

**CHEER Coastal Leisure  
Center**




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

Mon	Tue	Wed	Thu	Fri
		<p><b>1</b> 8-4:30 Fitness/Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10-2:15 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ - <b>Music over Lunch w/Tony Sciuto!!!</b> 12 <b>Poker</b> 12:15 <b>Knitting/Crocheting</b></p>	<p><b>2</b> 8-4:30 Fitness/Puzzles 9:30 <b>Samaritan's Thrift Shop and On The Way Café, Selbyville</b> 10 <b>Pickleball</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12 <b>Hand and Foot / MJ</b> 1 <b>Alz. Caregiver Support</b></p>	<p><b>3</b> <b>CLOSED FOR GOOD FRIDAY</b></p>
<p><b>6</b> 8-4:30 Fitness / Puzzle 9 <b>Yoga with Susan, \$5</b> 10 <b>Walking Club</b> 11 <b>Food for Thought</b> 11:30 Lunch, \$ / M'ship 12 <b>MahJongg</b> 12:15 <b>Shopping+/Quilt</b> 12:30 <b>BIBLE STUDY</b> 12:30 <b>DOODLE CLUB</b>-bring a hat to decorate</p>	<p><b>7</b> 8-4:30 Fitness /Puzzles 9:30 <b>Hand and Foot</b> 10 <b>Pickleball</b> 10 <b>Chair Yoga, \$5</b> 10:30 <b>Sit and Fit DVD</b> 11:30 Lunch, \$ 11:30 <b>MJ / Dominoes</b> 12:15 <b>Pinochle</b></p>	<p><b>8</b> 8-4:30 Fitness/Puzzles+ 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ <b>Lunch 'n Learn w/Andrew O.</b> 12 <b>Poker</b> 12:15 <b>Knitting/Crocheting</b></p>	<p><b>9</b> 8-4:30 Fitness/Puzzles 9 <b>Boscov's in Dover with Food Court for Lunch</b> 10 <b>Pickleball</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12 <b>Hand and Foot / MJ</b></p>	<p><b>10</b> 8-4:30 Fitness/Puzzles 9 <b>Beginner Tai Chi, \$3</b> 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café/MM</b> 11:30 Lunch, \$ 11:30 <b>Dominoes</b> 12 <b>James Farm Nature Preserve Overview (tent.)</b> after Center Lunch 12 <b>Poker / Mahjongg</b></p>
<p><b>13</b> 8-4:30 Fitness/Puzzle 9 <b>Yoga with Susan, \$5</b> 10 <b>Walking Club</b> 10:45 <b>Joyful Living, with Andrew</b> 11:30 Lunch, \$ 12 <b>MahJongg</b> 12:15 <b>Shopping+/Quilt</b> 12:30 <b>BIBLE STUDY</b></p>	<p><b>14</b> 8-4:30 Fitness/Puzzles 9:30 <b>Hand and Foot</b> 10 <b>Pickleball</b> 10 <b>Chair Yoga, \$5</b> 10:30 <b>Sit and Fit DVD</b> 11:30 Lunch 11:30 <b>MJ / Dom's</b> 12:15 <b>Pinochle</b> 12:30 <b>Acrylic Painting Class w/David of RAL!</b></p>	<p><b>15</b> 8-4:30 Fitness / Puzzles 9 <b>Yoga with Susan, \$5</b> 9-10 Breakfast, \$2.50, 60+ 10-2 <b>Bingo, \$3 donation</b> 11:30 Lunch, \$ 12 <b>Poker</b> 12:15 <b>Knitting/Crocheting</b> 2:30 <b>Parkinsons Supp Grps</b></p>	<p><b>16</b> 8-4:30 Fitness/Puzzles 10 <b>Pickleball</b> 10 <b>Chair Yoga w/Lori, \$5</b> 11:30 Lunch, \$ 12 <b>Assawoman Wildlife Overlook B'walk, after Center Lunch</b> 12 <b>Hand and Foot / MJ</b> 1 <b>Alz. Caregiver Supp Grp</b></p>	<p><b>17</b> 8-4:30 Fitness/Puzzles 9 <b>Beginner Tai Chi, \$3</b> 9:30 <b>Tai Chi w/Ellen, \$5</b> 10:30 <b>Memory Café / Art Around The World with Sinead!</b> 11:30 Lunch, \$ 11:30 <b>Dominoes</b> 12 <b>Poker / Mahjongg</b></p>

**CHEER Coastal Leisure Center**  
**APRIL 2026**



**Phone: 302.539.2671**  
**Email: ygallego@cheerde.com**

Mon	Tue	Wed	Thu	Fri
<p>20            8-4:30 Fitness/Puzzle            9 <b>Yoga with Susan, \$5</b>            10 <b>Walking Club</b>            11 <b>Food for Thought</b>            11:30 Lunch, \$            12 <b>MahJongg</b>            12:15 <b>Shopping+/Quilt</b>            12:30 <b>BIBLE STUDY w/ CARLOS!</b></p>	<p>21            8-4:30 Fitness Room / Jigsaw Puzzles            9:30 Hand and Foot            10 <b>Pickleball</b>            10 <b>Chair Yoga, \$5</b>            10:30 <b>Sit and Fit DVD</b>            11:30—12:30 Lunch            11:30 <b>MJ / Dom's</b>            12:15 <b>Pinochle</b>            12 <b>Arts &amp; Crafts Club with Judi, \$5</b></p>	<p>22 <b>Happy Earth Day!!!</b>            8-4:30 Fitness Room / Jigsaw Puzzles+            9 <b>Yoga with Susan, \$5</b>            9-10 Breakfast, \$2.50, 60+            10-2 <b>Bingo, \$3 donation</b>            11:30 Lunch, \$            11:45 <b>L'n L w/M. Corp. P. Jackson, DE State Police</b>            12 <b>Poker</b>            12:15 <b>Knitting/Crocheting</b></p>	<p>23            8-4:30 Fitness/Puzzles            9:50 <b>Goat Social Hour, Harbeson, \$15 - pay at Sign up. Return to Center for a Grab &amp; Go Meal!</b>            10 <b>Pickleball</b>            10 <b>Chair Yoga w/Lori, \$5</b>            11:30 Lunch, \$            12 <b>Hand and Foot - MahJongg</b></p>	<p>24            8-4:30 Fitness/Puzzles            9 <b>Beginner Tai Chi, \$3</b>            9:30 <b>Tai Chi w/Ellen, \$5</b>            9:30 <b>Ocean City, MD Springfest!</b>            10:30 <b>Memory Café</b> 11:30 Lunch, \$            11:30 <b>Dominoes</b>            12 <b>Poker/Mahjongg</b></p>
<p>27            8-4:30 Fitness / Puzzle            9 <b>Yoga with Susan, \$5</b>            10 <b>Walking Club</b>            11 <b>Food for Thought</b>            11:30 Lunch, \$            12 <b>MahJongg</b>            12:15 <b>Shopping+/Quilt</b>            12:30 <b>BIBLE STUDY w/ CARLOS!</b></p>	<p>28            8-4:30 Fitness / Puzzles            9:30 Hand and Foot            10 <b>Pickleball</b>            10 <b>Chair Yoga, \$5</b>            10:30 <b>Sit &amp; Fit DVD</b>            11:30 Lunch, \$            11:30 <b>MJ / Dom's</b>            12:15 <b>Pinochle</b>            5 <b>Spring Dinner followed by Richie &amp; Guy Entertaining us—bring your dancing shoes! Pay at sign up \$10 M / \$15 Guests</b></p>	<p>29            8-4:30 Fitness Room / Jigsaw Puzzles+            9 <b>Yoga with Susan, \$5</b>            9-10 Breakfast, \$2.50, 60+            10-2 <b>Bingo, \$3 donation</b>            11:30 Lunch, \$            12 <b>Poker</b>            12:15 <b>Knitting/Crocheting</b></p>	<p>30            8-4:30 Fitness/Puzzles            9:30 <b>Assateague Island National Seashore Life of the Marsh B'walk Trail/ Picnic Lunch, \$5.50 - bring your Lifetime Park Pass (includes bus and lunch)!</b>            10 <b>Pickleball</b>            10 <b>Chair Yoga w/Lori, \$5</b>            11:30 Lunch, \$            12 <b>Hand and Foot / MJ</b>            1 <b>Alz. Caregiver Support</b></p>	<p style="text-align: center;"><b>May</b>  <b>Lunch</b>  <b>DOLLAR DAYS</b>  <b>For</b></p> <p style="text-align: center;"><b>OLDER AMERICANS MONTH</b></p>  <p style="text-align: center;"><small>CHAMPION YOUR HEALTH: MAY 2026</small></p>

Check out Coastal Leisure Center's website page:

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



Over 50 Years Serving Sussex Seniors