

APRIL 2026
FREE

CHEERful LIVING

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

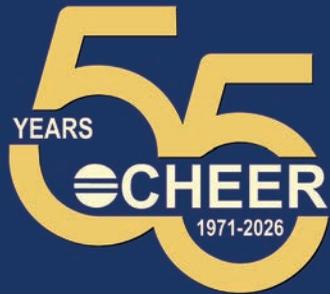


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Celebrating Volunteers

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.

Kathy Motak Singel

Editor, CHEERful Living

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CHEER HISTORY



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Fire and Ice



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Dine to Donate

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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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CEO Perspective

Each time I review our service reports, one number always causes me to pause. Last fiscal year, more than 41,000 hours of volunteer time were given to CHEER. That is not a feel-good statistic. It is a survival statistic. It is the reason we are able to do what we do. Behind that number are individuals who pack coolers, drive delivery routes, serve meals in our dining rooms, assist with activities, and check on neighbors who might otherwise spend the day alone. Those hours represent commitment, compassion, and community in action.

April gives us the opportunity to formally recognize those efforts during Volunteer Appreciation Month and, at CHEER, appreciation is more than ceremonial. It is deeply practical. Our volunteers are essential, especially in our Home Delivered Meals program. Every weekday, meals leave our kitchens and travel across Sussex County. Volunteers are the friendly faces at the door. They are often the extra set of eyes ensuring someone is safe and doing well.

Here is the reality: without volunteers, our costs would rise dramatically. If we had to replace more than 41,000 donated hours with paid labor, the financial strain would be significant. Instead, those hours allow us to stretch limited funding further toward food, fuel, staffing, and program support.

Even so, the need continues to grow.

Sussex County's senior population is expanding. More individuals are aging in place. More neighbors rely on a daily

meal, personal assistance, or a safe and engaging environment during the day. We need additional drivers. We need dining room helpers. We need individuals willing to give even a few hours a week.

If you have time, once a week or once a month, I encourage you to consider volunteering. A single route can change someone's day – and better your day! A few hours can strengthen an entire program.

*“Community
Makes It
Possible.”*

It is also important to understand how CHEER operates. We are a private, nonprofit organization. We are partially funded through contracts with the Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) for programs such as Personal Assistance Services (PASA), Adult Day Services, Caregiver Resources, Congregate meals at our senior centers, and Home Delivered Meals. However, those contracts do not fully cover the cost of providing services.

When a senior enjoys a nutritious meal, at home or at one of our centers, there are real expenses behind it. When a CHEER Direct Care Worker provides assistance that allows someone to remain safely at home, there are real operational costs. Food, utilities, vehicles, insurance, staffing, facilities, all must be sustained.



Beckett Wheatley, CEO

We rely on voluntary donations from the seniors we serve and from generous community supporters to help close the gap between contract funding and actual costs. Participation matters as well. Our funding levels are based on prior service numbers. Consistent attendance and engagement help protect and strengthen future funding.

In simple terms: volunteers extend our reach. Donations strengthen our foundation. Participation protects our future.

CHEER has served Sussex County seniors for more than five decades because people have stepped forward when needed. That has not changed.

This month, we celebrate those who already give so generously and we extend an invitation to anyone who may be ready to help.

If you are able, call CHEER. There is meaningful work waiting and, together, we will continue serving our community with strength and stability. ●

The Decisive Decade: CHEER's Vision Takes Flight (2000–2010)

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.



Community Center Under Construction Georgetown

If the 1990s were the years of laying the foundation, the first decade of the 21st century was when CHEER, Inc. truly built its house. Between January 1, 2000 and December 31, 2010, the organization transformed from a collection of senior centers into a comprehensive, multi-campus powerhouse that redefined what “aging in place” meant for Sussex County.

A Hub of Activity: The Sand Hill Era Begins

As the new millennium dawned, the Warren L. and Charles C. Allen, Jr. Multi-Purpose CHEER Community Center in Georgetown became the beating heart of the organization. What began as a bold \$million+ dream in late 1999 became a daily reality in 2000.

Under the steadfast leadership of Executive Director Arlene Littleton, the Georgetown campus quickly matured into a “one-stop shop” for seniors. The Sand Hill Café became the local “water cooler” for retirees, while the Later Lifestyle Center (now the adult day program) provided professional care that allowed families to keep their loved ones at home longer.

2005: The Year of the Grand Openings

While Georgetown was the hub, the mid-2000's saw a massive expansion of CHEER's physical footprint across the county. Two major milestones defined the year 2005:



Long Neck Center Ribbon Cutting May 2005

Coastal Leisure Activity Center (Ocean View): After years of “wandering” through temporary locations including a renovated restaurant, the seniors of Ocean View finally got a home of their own. The new center opened its doors next to a 55-and-over community, cementing CHEER's presence in the coastal region.

Pelican Cove Senior Activity Center (Long Neck): Formerly housed in the Oak Orchard Methodist Church, the Long Neck center moved into a modern, accessible space at the Shoppes at Long Neck. This move allowed for expanded fitness programs and social events that were previously impossible in the church basement.



Arlene Littleton
CHEER Director

Beyond the Centers: Innovation and Residency

The 2000's were also about thinking “outside the building.” CHEER realized that to keep seniors independent, they needed more than just a place to visit—they needed a place to live.

Residential Growth: The CHEER Campus continued to grow. By the mid-2000s, a 60-unit apartment complex, CHEER apartments, was fully integrated with the community center, creating a campus where a senior could live, eat, exercise, and receive medical support without ever leaving the property.

Continued page 5

**CHEER 1990's continued
from page 4**

Expansion of Home Services: While "Meals on Wheels" remained the flagship, the decade saw a surge in CHEER Home Services. Licensed personal care assistants began providing everything from medication reminders to advanced light housekeeping, allowing Sussex County residents to age with dignity in their own homes.



John Argo Facilities Manager



Ocean View Ribbon Cutting August 2005

The Silent Heroes

None of this growth would have been possible without the behind-the-scenes work of the facilities and nutrition teams. John Argo, the Facilities Manager during this era, was instrumental in maintaining the rapidly expanding campus and ensuring that the kitchen facilities could keep up with the demand of serving hundreds of thousands of meals annually.

Looking Ahead to 2010

As the decade drew to a close, CHEER remained a model for senior services nationwide. By December 2010, the organization had survived the Great Recession without cutting services, a testament to the community's support and the Allen brothers' early philanthropic boost. The decade ended with plans for even more growth, including the eventual relocation of the Slaughter Neck center

and further residential expansions.

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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Almost every weekday across Sussex County, a quiet but powerful act of community care takes place. Volunteers load insulated bags, check their route lists, and head out to deliver hot meals to seniors who can no longer easily shop, cook, or leave their homes. Most people understand the obvious benefit of a Meals on Wheels program: a senior receives a hot, nutritious meal. And even more important, they receive a friendly visit; a brief moment of connection that can brighten an otherwise lonely day. But the real impact of a home-delivered meal reaches far beyond the person opening the door.

Meals on Wheels strengthens families, supports caregivers, protects our healthcare system, and helps communities care for their elders with dignity. In many ways, it is one of the quiet pillars that allows our community to function well.

Peace of Mind for Families

For many families, the program provides something invaluable: reassurance. Children who live hours away can take comfort in knowing that someone is checking on their mother or father. A volunteer notices if something seems wrong, if the senior doesn't answer the door, or if their condition appears to be declining. That simple welfare check, paired with a warm meal, can be the difference between a small problem being addressed early or becoming a crisis. For caregivers who are already balancing work, children, and their own responsibilities, that peace of mind is priceless.

Helping Seniors Stay Where They Belong

Nearly every older adult shares the same wish: to remain in their own home for as long as possible. Meals on Wheels helps make that possible. By ensuring that seniors have reliable access to nutritious meals, the program supports independence and delays the need for costly institutional care. Many participants might otherwise struggle with grocery shopping, meal

More Than a Meal: Why Meals on Wheels Matters to All of Us



Joe Bryant with Fred Stigile

preparation, or proper nutrition. A dependable daily meal can be one of the key supports that allows someone to stay in the place they love most, their home.

Strengthening Our Healthcare System

The impact extends into our hospitals and healthcare providers as well. Good nutrition helps seniors maintain their health, manage chronic conditions, and avoid complications that can lead to emergency room visits or hospital stays. In a time when hospitals and healthcare systems are already under strain, programs like Meals on Wheels quietly help reduce preventable medical crises. Simply put, a nutritious meal today can prevent a medical emergency tomorrow.

Supporting the Entire Community

When you step back and look at the bigger picture, Meals on Wheels delivers benefits that ripple throughout the entire community. Among them:

- Reduced healthcare costs. Proper nutrition and routine wellness checks help prevent hospitalizations and costly medical interventions.
- Support for caregivers. Families caring for aging parents receive practical help that eases emotional and logistical stress.
- Early identification of problems. Volunteers often notice issues, health changes, safety concerns, or declining conditions, before they become emergencies.

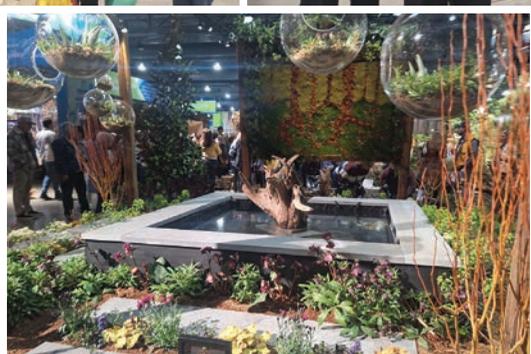
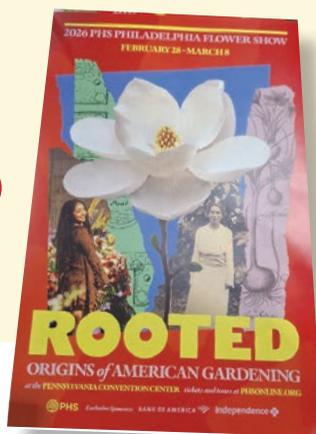
- Stronger social connection. Even a short daily visit helps reduce loneliness and isolation, which are now recognized as serious public health concerns among older adults.
- Economic efficiency. A delivered meal costs far less than the public expense associated with hospitalization or long-term care placement.
- Community engagement. Volunteers from all walks of life come together to serve their neighbors, strengthening bonds across generations.
- Dignity and respect for aging. The program reflects a community value that says our seniors matter and deserve care, attention, and respect.

Meals on Wheels works because it brings together many parts of the community, volunteers, donors, staff, and families, working toward a simple goal: ensuring that no senior is forgotten. The meal itself may only take a few minutes to deliver, but its impact lasts much longer. It reassures families. It supports caregivers. It promotes independence.

It protects health. And perhaps most importantly, it reminds our seniors that they are valued members of a community that cares.

In a world that often feels rushed and disconnected, that small daily knock on the door is a powerful reminder that kindness, and community, still matter.

Philadelphia Flower Show Travel Club Trip



The difference between an Acute Rehabilitation Hospital and Rehabilitation in a Skilled Nursing Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the postacute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisciplinary approach which includes : Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

To make a referral or ask a question about acute rehab please call 302-672- 5810 to speak to an admissions coordinator.

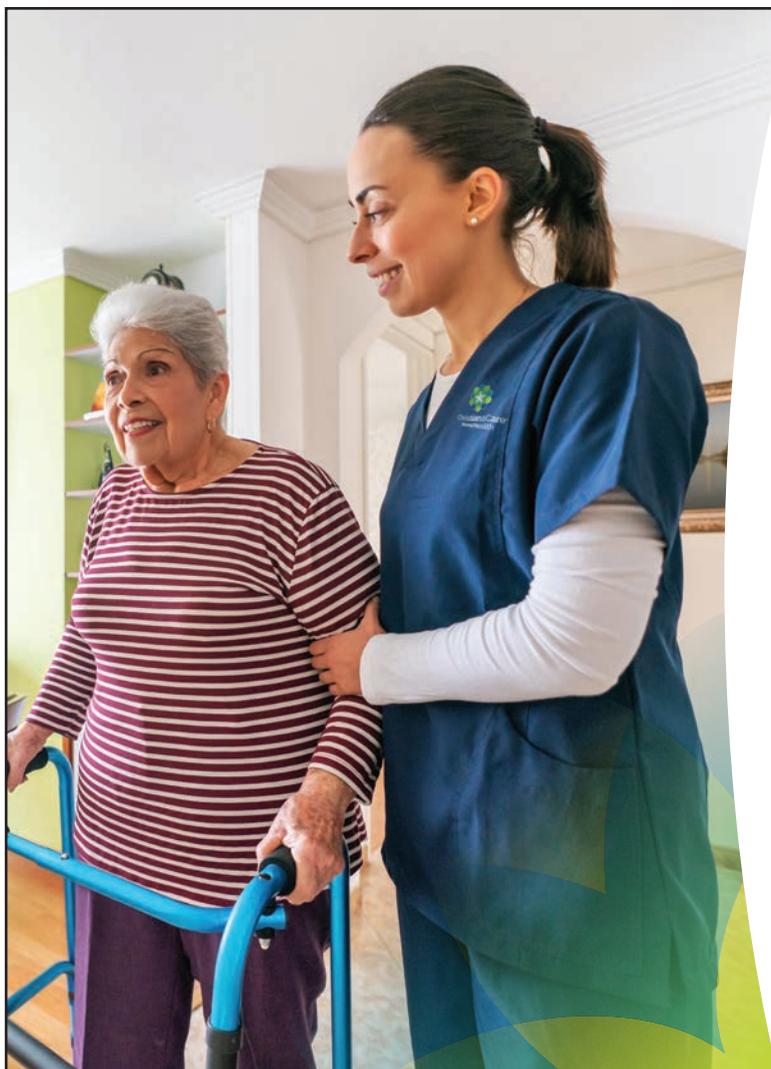
CHEER Receives \$10,000 Donation from Fire and Ice Festival

The recent Fire & Ice Festival — with its “In the First State” theme celebrating Delaware’s 250th anniversary — brought in more than \$51,000 in charitable contributions for area organizations. Recipients of the proceeds of ticketed events, merchandise sales and donation-driven activities gathered at The Salted Rim restaurant in Millville on Thursday, Feb. 26, to recognize the donations.

The Bethany-Fenwick Area Chamber of Commerce, which sponsored Fire & Ice for the ninth year, provided donations of varying amounts to 10 charitable organizations in the community. \$20,000 was raised through the sale of 657 tickets for the Tasting Tour, to be split between Sussex County Habitat for Humanity and CHEER for its Meals on Wheels home-delivered meal program.



Shown left to right: Representatives of Sussex County Habitat for Humanity, Bethany Fenwick Chamber, CHEER COO Tom Reardon and CHEER’s Coastal Leisure Senior Center Director Yolanda Gallego.



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**Community BINGO Open to the Public
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**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
 Cafe Open 4:30 - 7:30 p.m.**

*Must be 18 years old to play



Cruise-In



<p>June 10th Wednesday 4:30 - 7:30 pm</p> <p>Milton CHEER Activity Center 24855 Broadkill Road Milton, DE 19968</p>	<p>June 25th Thursday 4:30 - 7:30 pm</p> <p>Greenwood CHEER Activity Center 41 Schulze Road Greenwood, DE 19950</p>
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**FREE to Participate and Sightsee. Bring Your Car!
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www.cheerde.com

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

How CHEER Academy's Winter Programs Nourished Mind, Body & Spirit

Thriving Together: A Season of Healthy Living

This past winter, CHEER Academy opened its doors to a season unlike any other. With a clear and compelling mission — to promote healthy, balanced lifestyles in our community — the Academy offered a rich tapestry of seven dynamic programs designed to engage participants of all backgrounds. From the quiet focus of the chessboard to the energetic pulse of drumming, this semester proved that wellness is not one-size-fits-all.

The Winter Semester lineup reflected CHEER Academy's holistic approach to health — recognizing that true wellness encompasses the mind, the body, and the creative spirit. Each program was thoughtfully curated to offer participants a distinct pathway to growth and well-being. As one participant noted, "I am only sixty, I never thought about CHEER for my workout needs. Seeing the CHEER Academy classes being offered at different days and times has me really enjoying CHEER Academy".

Chess is the ultimate workout for the mind. Participants sharpened their strategic moves taught by Lester James. They enjoyed their evenings of play, socializing and snacks. They even began to use the time clocks, which gave that tournament feel.

Creative expression is a powerful form of self-care. CHEER's Art Classes invited participants to slow down, observe the world around them, and bring their inner visions to life through color, texture, and form. Whether sketching or painting, students discovered the calming, restorative power of making art.

Rooted in ancient Chinese tradition, Tai Chi brought a meditative, flowing movement practice to participants seeking



Square Dance Class



Tai Chi Class

balance and stress relief. With its gentle, deliberate sequences, Tai Chi proved to be a favorite among those looking to improve flexibility, reduce anxiety, and cultivate inner calm. CHEER Academy Program Manager, Jacquie Reilley explained, "I heard from many students that their balance felt so much stronger".

From strengthening poses to restorative stretches, CHEER's Yoga sessions guided participants in building physical strength, breath awareness, and mental clarity. Classes welcomed all fitness levels, making yoga an accessible and deeply nourishing practice for the

entire community. Offering this class in the evening was a huge success for our working folks.

In an age of rapid technological change, understanding AI is a form of empowerment. CHEER's Intro to AI course demystified artificial intelligence for everyday participants — exploring how to write friendly messages, plan trips, summarize articles and organize photos. Staying curious and informed is itself a pillar of a healthy, engaged life.

Perhaps the most energetic program of the semester, Cardio Drumming combined the joy of music with an invigorating full-body workout. Participants drummed their way to better cardiovascular health, improved coordination, and elevated moods --- all while having an absolute blast. The beat truly goes on when fitness feels this good.

Other classes, such as Square Dancing, really took off and will be offered again. One participant remarked, "My husband and I are in our 80's and we are having so much fun at our Square Dance Lessons."

The Winter Semester was more than a collection of classes — it was a community coming together in the pursuit of a healthier, more fulfilling life. CHEER Academy is proud of every participant who showed up, tried something new, and invested in themselves. As we look to the Spring Semester, we are more inspired than ever to continue expanding our offerings and deepening our commitment to whole-person wellness.

The Spring Semester starts the week of April 6, 2026. Sign up for classes or to be notified when the next semester of courses are offered at cheerde.com/cheer-academy. ●



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TO
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Volunteer Services Coordinator

546 South Bedford Street
Georgetown, DE 19947

Monica M. Mandujano,
Coordinator

(302) 515-0001, Ext. 1166



Celebrating Our Volunteers

April is National Volunteer Month, a time dedicated to recognizing the extraordinary individuals who give their time, talents, and hearts to make a difference. For us, it's more than just a month—it's a celebration of the people who are the very foundation of our mission.

Every hour you've spent helping, every smile you've shared, and every challenge you've embraced has left a lasting mark on our community.

Whether you've been with us for years or just joined recently, your contributions have created ripples of kindness that extend far beyond what you may see.

Amazing Volunteer Opportunities: Come Help Us Make a Difference

If you've ever felt the pull to give back, connect with others, and create real change, now is the perfect time to get involved. Volunteering isn't just about donating your time—it's about building stronger communities, uplifting those in need, and discovering the joy that comes from helping others.

Here are some inspiring ways you can join in and make an impact:

Georgetown Main Office: Receptionist

All of CHEER Centers: Meals on Wheel
Substitute Drivers

BINGO: Floaters

You've helped feed families, bring comfort to those in need, and inspire hope where it's needed most.

Your generosity is the heartbeat of our work. You remind us that change doesn't happen because of one person—it happens because of many people coming together with a shared purpose. From the bottom of our hearts, thank you for your unwavering



Easterseals Delaware & Maryland's Eastern Shore

commitment, your compassion, and your belief in what we do.

You are proof that kindness is powerful, contagious, and world-changing.

Why Volunteer?

Volunteering connects you with like-minded people, strengthens your community, and gives you a sense of purpose. Plus, you'll gain new skills, experiences, and memories that last a lifetime. ●

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Dr. Felice L. Buscaglia

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



Joan Stevenson celebrating St Patrick's Day, at Roxana Activity Center



We are hiring!

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or Call (302) 515-0001 Ext. 1012



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we provide **FREE**,
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Trinidad Navarro, Insurance Commissioner
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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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Beef And Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Skim Milk</p>	<p>2 Honey Bbq Chicken Baked Sweet Potato Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk</p>	<p>3 ALL CENTERS CLOSED</p>
<p>6 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>7 Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Ice Cream Skim Milk</p>	<p>8 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup Skim Milk</p>	<p>9 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Diced Peach Fluff Skim Milk</p>	<p>10 Shrimp Salad Dill Havarti Vegetable Pasta Salad Lettuce And Tomato Rice Crispy Bar Skim Milk</p>
<p>13 Swedish Meatballs Buttered Noodles Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk</p>	<p>14 Lemon Pepper Fish Steamed Or Baked Rice Capri Blend Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>15 Mushroom Pork Chop Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p>16 Honey Mustard Chicken Twice Baked Potato Casserole Turnip Greens Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p>17 Tomato Basil Soup Cuban Turkey Salad Dutch Potato Salad Chilled Pineapple Saltine Crackers Skim Milk</p>
<p>20 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk</p>	<p>21 Ratatouille Wild Rice Blend Buttered Spinach Whole Wheat Roll/Bread Applesauce Skim Milk</p>	<p>22 Shrimp Creole Grits Shredded Cheese Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk</p>	<p>23 Chicken And Dumplings Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Skim Milk</p>	<p>24 Crab Soup Chef Salad Fig Cookie Bar Saltine Crackers Skim Milk</p>
<p>27 Rigatoni Bolognese Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk</p>	<p>28 Turkey Divan Baked Mashed Potatoes Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>29 Baked Fish Florentine Mushroom Risotto Stewed Tomatoes Whole Wheat Roll/Bread Brownie Skim Milk</p>	<p>30 Chicken Cacciatore Garlic Herb Gnocchi Whole Wheat Roll/Bread Fresh Fruit Cup 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.



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Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



Crafts at the center

As we welcome April, we look forward to sunny days and more opportunities to gather with friends and family. We warmly encourage you to join activities at your local CHEER Center, where you'll always be greeted with kindness, connection, and a friendly smile.

At Café Salud, our April schedule is filled with exciting new beginnings — and we can't wait to share them with you! Café Salud is open every Tuesday and Wednesday from 4:00 p.m. to 8:00 p.m., and everyone is welcome.

We're thrilled to collaborate with CHEER Academy to offer a new class every Tuesday for 7 weeks — Eating Smart, Moving More — followed by 3 weeks of Around the Table, starting April 7th. It's a wonderful opportunity to learn, grow, and enjoy time together.

We're also delighted to welcome Gilberto Rodriguez back as he leads his inspiring Canvas Art class. Take time to brush up on your Spanish with our engaging Free Spanish Classes and be sure not to miss our special workshop with Maria from the Rehoboth Art League.

It's shaping up to be a beautiful season of learning, creativity, and community at Café Salud — and we hope you'll join us! ●

WEEKLY

Bingocize, Loteria, Spanish Classes, Zumba

REPEATS MONTHLY

Eating Smart Moving More, Art and Crafts, Spanish Class



ACTIVITIES

April 1st: Art Class with Gilberto Rodriguez -Bingocize-socialize

April 7th: Eating Smart Move More – Zumba -Socialize

April 8th: Spanish Class - Bingocize -Socialize

April 14th: Eating Smart Move More -Loteria-Socialize

April 15th: Garden Workshop with Jean

April 21th: Eating Smart Move More – Zumba - Socialize

April 22nd: Spanish Class - Bingocize - Socialize

April 28th: Eating Smart Move More – Loteria - Socialize

April 29th: Rehoboth Art League-Maria




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Crafts at the center



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.



National Wear Red Day: Pictured front row l to r: Priscilla Gaines, Julie Ruehling, Ruth Dorsey, Bonnie Fritz, Saverio Principato, Toni Sayles, Lynne Francis, Wilhelmina Dowdell, Doris Mason and Rita Poggi. Back row l to r: John Kinsler, Jimmy Mears, Mitchell Witman, Ginny (volunteer) Sarah Kerneklian, Gary Turner, Beth McGarril, Carol Anderson and Larry Nuse.

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

April 3:

Good Friday – Center Closed

April 5:

Happy Easter

April 6:

Arts and Crafts – 12:00 p.m.

April 16:

Arm Chair Travels - 10:30 a.m.

April 16:

Revive Sound Productions – 12:00 p.m.

April 16:

Dinner/Bingo – 4-6 p.m.



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Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

(302) 515-0001, Ext. 1361

Happenings

The Importance of Meals on Wheels Volunteers

Volunteers are the driving force behind Meals on Wheels (MOW) programs across the country. While nutritious meals are essential, the friendly face delivering them is often just as important.

For many older adults, a MOW volunteer may be the only person they see that day. A brief doorstep conversation, a warm smile, and a quick wellness check can ease loneliness and provide reassurance that someone cares. These simple moments of connection help seniors feel valued, safe, and supported in their own homes.

Beyond delivering meals, volunteers help strengthen independence. Their service allows older adults to remain in familiar surroundings while receiving the nourishment and social interaction they need to thrive.

Meals on Wheels volunteers do more than deliver food — they deliver compassion, dignity, and community. Their dedication truly makes a difference, one visit 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

2nd and 4th 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)

Monthly Shopping or Educational/ Entertainment Trip and Lunch out.

April 15th: Dutch Country Farmers Market—Departs 9:30 a.m.

SPECIAL HAPPENINGS

April 3:
Good Friday – Center Closed

April 1th: Thursday at 10:30 a.m.
Armchair Travels- Germany

April 8th: Wednesday at 10:00 a.m.
Visit from Greenwood Library

April 9th: Thursday at 10:30 a.m.
Lisa Miller

April 10th: Friday by appointment - Tech Help w/ Maddie

April 22nd: Wednesday at 10:30 a.m.
- Egg-Stravaganza Crafts- Easter Egg Crafts

April 23rd: Thursday at 10 a.m. - Senior Medical Patrol W/ Lysa Reid

April 24th: Friday at 10:00 a.m.
Unity Club Meeting

April 29th: Wednesday at 10:30 a.m.
Bingocize with Lyndsie

April 30th: Thursday at 9:30 a.m.
Positive Music Time with Randy



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34211 Woods Edge Drive
Lewes, DE

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

Happenings

Pace Your Life

Stay active and keep moving with our monthly Chair Exercise Program led by Pace Your Life!

Starting April 14, 2026, and held every second Tuesday of the month at 10:00 a.m., this supportive class focuses on improving strength, flexibility, balance, and overall wellness, all from the comfort of a chair. Regular exercise is important at every age. Gentle movement helps maintain mobility, boost energy, and support independence. Join us each month and take a simple step towards a healthier, more active you!

Well Care Stress Awareness and Bingo

Join us on Friday, April 17, 2026, for a special presentation on Stress Awareness with a guest speaker from Well Care.



Carol Parkhurst and Melody Jordan enjoying time at the center.



Valentine's day party listening to music with Lisa Miller

Beginning at 11:45 a.m., you'll learn helpful tips and practical strategies for recognizing and managing stress in everyday life.

Monthly Party with DJ Carroll Shmitt

Get ready to celebrate at our Monthly Party on April 24th! Join us for a morning filled with great food, wonderful company, and lively entertainment. Enjoy music and fun beginning at 10:30 a.m. with special entertainment provided by Carroll Shmitt. It's the perfect chance to relax, connect with friends, and enjoy a fantastic time together. We hope to see you there!

Candle Making Workshop

Join us for a Candle Making Workshop on Tuesday, May 12, 2026! Create your own all-natural candle with a signature fragrance, learn expert tips and techniques, and enjoy light refreshments while you craft and connect with others. *The cost is \$20 for members and \$25 for non-members.*

Tickets are limited and must be purchased by Tuesday, May 5, 2026. Tickets will go on sale April 6, 2026, be sure to secure yours early so you don't miss out on this fun and creative experience! ●

WEEKLY

Monday: Nickel Bingo and Mahjongg

Tuesday: Bible Study

Wednesday:

Nickel Bingo

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

April 3:

Good Friday – Center Closed

April 14th:

Tuesday at 10:00 a.m.

Chair Exercise Class with Pace Your Life

April 16th:

Thursday at 10:30 a.m.

April 17th:

Friday at 11:45 a.m. Well Care Presentation on Stress Awareness and Bingo

April 22nd:

Wednesday at 12:15 p.m. Defensive Driving Course

April 24th:

Friday at 10:30 a.m. Monthly Party, entertainment with DJ Carroll Shmitt

April 28th:

Tuesday at 4:30 p.m. Dinner and Prize Bingo

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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 April 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



Bill Eidem and Rosa Mathew playing Bingo



Linda Cillen, Christine Laukhuff, and Sallyann Suarez



Sharon Childress, Ronda Azmat

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

WEEKLY AND MONTHLY

Monday 9:15 a.m. Walmart

Wednesday

9:15 a.m. Bank, PO, Drug Store

Friday 10:00 a.m. Dollar Tree

SPECIAL HAPPENINGS

April 7th: Tuesday at 9:15 a.m.
Trip to Boscovs

April 8th: Wednesday at 12:00 p.m.
Membership Meeting

Wednesday at 4:00 p.m. Evening Penny
Bingo and Dinner

April 16th:

Thursday at 9:15 a.m. Trip to 55+ Expo
at Bally's in Dover

April 17th:

Friday at 10:00 a.m. Music
and Memories

April 21st:

Tuesday at 9:15 a.m.
Trip to Ollies

April 24th: Friday at 10:00 a.m. Mingo

April 29th: Wednesday at 12:00 p.m.
May Birthday Celebration

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Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

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



Happenings

Hello Spring!

Spring is in the air, and April brings a season of renewal, brighter days, and joyful gatherings at our center. As the weather warms and flowers begin to bloom, we are excited to celebrate Easter and the spirit of togetherness with each one of you. ●

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:
10:30 a.m. Arts and Crafts
12:45 p.m. Mexican Train and Games in Room B
1:00 p.m. Tai Chi/ Qigong with Deb



Centers sock hop! for valentine's day!



Shiela Powalski and Ben Carlson

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.

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
\$5.00 breakfast for guests under 60.
Trip to Dollar General 1:00 p.m.

SPECIAL HAPPENINGS

April 2nd: Easter Egg Decorating at 12:00 p.m.

April 3rd Good Friday – Center Closed

April 6th: Foot Health Screenings at No Cost! Private Screenings available starting at 10:00 a.m.

April 9th: Birthday Celebrations at 12 p.m., come celebrate your birthday with us!

April 13th: Milford Dunkin Donuts Trip, Departure from Center at 8:00 a.m., Members will return to Center after Trip.

April 15th: Dinner and Bingo with entertainment from 4 p.m. - 6 p.m.

April 20th: Foot Health Screenings at No Cost! Private Screenings available starting at 10:00 a.m.

April 21st: 10:00 a.m. Personal Safety / Home Security and Fraud with DSP Corporal Jackson



Having fun with crafts at the center

Ocean View Activity Center

30637 Cedar Neck Road
Ocean View, DE 19970

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



Happenings

Happy Earth Month – it's in our hands, so let's do what we can to be conscientious humans!

Even little acts make a difference, like trying to be more mindful of the resources we use, and so forth.

One of my all time favorite people, Dr. Jane Goodall, always said “You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.”

Please join us for lunch on Wednesday, April 1st as Tony Sciuto Entertains us! We have some interesting outdoorsy/naturey trips planned for the month, including our Goat Social Hour! Then we'll wrap up the month with a dinner and Richie & Guy performing on Tuesday, April 28th. Be sure to sign up and pay early, as our dinners do fill up.

Be sure to visit our Ocean View page on the CHEER website for our calendar, menu and pics! www.cheerde.com/ocean-view



Ceil Chodnicki sharing about her younger years in our lunchtime Reminisce



Ceil Pascuzzi Celebrating her 99th Birthday

Please refer to our monthly calendar for our regularly scheduled daily activities and classes.

Here are just two to bring to your attention:

Every Monday after lunch, join our new Bible Study group with Carlos and Tamira Ferrer – “Light of Hope”, 12:30 – 1:30 p.m.

Every Friday at 10:30 a.m., join our Memory Café group for games and activities to help boost memory. We now also have special Fridays planned for the 2nd and 3rd Fridays monthly: 2nd Friday is Mingo with DJ Dan, followed by music requests over the lunch hour and the 3rd Friday is Artful Travels with Sinead from the Rehoboth Art League.

Memory Café is open to the public and everyone is invited to join us afterwards for Lunch! ●

MONTHLY TRIPS

April 2nd: Samaritan's Thrift Shop and On The Way Café, Selbyville, 9:30 a.m.

April 3rd: CLOSED for Good Friday.

April 9th: Boscov's in Dover and Food Court for lunch, 9:00 a.m.

April 10th: James Farm Overview and Horseshoe Crabs talk in new buildings with The Center for Inland Bays, following Lunch at the Center, 12 noonish. (Tentative)

April 16th: Assawoman Wildlife Overlook's new Boardwalk Ramp for lovely views, following Lunch at the Center, 12 noonish.

April 17th: No Trip, instead join us at the Center for Artful Travels with Sinead during Memory Café today, 10:30 a.m.!

April 23rd: Goat Social Hour at Goat Joy Farm, Harbeson, 10 a.m., \$15 each – please pay at sign up. Returning to Center for a late lunch or Grab 'n Go.

April 24th: Assateague Island National Seashore's Life of the Marsh Boardwalk Trail, Drive Looking for Horses, followed by a Picnic Lunch, 9:30 a.m., \$5.50 (includes bus and lunch); Need 4 members to have their Lifetime Park Pass!

April 30th: Cape Henlopen State Park for a Walk & Talk with Kathleen or Nature Center Visit and Stroll, Big Oyster for lunch, 9:15 a.m. (Tentative)

SPECIAL HAPPENINGS

April 1st: 11:30 a.m. – 12:30 p.m. – Music over Lunch with Tony Sciuto (formerly a member of The Little River Band and Player)!

April 8th: 11:45 a.m. – 12:15 p.m. – Andrew Oxendine will share about his involvement with several community organizations!

April 22nd: 11:45 a.m. – 12:30 p.m. - Identity Theft and Prevention with Master Corporal Patrick Jackson of the DE State Police.

April 28th: 5 – 7 p.m. – a Spring Dinner followed by Richie & Guy Entertaining us (rescheduled from Jan. . .), \$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

Spring is in full bloom at the Roxana Senior Activity CHEER Center as members continue enjoying movement, cheer, and community throughout April.

April Observances

- April 1 – April Fools' Day
- April 3- Good Friday
Roxana CHEER Center: Closed
- April 7 – World Health Day
- April 20 – Easter Sunday
- April 22 – Earth Day
- April 30 – International Dance Day

April Birthdays:

Warm wishes to all members celebrating April birthdays! May your year be filled with good health and happiness.

The Roxana Senior Activity CHEER Center remains dedicated to promoting wellness, positivity, and connection as we welcome the spring season. ●

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:

April 6 – April 20: Pastor Dan and Betsy: Inspirational Music and Bible Study 10:00 a.m.

April 3: CLOSED "Good Friday"

April 7: Spanish Bingo with Monica 10:00 a.m.

April 10 – June 26:
Every Friday Morning
(12-week course) Chair Yoga with Barbara 10:00 a.m.

April 17: Blood Pressure Check with Erin PAM Health 10:00 a.m.

April 1–15: Dan Feth- Prize Mingo 10:00 a.m.

April 22: Dan Feth-Stump the DJ 10:00 a.m.

April 8: Easter Party and Games w/ Dan Feth 10:00 a.m.

April:

Friday Afternoon Rehoboth Art League Artful Journey 12:00 p.m.

April 13 and April 27: BINGOCIZE-PAM Health Erin 10:00 a.m.

April: Garden Therapy with Coastal Garden, Scavenger Hunt, Easter Bingo, Win Candy!!!

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

April 2: Parsons Farm Produce and Thrift Store

April 6: Dollar Tree and Grocery Store

April 9:TBD

April 13: Dollar Tree and Grocery Store

April 16-TBD

April 20: Dollar Tree and Grocery Store

April 23: Wal-Mart Trip
Group Choice of Food

April 27: Dollar Tree and Grocery Store

April 30: TBD

SPECIAL HAPPENINGS:

Upcoming Birthdays / Birthday Celebration:

April 17: Delo

April 20: Alice

April 21: Gary



Sand Hill Adult Day Program

20520 Sand Hill Road
Georgetown, DE 19947

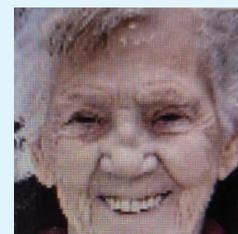
Cindy Mitchell, Director
(302) 515-0001, Ext. 1141



The Sand Hill Adult Day Program is a specialized day program serving senior citizens with Dementia. We encourage our members to be independent however we have nurses and aides available to provide needed assistance. The program battles the challenges of Dementia with creativity. We have several versions of the standard BINGO game such as color, 0-20, food and card bingo. We have also created a variety of table 8 games: color, number, letter, farm animal, UNO, and Card. These games help us continue our motto: "Everyone can be successful here!" ●

The Adult Day Program continues to celebrate its wonderful members with birthdays.

Beulah Lee was born in College Park, MD. She spent most of her adult life in MD and after retiring from UMGC she moved to DE to enjoy life near the beach. She has 2 daughters, and 2 grandchildren. Lee spent the last years of her time at UMGC in the IT department and then in Facilities Management. Lee has always loved animals. She and her wife have 3 cats, 2 dogs. She really enjoys live music and watching/listening to her wife's band play. Birthday, March 26.



Carol was born in Ashley, PA. She spent most of her adult life in Boothwyn, PA. She moved to Delaware in 1989. She has 3 daughters, 6 grandchildren and 11 great grandchildren. She was a Dept Manager at Acme Markets. Carol like spending time with family, traveling, dancing & supporting many civic organizations.



Catherine was born and raised in Laurel, Delaware. She has spent all of her life in Laurel with her 4 children. She has 9 grandchildren and 15 great grandchildren. She was a day care provider. Birthday, February 10.

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Have you heard people talking about DSCR and wondered what it is all about? It is a type of loan for investors to be able to use the expected rental income to be able to qualify.

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Most lenders allow an unlimited number of financed properties. You can close in an LLC. Eligible properties are single family homes, 2-4 units, condos, and short term rentals (Air BnB and VRBO).

Investors can tap into the equity in homes they already own to pull funds out to buy additional properties. This type of loan is a strategy to be able to build generational wealth.

Credit scores do play a factor in qualifying for a DSCR. Scores down to 620 are available but better pricing is in the 680-720+ range. 85% loan to value is offered with some lenders. Typical reserves required are 3-6 months. The Debt Service Coverage Ratio loan can be an excellent tool to building your real estate portfolio.

JoAnn Moore, Licensed Mortgage Loan Originator, NMLS #165477, The Mortgage Market of Delaware, LLC, Georgetown, Delaware 19947 302.236.1229 MMODJoAnn@aol.com

JoAnn Moore, Licensed Mortgage Loan Originator, NMLS #165477, Georgetown, Delaware 19947.
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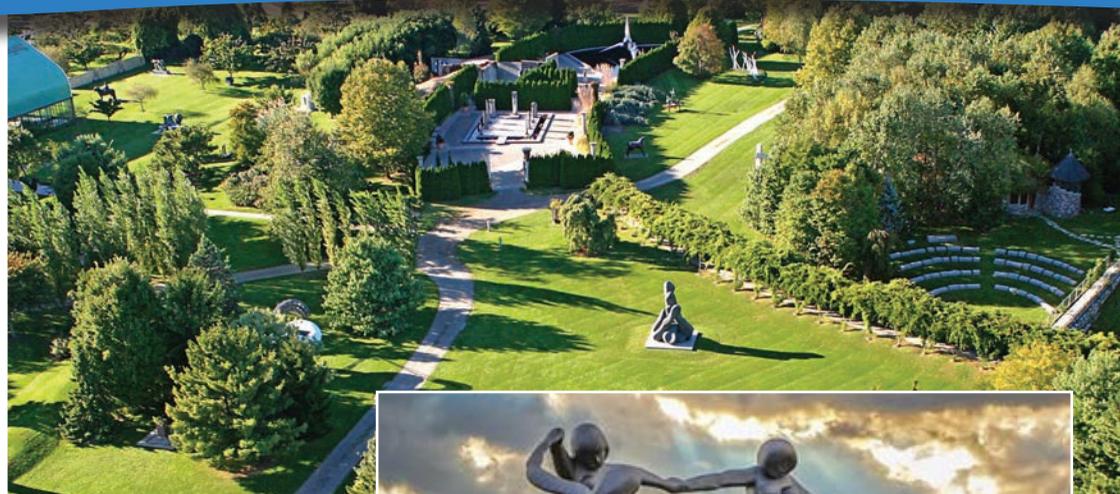
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Travel Club



Spring into Art: A Whimsical Escape to Grounds for Sculpture

If you've ever wanted to literally step inside a painting, now is your chance! This April, the CHEER Travel Club is partnering with Jolly Trolley Tours for a day trip to one of the most unique destinations on the East Coast: Grounds for Sculpture in Hamilton, New Jersey. Spanning 42 beautifully manicured acres, this isn't your average "hushed" art gallery. It's an immersive outdoor experience where art and nature play hide-and-seek. As you wander the winding pathways, you'll encounter over 300 contemporary sculptures tucked behind trees, lounging on lawns, and even "dining" by the water. Pack your walking shoes and your camera—you're going to want photos of these "living" statues!



What to Expect

From oversized abstract forms to playful recreations of famous Impressionist paintings, there is a surprise around every corner.

- **The Gardens:** Explore lush landscapes and serene ponds that serve as the perfect backdrop for creativity.
- **Indoor Galleries:** Take a stroll through rotating exhibitions featuring both world-renowned and emerging artists.

- **Dining Your Way:** Whether you want a quick bite at the casual café (perfect for a pastry and a latte) or a more sophisticated sit-down experience at the famous Rat's Restaurant, there's an option for every palate.

Trip Details & Logistics

Date: Monday, April 20, 2026

Departure: 8:00 AM from the Milton CHEER Center

Price: \$79 per person

How to Register

Ready to join us? Spaces fill up fast for our spring outings, so don't wait to grab your seat on the bus!

For more information or to reserve your spot, use your phone to activate the QR code or contact the CHEER Travel Club:

Phone: 302-515-0001 ext. 1100

Email: travel@cheerde.com

Online: www.cheerde.com/travel-club



Contact CHEER Travel Club:
for information and/or
reservations

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Stop by any CHEER Center
for flyer and reservation form.

Spring Craft FAIR



Welcome, TidalHealth Atlantic

Atlantic General Hospital in Berlin, Maryland, joined TidalHealth in 2025, but as of early March, the hospital has a new name: TidalHealth Atlantic. All the campuses, physician offices and diagnostic locations that were part of the Atlantic General Health System have also transitioned to naming that reflects the TidalHealth brand.

The rebranding reflects the health system's integration into the Salisbury, Maryland-based TidalHealth system and reinforces a shared commitment to delivering high-quality, accessible and patient-centered care across the region.

The transition to the TidalHealth name represents an important milestone in the partnership and positions the organization for continued growth, expanded access to care, and long-term investment in

the communities it serves.

The rebranding will not cause any disruption in care. All services, locations and care teams will remain the same and open, and patients will continue to receive care from the practitioners and team members they know and trust. Importantly, no jobs will be lost as part of this rebranding; in fact, opportunities for growth and sharing of best practices will continue to be encouraged.

TidalHealth Atlantic and its associated offices are now also using Epic's MyChart, the electronic health record that TidalHealth Peninsula Regional, TidalHealth Nanticoke, all TidalHealth Primary & Specialty Care offices and



some community practices also use. MyChart can be used to check in prior to appointments, view test results, message practitioners, pay bills online and request prescription refills.

Sign up for MyChart at www.tidalhealth.org/mychart or by downloading the app on the Apple App Store or Google Play store.

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

2027 Photo Contest!

Have your photo featured in the 2027 CHEER calendar! Photo contest starts, Monday, May 18, 2026.

Entries must be received by 5 pm Wednesday, July 15, 2026

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

Calendar PHOTO CONTEST 2027

2026 Travel Show





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, 0 SOLD OUT

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

SOLD OUT y,



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)



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By Lisa Harkins, RD, LDN,
CHEER Dietitian



April is National Foot Health Month! Eat for Healthy Feet!

Would you have guessed that proper nutrition plays a key role in promoting healthy feet, specifically vascular, nerve and joint health, as well as assures healthy skin and nails? Certain foods can help reduce inflammation, which increases your risk

for neuralgia, wounds, and arthritis, as well as help you maintain a healthy weight, which may decrease your risk for diabetes, gout, and wounds.

So what foods should you choose? Focus on fruits, vegetables, whole grains, nuts, seeds, and fatty fish such as salmon, sardines, and mackerel. These foods are rich in antioxidants and omega-3 fatty acids, which may help reduce systemic inflammation, which can result in psoriasis or even tendinitis. Reduce your consumption or completely avoid processed snacks, sugary drinks, and foods high in saturated or trans fats like butter and margarine, as these can promote inflammation and contribute to weight gain. Instead opt for olive oil, avocado, and

other sources of monounsaturated fats in mindful portions.

Limit red meat and high-sodium foods like sausage and bacon, and instead select lean proteins such as poultry, fish, or plant-based options; foods with excessive salt may increase swelling and blood pressure, resulting in edema, cellulitis or gout. Include low-fat dairy products, fortified plant-based milks, leafy greens, and fish with edible bones in your diet. And remember to drink plenty of water throughout the day to keep joints lubricated, and consider a daily Vitamin D and Calcium supplement, two nutrients which have demonstrated to be critical for bone health. ●

Strawberry-Kiwi Soy Smoothie

Makes 2 Servings (8 oz. each)

This smoothie features two fruits that are in season during April, and what better way to celebrate Spring than with a pretty and tasty pastel colored beverage!

Ingredients:

- 1 cup vanilla soy milk
- 1 cup chopped fresh or frozen strawberries pieces (unsweetened)
- 1/2 cup peeled and chopped fresh or frozen kiwi chunks
- 1 packet of low-calorie sweetener or 1 TBSP of Agave Nectar
- Optional: 2-3 fresh mint leaves, blended

Nutrient Info per 8 oz:

Calories: 202
Total Fat: 4g
Protein: 8g
Carbs: 37g
Fiber: 7g
Cholesterol: 0mg
Sodium: 101mg

Directions:

- Put all ingredients into a blender and blend until smooth.





GRAB & GO MEALS

Did you know that you can get a healthy, delicious meal “to go” every day 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 Age 60 Up

\$3.50

All for all others open to the public

\$5.00

No membership necessary

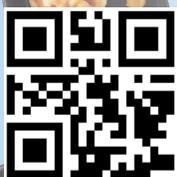
Meals are available at Senior Activity Centers: Georgetown, Greenwood, Harbour Lights Lewes, Long Neck, Milton, Ocean View and Roxana

Eat in or to Go!

Hours Available:

Grab and Go: Monday-Friday 10 am - 4 pm

Dine In: 11:30 am - 12:30 pm



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By joining forces, we're bringing more resources, more coordinated care and more ways to access the services you need, close to home. That means a stronger network of practitioners, more connected medical records and smoother transitions between offices, specialists and hospital care.

What won't change: the people you count on, the compassionate care you expect and our commitment to treat every patient like family.

Learn more at tidalhealth.org/bettertogether

