for a lifetime. Treating it kindly now is not repayment, it’s gratitude. And if all else fails, remember this: A hopeful heart beats stronger than a fearful one. So take care of your heart, the one in your chest and the one that carries your life’s stories. It’s earned it. ●



Spring Into Learning: CHEER Academy Announces 2026 Spring Semester

As the seasons change, so do the opportunities for growth and connection at CHEER! Our first semester has had an exciting start! We're excited to announce that **CHEER Academy's Spring Semester** is just around the corner, offering a diverse array of classes designed to keep Sussex County seniors active, engaged, and inspired.

The upcoming semester officially kicks off on **April 6th** and will run for **12 weeks**. Whether you are looking to sharpen your mind, improve your physical fitness, or tap into your creative side, the Academy provides a welcoming environment to learn alongside friends and neighbors.

As always, **CHEER Academy classes are FREE!**

Do you have a class you would like to see offered or do you want to explore the opportunity to teach one yourself? We want to hear from you! Contact us today! ●

A Sneak Peek at CHEER Academy's Spring Semester

While the full roster of classes is still being finalized, CHEER is pleased to share a preview of the courses hitting the schedule this April:

- **Wellness & Movement:** Find your balance with **Yoga** and **Tai Chi**, kick up your heels in **Line Dancing**, or enjoy the fresh air with the **Hiking Club**.
- **Arts & Expression:** Explore your inner artist in **Art Classes**, or find your voice through **Poetry Classes** and **Creative Writing**.
- **Lifelong Learning:** Master a new tongue with **Spanish Speaking Lessons** or join the **Life Group Faith Study** for deeper reflection.
- **Expert Instruction:** In partnership with the **UD Cooperative Extension**, participants can participate in the **Wits Workout** (brain health), as well as specialized sessions on **Nutrition** and **Horticulture**.
- **Genealogy:** If you've been wanting to research your family's story but didn't know where to start... or if you want to take your research to the next level, this course is for you!

How to Register

The wait to sign up won't be long! Registration officially opens in March. To help you plan your spring schedule, a comprehensive list of all classes, times, and instructors will be featured in the **March issue of CHEERful Living** magazine. The full schedule will also be posted online at cheerde.com at that time.



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The second in the series of the history of CHEER in the 1980s

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.

This period saw the successive openings of more CHEER centers, each with its own local flavor and flair. The mission was clear, but sometimes seemed to grow faster than the facilities.

In 1980, Madonna L. Perkins, who was the founding CHEER Director of Nutrition, explained that elderly downstate clients often struggled with the lack of transportation. For example, even though the Nemours Foundation offered free dental and optical services, there often was no way for Sussex residents to get to New Castle County. The CHEER buses, which were meant for the delivery of meals, were sometimes used for 12-hour round trips to the clinic. Funding rules varied by county, with some reimbursements coming from DAST (Delaware Authority for Specialized Transportation).

"It's not an easy coordination," said Mrs. Perkins. "I'm paid under a meals program. That's a different grant." With her paid staff of four, Mrs. Perkins oversaw a lean budget and was an early advocate of computers. She used one to keep track of clients and volunteers.

In 1981, Jannetta Calloway, Head Cook for the CHEER program, was profiled in the newspaper. She explained that her team would be preparing 32 oven-roasted turkeys, 160 pounds of peas, 22 gallons of gelatin salad, 66 dozen rolls, and 100 apple pies for Christmas dinner. They worked in a leased kitchen behind the Diamond Motel in Laurel, from which they would send out 800 holiday meals.

In 1984, the director of Sussex County Senior Services, Ted Ressler,



Cheer Bus 1980.

wrote to President Ronald Reagan, commending the work of Mrs. Perkins. President Reagan responded with a letter of congratulations to her. "I took it home and framed it," she said.

Mr. Ressler noted the dramatic gains which had been made. His figures showed 26,429 meals served to the elderly in 1974 versus 221,000 meals in 1984, with the cost per meal dropping from \$3.09 to \$2.07.

Hired in 1985, Arlene S. Littleton became the director of CHEER. As the years passed, new services were constantly being added as membership continued to grow. Mrs. Littleton dedicated herself to meeting the needs of the elderly. "I'd probably do this job for nothing if they didn't pay me," she said in 1996. "In fact, when I retire, I am going to volunteer."

In 1989, CHEER Nutrition partnered with Sussex County Senior Services and the Delaware Department of Transportation to pilot a fixed-route transit system, with CHEER buses making stops Monday through Thursday for \$1.00 per week per person.

A Mission for Today and Tomorrow

CHEER's core mission today remains true to its founding principles: "to promote and maintain the highest quality



Jannetta Calloway working in the CHEER kitchen preparing meals.

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 now serves more than half of the 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.



Located: **CHEER Community Center**
20520 Sand Hill Road, Georgetown, Delaware

Special Event: **Complimentary Wine Tasting**
by Salted Vines Vineyard & Winery



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Norwegian Cruise Line
Salted Vines Vineyard & Winery
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And more to be announced soon!

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Book a Dream Vacation on a cruise, to a Caribbean Island resort, International/European travel, Domestic travel such as National Parks, and local attractions such as botanical gardens, winery, bus trips and more!

www.cheerde.com/travel-show



Alzheimer's Association Launches Brain Health Habit Builder to Empower Americans to Take Charge of Their Brain Health

The Alzheimer's Association announces the launch of the Brain Health Habit Builder, a free web-based tool designed to empower individuals to assess their current habits and take proactive steps to improve their brain health.

The Brain Health Habit Builder offers a quick, engaging experience that takes about three to five minutes. It encourages users to reflect on their lifestyle habits and commit to small but meaningful changes. Users can download, print, and share their plan and choose which habits to prioritize. The tool is optimized for both desktop and mobile use.

Continued page 9

MAKE YOUR PLAN FOR A HEALTHY BRAIN.

The Alzheimer's Association® Brain Health Habit Builder is a free online tool to check your current habits and make a plan to help protect your brain.

- » Answer a few brief questions.
- » Get your personalized results and tips based on your answers.
- » Create and save your action plan.

Visit alz.org/habitbuilder and start building your brain-healthy habits today.



ALZHEIMER'S ASSOCIATION | Brain Health Habit Builder



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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.

*Alzheimer’s continued from
page 8*

“Healthy habits can help you live better now and protect your memory and thinking as you age,” said Kristina Fransel, executive director, Alzheimer’s Association Delaware Valley Chapter. “This new tool makes it easy to check your habits and build a personalized plan to support lifelong brain health.”

Upon completion, users receive a tailored action plan based on their responses, including research-backed guidance from the groundbreaking U.S. POINTER study, which found that lifestyle interventions targeting a combination of physical activity, improved diet, cognitive and social engagement, and health monitoring improved cognition in older adults at risk of cognitive decline.

“The exciting part of this tool is its ability to deliver evidence-based strategies, encouraging users to take positive steps toward protecting their cognitive well-being,” Fransel added. “It’s never too early or too late to take charge of your brain health, and the Brain Health Habit Builder makes it easy to get started.”

Brain health includes how well individuals think, learn and remember. While brain health science is rapidly evolving, growing evidence shows that addressing certain risk factors and adopting healthy behaviors can reduce the risk of cognitive decline and possibly dementia.

The Alzheimer’s Association is a recognized leader in brain health, translating cutting-edge research into programs and initiatives for the public. The Association’s 10 Healthy Habits for Your Brain campaign offers easy-to-understand strategies for improving brain health. The Association also offers in-person education programs in communities nationwide.

The Brain Health Habit Builder is the first in a new suite of resources from the Alzheimer’s Association in light

of the U.S. POINTER study results. Additional initiatives will include a virtual brain health training program for health care providers, a community recognition initiative to spotlight businesses championing brain health, and a brain health roundtable that will bring together leaders from health care, public health, community, and corporate sectors to accelerate collaboration and drive meaningful impact.

“The Alzheimer’s Association is committed to ensuring individuals across

all communities have the information they need to routinely and meaningfully take action to improve their brain health,” Fransel said. “Making even small changes to improve brain health can make a big difference.” To begin building your plan for brain-healthy habits, visit alz.org/habit-builder. ●

(The above is a submitted article -- CHEERful Living newspaper neither endorses nor denies the contents of this article.)

Kindness Calls

Friendly calls to seniors who may be lonely or isolated. A simple check-in, a friendly voice, a reminder that someone cares.

Sign up to receive a call from a volunteer caller.



Sign up to make a call to a senior.



To sign up and learn more about volunteering at CHEER!
cheerde.com/kindness-calls.

Caregiver Resources Coordinator

546 South Bedford Street
Georgetown, DE 19947

Christie Shirey, Coordinator
(302) 515-0001, Ext. 1061



Don't Let The Winter Blues Stress You Out

It's February and the winter blues may be setting in. It is particularly disruptive to someone who has dementia. Shorter days, reduced sunlight, and colder temperatures may trigger Seasonal Affective Disorder (SAD) — a form of depression that appears at certain times of the year, most often in winter. In seniors already facing the challenges of dementia, SAD can magnify confusion, anxiety, and withdrawal.

Caregivers may notice an increase in agitation, restlessness, or unusual sleep patterns and this may trigger increased confusion during late after-



Mr. Man says don't get to the end of your string.

noon or evenings known as “sundowning.” There are strategies to help decrease the effect of the winter months. I would like to discuss some of these and give suggestions on how to implement them.

First, maximize exposure to natural sunlight. Open curtains wide during the day, seat your loved one near sunlit windows, and encourage safe outdoor walks on bright days. Even brief exposure to natural light can positively impact mood and circadian rhythms. Maintain your usual routines. Keeping mealtimes, bedtimes, and activities

consistent will help maintain a sense of security. Encourage stretching, chair yoga, or guided movement classes to help relieve stress and excess energy.

Diet and vitamins can play a very big role in battling the winter blues. Think about discussing this with your doctor. Dehydration is something else to watch. Indoor air quality in winter may worsen due to dry, heated air, which can cause dehydration — a factor linked to confusion and cognitive decline. Try warm herbal teas, soups, and hydrating fruits like oranges. You should avoid over stimulation, especially in the hours leading up to sunset to help avoid sundowning. Soothing activities such as listening to music, gentle exercise, or reading can help ease the transition into evening.

Socialization is also very important. Consider bringing your loved one to a CHEER Memory Café. It is not only stimulating to the brain but full of laughs which is good for everything. ●

Please contact the Caregiver Resource Center if you would like more information by calling Christie Shirey at 302-515-0001 extension 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 Christie Shirey
(302) 515-0001 ext: 1061

Volunteer Services Coordinator

546 South Bedford Street
Georgetown, DE 19947

Monica M. Mandujano,
Coordinator

(302) 515-0001, Ext. 1166



To Our Volunteers

Did you know that studies show volunteering not only strengthens communities, but also boosts your mood, reduces stress, and even improves your health? As we step into February — the month of kindness, connection, and community — we want to take a moment to say thank you from the bottom of our hearts. Your time, energy, and compassion have made a real difference and we are so grateful for the light you bring to our mission. Every hour you give, every smile you share, and every bit of effort you put in helps us move closer to our goal to help seniors in Sussex County thrive and live independently. You are the heart of our community and we couldn't do this without you. Wishing you a February filled with warmth, joy, and purpose!

Volunteer Spotlight

This month, we would like to take a moment to recognize the exceptional efforts of SEVITA/Delaware MENTOR State Office located in Millsboro.

Their dedication to our mission has been invaluable, particularly in assisting us with meal deliveries twice a week as a group. The kindness, punctuality, and willingness to help demonstrated by the SEVITA team have made a significant impact on our operations.

Their consistent support ensures that we can effectively serve our com-

munity and reach those in need. We extend our heartfelt gratitude to SEVITA/Delaware MENTOR State Office for their collaboration and commitment.

While we appreciate the contributions from everyone at SEVITA, we'd like to recognize Clarissa Kellam, who is one of their Group Leaders.

Always smiling, always willing to help in any way she and her group can. If SEVITA is closed, our need for assistance delivering Meals on Wheels is never forgotten. Clarissa makes sure she is available and ready to deliver to our homebound seniors with her group or individually. Thank you for all you do to help us spread CHEER, Clarissa. Your dedication inspires us all!

Volunteer Opportunities

February is the perfect month to start—love isn't just for Valentine's Day, it's for your community too! We have a few areas where your help can make an immediate impact:

- **Meals on Wheels Drivers:** available to drive 1-2 hours every week in your community.
- **Substitute Meals on Wheels Drivers.** This is perfect for someone who can't commit to a regular schedule but could be available on a day we are short-staffed.
- **BINGO:** Help us make our new fundraiser a success! Sign up to help on the 2nd Tuesday of every month in our Georgetown community center 4:30 pm – 9 p.m. (Shorter shifts are possible, please ask.) Jobs range from calling numbers, delivering food to tables, helping to sell bingo supplies. Must be at least age 18. This is great for a small group who wants to help in the community once a month... or once a year!



Clarissa Kellam/ SEVITA group leader

Always smiling, always willing to help in any way she and her group can. If SEVITA is closed, we are never forgotten by their employee, Clarissa. She makes sure she is available and ready to deliver with her group or individually.

Thank you for all you do to help us spread CHEER, Clarissa.

- **CHEER Connect:** Help CHEER combat isolation and loneliness when you commit to make a short, weekly call to a senior. ●



For more information, please contact Monica Mandujano, Volunteer Coordinator at (302) 515-0001 ext. 1166

or email mmandujano@cheerde.com

Recipe for Making a Difference: The Volunteering Blend

Ingredients:

- 1 cup of kindness – to brighten someone's day
- 2 tablespoons of time – even a little goes a long way
- A handful of skills & talents – unique to you
- A pinch of curiosity – to learn from others
- A dash of team spirit – because change happens together
- Unlimited compassion – the secret ingredient

Instructions:

1. Preheat your heart with empathy and an open mind.
2. Mix your time and talents in art/ crafts, kitchen, delivering meals, and transportation to doctor appointments
3. Fold in compassion until it blends smoothly with your actions.
4. Sprinkle in connection by meeting new people and building community bonds.
5. Serve generously—the more you give, the more joy you create for yourself and others.

Serving Suggestion:

Click on the link to help us spread "CHEER", throughout our Sussex County communities.

The Right Time to Refinance

Many homeowners are feeling stuck with a historically low interest rate while needing to make changes like moving, downsizing, or refinancing.

Even though it can seem like a difficult decision to lose that low rate, homeowners could significantly benefit from accessing their home equity to pay off high interest debt and reduce their overall monthly expenditures. A low mortgage rate may not be worth it if you're paying hundreds of dollars in credit card payments.

The average interest rate on a credit card is now 21.39%, while the national average rate for a cashout refinance is only about 6.5% (6.72% APR). Paying off credit card debt with home equity could greatly improve a homeowner's "blended rate" and potentially save them hundreds each month. A small increase in mortgage payment vs. cutting out a

large chunk of credit card payments can free up a lot of space in the family budget.

For example, I recently worked with a veteran who was able to pay off

\$40,000 in credit card debt and save almost \$800 a month by consolidating with a cash out refinance.

Homeowners who didn't lock in a rate in the 2s-3s can benefit from a straight up rate/terms refinance. Pre-pandemic interest rate levels were much the same as they are now. If you have a rate above 5.99%, you should consult your local Loan Originator.

Aside from saving money each month, closing on a refinance can put additional funds in a homeowner's pocket right out of the gate. Not only would they get to essentially skip the following month's mortgage payment,

but the escrow accounts being held by their mortgage servicer would be refunded as a lump sum. Potentially thousands of dollars back in the budget, and lower monthly expenses going forward.

Waiting for rates to go back to pandemic levels is only going to result in a lot of lost time, and lost opportunity. The right time to refinance is when the bottom line makes sense. Discuss your options with your local Mortgage Loan Originator.

Chad Moore Mortgage loan Originator, #165458 (302) 236-9397. Chad@themortgagemarketofdelaware.com

(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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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
Wednesday, 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

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."



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 2 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk | 3 Shrimp Fried Rice Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk | 4 Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk | 5 Moroccan Chicken Basmati Rice Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk | 6 New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk |
| 9 Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk | 10 Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk | 11 Pork Carnitas Taco Chuck-wagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk | 12 Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk | 13 Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk |
| 16 ALL CENTERS CLOSED | 17 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk | 18 Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Skim Milk | 19 Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk | 20 Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk |
| 23 Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk | 24 Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk | 25 Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk | 26 Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk | 27 Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk |





DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities
"This agency receives funding from
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and Adults with Physical Disabilities"
Menu items subject to change due to availability.

55

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Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



We are excited to enter the month of love and there's no better time to discover what CHEER is all about! At Café Salud, we believe in showing love to our members and building strong, welcoming communities where everyone belongs. If you're looking for a place to connect, learn, and have fun, February is the perfect time to join us.

This month is filled with inviting activities designed to spark creativity, movement, culture, and connection. Enjoy hands-on experiences like a **No-Sew Heart activity**, **Valentine's Card Workshop**, **Candle Making**, **Arts & Crafts**, and a beautiful **Flower Workshop**. Get moving with **Zumba** and **Bingocize**, challenge your mind with **Loteria** and **Book Club**, and explore new skills through **Spanish Class**.

We're also celebrating culture and community with **Lunar New Year** activities and are thrilled to welcome **Maria from the Rehoboth Art League** for a special artistic



Maria From Rehoboth Art League workshop.

experience. Every activity includes time to socialize, make new friends, and feel at home.

Whether you're looking to try something new, meet great people, or become part of a supportive community, Café Salud welcomes you with open arms. Come share the love with us this February—we can't wait to meet you! ●

WEEKLY

Bingocize, Loteria, Spanish Classes, Zumba

REPEATS MONTHLY

Art and Crafts, Sewing, Book club

ACTIVITIES

February 3rd:

No Sew Heart, Music Bingo, Socialize

February 4th:

Valentine's Card workshop with Tammy-Bingocize-Socialize

February 10th:

Candle Making with Megan – Loteria-Socialize

February 11th:

Lunar New Year, Arts and Crafts with Jean- Bingocize- Socialize

February 17th:

Arts and Craft-Zumba-Bingocize-Socialize

February 18th:

Spanish Class-Loteria- Socialize

February 24th:

Flower Workshop- Book Club- Bingocize-Socialize

February 25th:

Maria from Rehoboth Art League – Loteria-socialize

Please join our Café Salud group on Facebook to stay up to date on our activities!
<https://www.facebook.com/groups/472658739166871>



Card making workshop with Tammy.

Georgetown Activity Center

20520 Sand Hill Road
Georgetown, DE 19947

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



Happenings

Georgetown Senior Center offers a variety of activities that keeps all members active and engaged. Check out our calendar at CHEER Senior Centers website. ●

WEEKLY

Monday – Friday

9 – 10 a.m. Coffee and Social Hour

Monday:

10 a.m. Chair Fitness

10:30 a.m. Bible Study

Tuesday:

9:30 a.m. Memory Café

12:00 p.m. Penny Bingo

Wednesday:

12:00 p.m. Wii® bowling

Friday:

9 – 10 a.m. Breakfast in the Café

10 a.m. Chair Fitness

10:30 a.m. Penny Poker/Prize

12:00 p.m. Bingo

MONTHLY:

Dollar Tree – every Tuesday

Walmart – every Thursday

SPECIAL HAPPENINGS

February 2nd: Ground Hog Day

February 6th: National Wear Red Day

February 12th:

11 a.m. Valentine's Day Party

February 16th:

Monday we are **CLOSED** for Presidents Day!

February 19th:

12 p.m. Revive Sound Productions
4 – 6 p.m. Dinner/ Bingo



Priscilla Gaines, Regina Dippre and Bernice Bowden.

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Greenwood Activity Center



41 Schulze Road
Greenwood, DE 19950

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

Happenings

Black history is an important and valued part of our shared American story. Learning about the experiences, achievements, and contributions of Black Americans helps us gain a fuller understanding of the nation’s past and the progress that has been made over time. These stories reflect perseverance, innovation, service, and community—qualities that have strengthened our country for generations.

For many older adults, Black history is closely connected to lived experience. It includes events, cultural changes, and social movements that shaped the world we know today. Recognizing this history honors individuals and communities who worked to expand opportunity, promote fairness, and contribute meaningfully to education, science, the arts, public service, and everyday life.

Acknowledging Black history encourages awareness, mutual respect, and a sense of shared humanity. By taking time to learn and reflect, we help ensure that important experiences and perspectives are remembered and valued. Preserving this history allows future generations to better understand the past and continue building a more inclusive and respectful society. ●

WEEKLY

- M/W/F
12:30 p.m. Luncheon Card Club
- Monday – Friday
8:30 – 9:30 a.m.
CHEERful Morning Café
10:00 a.m. Bible Study
9:15 a.m. Tai Chi with Gary Tompkins



CHEER members going to a parade

Tuesdays

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

Thursdays

- 1 – 3 p.m. Memory Café
with Christie Shirey

Fridays

- 8:30 – 9:30 a.m. CHEERful
Morning Café with Full Breakfast
- 10 a.m. Ladies Prayer Group
- 10:30 a.m. Penny Bingo

BI-MONTHLY

Fridays

- Blood Pressure Check with Nurse
Betty (2 x a month). Dates determined
according to Betty’s availability.
- 10 a.m. Ladies Prayer Group

MONTHLY

- Alzheimer’s Support Group
(1st Thursday of the month 1–3 p.m.)
- Greenwood Library Program –
Games and/or Creating a Memory
Book (2nd Wed of the month) 10 a.m.
- Music Ministry with Pastor Dan
& Betsy Taylor (2nd Monday
of the month)

- Membership Meeting (Unity Club)
Last Friday of the month 10 a.m.
(check calendar to confirm)
- Monthly Shopping or Educational/
Entertainment Trip and Lunch out.
9:15 a.m. bus departure. Dates vary.

SPECIAL HAPPENINGS

February 4th and 18th: Wednesday at 10:30 a.m. Keep the Balloon in the air Exercise Game

February 5th: Thursday at 10:30 a.m. Armchair Travels- Hawaii

February 11th: Wednesday at 10:00 a.m. Trip to Greenwood Library

February 12th: Thursday at 10:30 a.m. Valentines Cupcake Social w/ Well Care

February 13th: Friday at 10:00 a.m. Valentines Party W/ IMAGINE

February 16th: Monday we are CLOSED for Presidents Day!

February 19th: Thursday at 10:30 a.m. Black History Presentation
Thursday at 4:00 p.m. Dinner and Bingo!

February 25th: Wednesday at 10:30 a.m. Bingocize w/ Lyndsie from Pace your life!

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

February 26th: Thursday at 9:30 a.m. Positive Music Time W/ Randy

February 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 February, I hope your days are filled with calm, comfort, and the simple joys that make life meaningful. This is a month that reminds us of the power of kindness, both the kindness we offer to others and the kindness we show ourselves. May you find moments to rest, moments to laugh, and moments to connect with the people who brighten your life. Please remember that you are a valued part of our center and your wisdom, resilience, and warmth continue to inspire everyone around you.

Bingocize with PAM Health

We're excited to introduce a brand-new class that mixes the fun of bingo

with the importance of staying safe and steady on your feet! Each session will include lively prize bingo rounds paired with simple fall-prevention tips and easy exercises designed to help improve balance, strength, and confidence. It's a great way to learn valuable skills while enjoying social time with friends. Join us every Monday at 12:15 PM for this upbeat, educational, and enjoyable class. Let's stay active, stay informed, and stay on our feet, together.

Valentine's Day Celebration

Get ready to share the love! This Valentine's Day, we're planning a cheerful celebration filled with music, laughter, and the joy of being together. We hope you'll join us for a day that captures the true spirit of connection, kindness, and appreciation for one another.

We're delighted to welcome back Lisa Miller as our entertainment for the party. Her beautiful voice, upbeat personality, and heartfelt performances always bring smiles, and she's sure to make this Valentine's Day extra memorable. Expect a wonderful blend of favorite tunes, friendly conversa-

tion, and plenty of feel-good moments.

The celebration will take place on Friday, February 13, 2026, at 10:30 a.m. Come enjoy sweet treats, warm company, and a festive atmosphere as we celebrate the love that lifts our center every day. We look forward to sharing this special occasion with you.

Medicare 101

Join us for a helpful Medicare 101 overview designed to simplify the basics of Medicare coverage. The Atena Representative will also highlight Delaware Prescription Assistance Programs and discuss "Extra Help" options that may lower prescription drug costs for those who qualify. To sum up, there will be a brief introduction to Aetna Medicare and provide a high-level look at available plan options. There is no pressure, just helpful information. The presentation will be on Friday, February 13, 2026, at 11:45. ●

WEEKLY

Monday: Nickel Bingo and Mahjongg

Wednesday:

Nickel Bingo and Sit and Be Fit

Thursday: Chair Yoga

Friday: Blood Pressure Checks and Prize Bingo

Every Wednesday: Grocery Store, Bank, Post Office and Drug Store

Every 4th Wednesday:
AARP Defensive Driving

SPECIAL HAPPENINGS

February 2nd: Monday at 12:15 p.m.
Bingocize with PAM Health

February 5th:
Thursday at 10:00 a.m. Chair Yoga

February 13th:
Friday at 10:30 a.m. Valentine's Day Celebration Entertainment provided by Lisa Miller and at 11:45 a.m. Cory Chisolm with Atena Medicare 101 presentation


February 16th:
Monday we are **CLOSED**
for Presidents Day!



The Harbour Lights CHEER Center members enjoyed a festive outing with dinner at the Hollywood Diner in Dover, followed by a magical visit to the Gift of Lights. The evening was filled with good food, bright holiday displays, and plenty of Christmas cheer shared together.

Long Neck Activity Center

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, DE 19966
Samantha Harper, Director
(302) 515-0001. Ext. 1561



Happenings

Celebrating February at the Long Neck CHEER Senior Center is a beautiful journey through both the heart and our history. This month, we lean into the spirit of Valentine’s Day by honoring the deep connections and lifelong friendships that make our community so vibrant. Whether it is through a shared meal, a dance, or a simple kind word, we celebrate the many forms of love that sustain us. It is a time to reflect on the joy of companionship and to ensure that every member of our center feels valued, seen, and cherished.

Simultaneously, we stand together to honor Black History Month, recognizing the profound legacy and invaluable contributions of African Americans to our society. This is a season for both reflection and celebration as we share stories of resilience, innovation, and leadership that have shaped our past and continue to inspire our future. By weaving together the themes of love and heritage, we create a space where history is honored and every heart is at home. We invite you to join us in these festivities as we learn, love, and grow together. ●

WEEKLY

- Monday:**
8:30 a.m. Weight Watchers
10:00 a.m. Chair Yoga
12:00 p.m. Nickel Poker
12:00 p.m. Knitting and Crocheting
12:30 p.m. Penny Bingo
12:30 p.m. Nickel Poker
1:30 p.m. Hand and Foot
1:30 p.m. Table Tennis

- Tuesday:**
8:00 a.m. Texercise
9:00 a.m. Zumba



Enjoying the Holidays at the center.

- 10:15 a.m. Tai Chi
12:00 p.m. Nickel Poker
1:00 p.m. Mahjongg
1:00 p.m. Memory Café

- Wednesday:**
8:00 a.m. Texercise
9:00 a.m. Michigan Rummy
12:30 p.m. Prize Bingo
1:00 p.m. Bunco

- Thursday:**
9:00 a.m. Zumba
10:15 a.m. Tai Chi
12:00 p.m. Nickel Poker
12:30 p.m. Nickel Poker
Friday: 8:00 a.m. Texercise
10:00 a.m. Bible Study
12:30 p.m. Penny Bingo

- Monday:**
9:15 a.m. Walmart
Wednesday:
9:15 a.m. Bank, PO, Drug Store

Friday: 10:00 a.m. Dollar Tree

SPECIAL HAPPENINGS

- February 4th:** 10 am -The History of African American Music
- February 5th:** Trip to Boscov’s and Cheddars for Lunch bus leaves at 9:15 a.m.
- February 11th:** 10 a.m. Black History Month Trivia and Guest Speaker
- February 13th:**
10 a.m. Valentine’s Day Party
- February 16th: Monday we are CLOSED for Presidents Day!**
- February 18th:** 10 a.m. Black History Month Celebration with entertainment
- February 25th:** 10 a.m. Black History Month Trivia and Guest Speaker
- February 26th:** Trip to Roses, Big Lots and Lunch at Stargate Lunch bus leaves at 9:15 a.m.



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Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

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



Happenings

Love is in the Air

February has arrived and our center is glowing with warmth, laughter, and a whole lot of love! This month is all about coming together, staying active, and celebrating friendships old and new. From gentle movement and wellness opportunities to games, music, and sweet treats, there's something to make every heart smile.

Throughout the week, participants can enjoy calming Tai Chi, Qigong, yoga, and chair yoga, along with plenty of chances to stay active in the fitness center. Favorite games like Bingo, Mingo, Bridge Club, Mahjong, and Bible Study continue to bring friendly competition and meaningful connection to our days. Memory Café gatherings and technology help sessions offer support, conversation, and confidence-building in a welcoming environment.

February also brings special wellness opportunities, including blood pressure checks, chair exercise sessions, and foot health information with private screenings. Transportation trips help make every day errands easy and social, while weekly breakfasts and outings add a little extra joy to the routine.

Please note the center will be closed in observance of Presidents Day. Otherwise, February is packed with opportunities to connect, laugh, and share kindness and love. Join us for a month full of heart, happiness, and community, because there's no better place to be than together. ●

WEEKLY

Every Monday - Friday:

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



The Sunshine Singers performing at the center.

Mondays and Wednesdays:

11:00 a.m. YOGA, check calendar for times.

Mondays:

9 a.m. Tai Chi
12:00 p.m. Mingo with Dan Feth
1:30 p.m. seated Tai Chi/seated Qigong with Deb

Tuesdays: 1 p.m. NEW!!
Tai Chi/ Qigong with Deb

Wednesdays:

10:30 a.m. Bible study
1 p.m. Bridge Club

Thursdays:

9:30 a.m. Memory Cafe
12:30 p.m. Mahjong w/ Maryann

Tuesdays and Fridays:

Bingo-Check calendars for times

Monday and Wednesday:

11 a.m. Yoga

Tuesdays and Thursday:

11 a.m. Chair Yoga

First Tuesday:

10 a.m. Blood Pressure Checks and Chair Exercise with PAM Health

Wednesday of each Month:

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

Thursdays:

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

Fridays of each Month:

\$2.50 Breakfast for those 60 and over
\$5 breakfast for guests under 60
1 p.m. Trip to Dollar General

SPECIAL HAPPENINGS

February 2nd:

Monday at 10:00 a.m. Foot Health Info and No cost Private Screenings

February 3rd: Trip to Milford Walmart, and Lunch at Westside Restaurant, Departure at 8:00 a.m.

February 10th:

Tuesday at 9:30 a.m.
Membership Meeting

February 13th:

Friday from 11:00 a.m.- 1:00 p.m. Valentines Party!! Games, Socialization, Snacks and Treats!

February 16th:

Monday we are CLOSED for Presidents Day!

February 12th:

Thursday at 12:00 p.m.
Birthday Celebrations!
Join us for Ice cream!

February 18th: Wednesday Sock

Hop Dinner and Dance 4 p.m.- 6 p.m.
60+ \$8.00 and Under 60 \$10.00

February 23rd: Monday at 10:00 a.m.

Foot Health Info and No cost Private Screenings

Ocean View Activity Center

30637 Cedar Neck Road
Ocean View, DE 19970

Yolanda Gallego, Director
(302) 515-0001, Ext. 1761



Happenings

Join us this February as we Celebrate

“A CENTURY OF BLACK HISTORY COMMEMORATIONS”!

We'll kick off the month with Suzette Pritchett entertaining us over lunch on Tuesday, 3rd; Murry Gatling will facilitate a movie short/discussion on Wednesday, 18th; and 'Rythym Tec' will entertain us for our dinner program on Tuesday, 24th, with The Magic of Motown!

Our new Bible Study group started last month with Carlos on Mondays after lunch. Painting Class with the Rehoboth Art League continues the 2nd Tuesday of each month at 12:30 and our Arts & Crafts Club continues the 3rd Tuesday monthly – please be sure to sign up for both. Our new Chronic Conditions 6-week Workshop begins Wed. 4th – sign up in advance.

We'll be enjoying a Friendship Lunch for Valentine's on Friday 13th at Victoria's on the Boardwalk in Rehoboth Beach. Lots more on our Calendar, so be sure to get your copy and come join the fun. We're a great way to be happy and stay active and engaged! ●

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

February 5th: Samaritan's Thrift Shop in Selbyville and Frankford Family Diner, 10 a.m.

February 6th: Milford Museum and Sisters Caribbean, Milford, 9:45 a.m.



New Year celebration at the center

February 12th: Fox's Pizza and Harris Teeter, Selbyville, 11 a.m.

February 13th: Victoria's on The Boardwalk for a Valentine's Lunch, Rehoboth Beach, 11 a.m.

February 19th: Biggs Museum (free entry) and the Grey Fox Grille, Dover, 9:30 a.m.

February 20th: Nanticoke Indian Museum and Pizza King, Millsboro, 9:45 a.m. (if remodeling complete-if not we'll pick another location to visit . . .)

February 26th: RB Outlets and 302 Social Eatery, 10 a.m.

February 27th: Open for Rescheduling from earlier in the month due to inclement weather, if needed . . .

SPECIAL HAPPENINGS

February 3rd: 11 a.m. – Noon, Kick off Black History Month with Suzette Pritchett Entertaining us!

Come early for lunch so you don't miss out on the fun!

February 4th: Noon – 1 p.m. – Lung Health with PA Chris Bruce!

February 4th: 12 – 2:30 p.m. – its a 6 week Chronic Conditions Class Begins, meeting weekly on Wednesdays. Please sign up in advance.

February 16th: Monday we are **CLOSED** for Presidents Day!

February 18th: Noon – 1 p.m., Murry Gatling will facilitate a Black History Film Short / Discussion!

February 24th: 4 – 6 p.m., Enjoy a late afternoon of the "Magic of Motown" with Rythym Tec performing, followed by dinner! \$10 members / \$15 guests – please pay at time of sign up.

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

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



Happenings

Love is in the air here at the Roxana CHEER Center! This month, we're celebrating kindness, connection, and the joy of spending time together. February reminds us to show appreciation for the people who fill our days with laughter, support, and community. Whether you're joining us for activities, sharing stories, or simply enjoying good company, we hope this month brings you warmth, smiles, and a little extra love in every moment. ●

WEEKLY

Monday - Friday:

Morning chats and snacks

Lunch 11:30 a.m.

Music Social

Monday - Friday: Lunch, 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:

9 a.m. Bank, Pharmacy and or Post Office.

12 p.m. The Grocery Store and Dollar Tree

Tuesday:

Prize Bingo 10:30 a.m. (\$1 Donations)

Wednesday: Breakfast at 9:30 a.m. (\$2.50 for Seniors 60 plus)

Friday:

Memory Café with Christie Shirey

BI-WEEKLY:

February 2: Pastor Dan and Betsy: Bible Study

February 6: Memory Café with Christie Shirey 12:15p.m.

February 11: Dan Feth-Stump the DJ "Season for Love Songs"

February 12: Chef Charles Cooking Class 12:00 p.m. Bob Clemens Musician @12:30 p.m.

February 13: Chair Yoga with Barbara @ 10:00 a.m.
Memory Café with Christie Shirey 12:15 p.m.

February 16: CLOSED
"Presidents Day"

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

February 20: Heart Bingo and Heart Talk with Erin PAM Health

February 23: Pastor Dan and Besty: Inspirational Music

February 27: Memory Café with Christie Shirey 12:15 p.m.
Chair Yoga with Barbara @10:00 a.m.

February TBD:

Dan Feth- Prize Mingo, Valentines Day Party "Cupid's Love Arrow" (Wear Your PINK, RED AND White) Imagine Singers and/or Lisa Miller Playing the Piano

MONTHLY TRIPS

February 2nd: Dollar Tree and Grocery Store

February 5th: Wal-Mart Trip Group Choice of Food

February 9th and 23rd: Dollar Tree and Grocery Store

SPECIAL HAPPENINGS

February we will also have:

Black History Month: Daily Educational Series, each day in February, the Center will highlight and discuss a different Famous Black Historian (Group Discussion)

February 6th: National Wear Red Day (Roxana Wear Red Shirts) National Frozen Yogurt Day Jay Cooking Club "A Tasty Treat"

February 9th: National "Chocolate Day" (Play many mini games to win Chocolate Candy) Art Classes in February "Stay Tuned on possible dates on Calendar"

February 16th: Monday we are CLOSED for Presidents Day!

February 27:

National Strawberry Day, Jay Cooking Club "Chocolate Covered Strawberries"

TBD: Pet Therapy with a Volunteer Dog, Upcoming Birthdays/ Birthday Celebration: **Norma Hall- February 12 "Lifelong CHEER Member"**



Ty-Dye projects at the Center

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.



Harry Moore

Harry has always been from Georgetown, Delaware. He lived on Shingle Point Road when he was growing up. He has lived in back of the airport in a neighborhood called Cabbage Corner since the 1960s in the home he built and still lives in. He has two children, a son, Wayne Moore, who lives in Denton, Maryland, and a daughter, Charlene Warrington, who lives in Georgetown, Delaware.

He has four grandchildren and six great grandchildren. He was employed at the Dupont Company in Seaford for over 30 years and worked in many different departments. His last years there, he was a mechanic and worked on all of the machines. Anything from maintaining them to fixing them. Harry has always been very good working with his hands and doing many projects around his home. Even after retiring from the DuPont Company, he went on to work for Ace Hardware for several years and even did lots of side jobs for customers that came into the store.

Harry always has a smile and quite a dry sense of humor. He really likes going to CHEER each day and enjoys putting puzzles together and playing dominoes.



Winnie Mann

She was born and raised in Georgetown, DE. She has 4 boys and 1 girl, and many grandchildren. She was a supervisor at Paramount poultry plant for many years. She joined the day program in 2021.



Charles Johnson

Charles Johnson was born and raised in Wilmington, DE on Dec.10, 1943. He has been married twice and has 2 children, a boy and a girl. He has 7 grandchildren and 3 great grandchildren.

His long term job was running the light show for the Little Elvis show, going as far as Las Vegas several times.

He loves horses and took care of a friend's stables when the friend was out of town for business. Charles also had his own lawn business that he worked himself.



Physical Therapy at CHEER

Over 50 Years Serving Sussex Seniors

Located in the CHEER Centers
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



Newest Office in Harrington

COMPREHENSIVE PHYSICAL THERAPY SERVICES

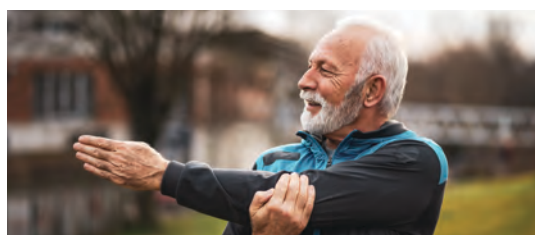
- Neck Pain
- Lower Back Pain
- Arm and Leg Pain
- Dry Needling
- Parkinsons
- Balance and Fall
- Prevention
- Lymphedema
- Pelvic Floor
- Treatments



Schedule Your Appointment!
(302) 422-2518

How to handle joint pain in the cold

Concerned about joint pain increasing as the temperature outside decreases? There are steps people dealing with joint pain can take for relief – one of them literally being to take steps.



“Definitely keep it moving,” she said.

“Maintain a healthy active lifestyle, even in cold weather,” said Dr. William Doran, DO, FAAOS, who cares for patients at TidalHealth Orthopedics. “If you can’t exercise because of weather or pain, range of motion exercises and stretching can be helpful.”

Courtney Caputo, PA-C, who works with Dr. Doran, said staying active doesn’t require a strenuous run or a contact team sport — a walk and stretching can fit the bill to improve mobility.

In addition to exercise, Caputo said people can find relief for more severe pain by using ice and over-the-counter anti-inflammatory medicines. Some people also use a brace to manage the pain.

Weight management is also important, she said, because a higher weight places more stress on a person’s joints, especially the knees.

There are also times when it’s best to see a medical professional. Some

examples of these incidences include locked-up knees, red-hot swollen joints, falls and injuries, Caputo said. In the winter, ice can be a factor in these falls.

If someone has joint pain and gentle exercise, stretching and medications haven’t helped, that’s another good reason to see a physician, Dr. Doran said.

Need further relief from joint pain or have another orthopedic concern? TidalHealth has orthopedic practitioners conveniently located in Seaford and Millsboro, Delaware, and Berlin, Maryland. To learn more and schedule an appointment, visit tidalhealth.org/orthopedics.

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

Getting It Together: 2026 Financial Goals for People 50+



Maximize Retirement Savings

- Utilize “Catch-Up” Contributions: The IRS allows individuals aged 50 and over to make additional “catch-up” contributions to retirement accounts. For 2026, the limits are:
 - Workplace Plans (401(k), 403(b), etc.): The standard limit is \$24,500, plus an additional \$8,000 catch-up, for a potential total of \$32,500.
 - IRAs (Traditional/Roth): The standard limit is \$7,500, plus an additional \$1,100 catch-up, for a total of \$8,600.
 - “Super” Catch-Up: A higher catch-up limit of \$11,250 is available for those aged 60-63 in workplace plans in 2026, bringing the maximum contribution to \$35,750.
- Savings Benchmarks: Aim to have saved at least eight times your annual income by age 60.

Strategic Planning and Portfolio Management

- Focus on Portfolio Resilience: Work with a financial advisor to ensure your investment portfolio aligns with your long-term goals and risk tolerance. Consider a mix of stocks for growth potential and bonds for stability.
- Assess Required Minimum Distributions (RMDs): If you are age 73 or older, ensure you are evaluating and taking your RMDs from tax-deferred accounts to avoid penalties.
- Plan for Healthcare Costs: Proactively plan for future medical expenses and explore options for long-term care insurance while you are in your 50s, before health qualifications become more restrictive.

General Financial Health and Protections

- Review and Update Key Documents: The new year is an excellent time to review and update estate planning documents, including wills, powers of attorney, and beneficiary designations on retirement accounts and life insurance policies.
- Manage High-Interest Debt: Develop a concrete strategy, such as the debt avalanche or snowball method, to tackle high-interest debt and free up more cash flow for savings and investments.
- Build/Replenish Emergency Fund: Aim for 3-6 months’ worth of expenses in an emergency fund, using a high-yield savings account to maximize interest earnings.
- Consult a Professional: Navigating complex decisions around investing and estate planning can be challenging. Consider consulting a professional for personalized guidance.

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!

Call 211 or visit STANDBYMEDE.ORG to schedule an appointment. Stand By Me is not affiliated with CHEER.



SATURDAY, MARCH 7
9 AM to 2 PM

Food Available for Sale

LOCATED AT



**CHEER COMMUNITY
CENTER**

Over 50 Years Serving Sussex Seniors

20520 Sand Hill Rd • Georgetown, DE

For more information contact
Robin Greene, rgreene@cheerde.com
or call (302) 515-3048
Visit us - www.cheerde.com

**RAFFLE
50/50**



CASH PRIZES

CHEER



February 10th • March 10th • April 14th

DOORS OPEN 4:30 p.m. • BINGO STARTS 5:30 p.m.

\$25 BINGO PACKAGE *Includes extra Jackpot card

Cafe Open 4:30 - 7 p.m.

| | | | | | |
|-----------------|-----|------------------------------------|---------|-------|-----|
| Hot Dog | \$5 | Combo \$7 (includes Chips & Drink) | Cookies | \$2 | |
| Cheeseburger | \$5 | Mozzarella Sticks | \$4 | Pies | \$3 |
| Chicken Tenders | \$5 | Soda/Water | \$2 | Chips | \$1 |

Community Center • 20520 Sand Hill Road • Georgetown, DE

***Must be 18 years old to play**



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



Helping is Rewarding... Join Our Team

Now Hiring Direct Care Workers

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OPERATION CHRISTMAS CHEER 2025





2026 TRIPS



FEBRUARY

Saturday, 02/21/2026

Travel Show located at
CHEER Community Center
20520 Sand Hill Road
Georgetown, DE
TIME: 10:00 AM-2:00 PM



MARCH

Monday, 03/02/2026

Philadelphia Flower Show
Price: \$95 per person
Cash, Check, Money Order only
Reservation Deadline: 2/13/2026
Departs from Milton CHEER Center
(See flyer or website for all details)

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)



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"



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)



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)



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)



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)



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By Lisa Harkins, RD, LDN,
CHEER Dietitian



Sweets for your Sweetie, and Your Health!

Chocolate, beloved by many around the world, is more than just a delicious treat. Research has uncovered a variety of health benefits associated with chocolate, especially dark chocolate. Rich in antioxidants and other nutrients, chocolate can have positive effects on several aspects of health when consumed in moderation.

Chocolate contains a significant amount of antioxidants, particularly flavonoids - plant-based compounds known to help protect the body from oxidative stress and free radical damage, which are known to increase our risk of cancer. Dark chocolate, in particular, has a higher concentration of

these beneficial compounds compared to milk chocolate, and note, unfortunately you won't find these health benefits in which chocolate, which typically contains zero cacao.

Numerous studies suggest that moderate consumption of dark chocolate may support our cardiovascular health as well. The flavonoids in chocolate can help lower blood pressure, improve blood flow to the heart, and reduce the risk of heart disease. Chocolate may also help decrease LDL ("bad") cholesterol while increasing HDL ("good") cholesterol.

And who doesn't love chocolate? A sweet treat is sure to put a smile on anyone's face! Chocolate is clinically known for its ability to improve mood. It stimulates the production of endorphins, the body's natural "feel-good" chemicals. Chocolate also contains small amounts of serotonin, which can act as an antidepressant and help boost overall mood and mental well-being. In addition, consuming chocolate may

have positive effects on brain health. The flavonoids found in chocolate can enhance cognitive function, improve memory, and increase attention span. Some research suggests that regular, moderate intake of chocolate may help reduce the risk of cognitive decline associated with aging.

Interestingly enough, chocolate's antioxidants may also benefit skin health. Flavonoids can help protect the skin from harmful UV rays, improve skin hydration, and enhance skin density and thickness.

While chocolate may offer a variety of health benefits ranging from heart and brain health to mood enhancement and skin protection, it is important to enjoy chocolate in moderation, as excessive consumption can lead to unwanted health effects due to its sugar and saturated fat content. Choose chocolate with a higher percentage of cacao, as these products will contain an increased amount of its beneficial flavonoids. ●

Healthy but Heavenly Chocolate Brownies

Makes 12 Servings

Ingredients:

Nonstick cooking spray with flour

- 1 cup almond flour
- 2/3 cup cane sugar or granulated sugar
- 1/3 cup cocoa powder or cacao powder
- 1/4 tsp fine sea salt
- 1/2 cup semi-sweet or dark chocolate chips/chunks (reserve 2 tbsp for topping)
- 1/4 cup extra virgin olive oil
- 2 large eggs, at room temperature
- 1 tsp vanilla extract flaky salt, for topping

Directions:

1. Preheat oven to 350F. Line an 8x8 inch baking dish with parchment paper. Place eggs in a small bowl of very warm water to let them come to room temperature.
2. In a medium or large mixing bowl, whisk almond flour, sugar, cocoa powder, and salt.
3. Add olive oil, room temp eggs, and vanilla and whisk until glossy and smooth. Mix in chocolate chips.
4. Pour into baking dish and top with chocolate chips. Bake for about 22 minutes. This will yield a perfectly fudgy brownie with chewy edges. (You can under-bake them for even fudgier brownies.)
5. Top with plenty of flaky salt and let them cool completely before slicing.



Nutrient Information (1 Brownie)

| | |
|-------------------|------------------|
| Calories 212 | Total Fat 11g |
| Protein 3g | Saturated Fat 3g |
| Carbohydrates 20g | Cholesterol 32mg |
| Fiber 2g | Sodium 62mg |

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