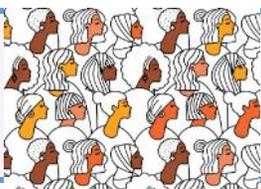


CHEER Coastal Leisure Center
MARCH 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>2 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY 12:30 Doodle Club!</p>	<p>3 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lisa Miller Entertains us over Lunch! 11:30 Lunch 11:30 MJ / Dominoes 12:15 Pinochle</p>	<p>4 8-4:30 Fitness/Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2:15 Bingo, \$3 donation 11:30 Lunch/Boost Memory 12 Poker 12-2:30 Chronic Con. Class 12:15 Knitting/Crocheting 2:30 Play Practice</p>	<p>5 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 10:30 Virtual Beckett's Bulletin (CHEER's CEO) 11 Parson's Farm Produce, Dagsboro 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Support</p>	<p>6 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 No Trip, Instead: March Madness Mingo w/ Margie - here! 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>
<p>9 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 10:45 Joyful Living, with Andrew 11:30 Lunch, \$ / M'ship 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY</p>	<p>10 8-4:30 Fitness /Puzzles 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle 12:30 Acrylic Painting Class with David of RAL!</p>	<p>11 8-4:30 Fitness/Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12-2:30 Chronic Con. Class 12 Poker 12:15 Knitting/Crocheting 2:30 Play Practice</p>	<p>12 8-4:30 Fitness/Puzzles 10 Chair Yoga w/Lori, \$5 10:15 CST for "42nd Street", RB and Nicola's Pizza, Lewes, if time permits \$30 - pay at sign up! 11:30 Lunch, \$ 12 Hand and Foot / MJ</p>	<p>13 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 First Watch then Habitat for Humanity ReStore, Lewes 10:30 Memory Café/MM 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>
<p>16 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY</p>	<p>17 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch/Pam Rehab.! 11:30 MJ / Dom's 12:15 Pinochle 12 Arts & Crafts Club with Judi, \$5</p>	<p>18 8-4:30 Fitness / Puzzles 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12-2:30 Chronic Con. Class 12 Poker 12:15 Knitting/Crocheting 2:30 Play Practice 2:30 Parkinsons Supp Grps</p>	<p>19 8-4:30 Fitness/Puzzles 9:30 Walmart in Rehoboth Beach and Irish Eyes in Lewes 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Supp Grp</p>	<p>20 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10 Flutterby House w/Flea Mkt+, FF, Porto Pizza and Grill, D'boro 10:30 Memory Café-Art w/ Sinead! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>

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MARCH 2026

**WOMEN'S
 HISTORY
 MONTH**

Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>23 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY w/ CARLOS!</p>	<p>24 8-4:30 Fitness Room / Jigsaw Puzzles 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit & Fit DVD w/Curtis 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle</p>	<p>25 8-4:30 Fitness Room / Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 11:30 Lunch, \$ 12-2:30 Chronic Con. Class 12 Poker 12:15 Knitting/Crocheting 2:30 Play Practice</p>	<p>26 8-4:30 Fitness/Puzzles 9:30 Delmarva Discovery Museum w/Otter Feeding and Dockside Bar & Grill, Pocomoke, MD, \$8 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MahJongg</p>	<p>27 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:15 Boscov's and Food Court, Dover Mall 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg</p>
<p>30 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 10 Walking Club 11 Food for Thought 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY with CARLOS!</p>	<p>31 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit & Fit DVD w/Curtis 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle 5-7 OV Players Perform Twilight Zone's "Hocus Pocus" w/Spaghetti Dinner, \$10 members / \$15 guests</p>	<p>COMING IN APRIL:</p> 		

Check out Coastal Leisure Center's website page:

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

