

MAY 2026
FREE

CHEERful LIVING

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



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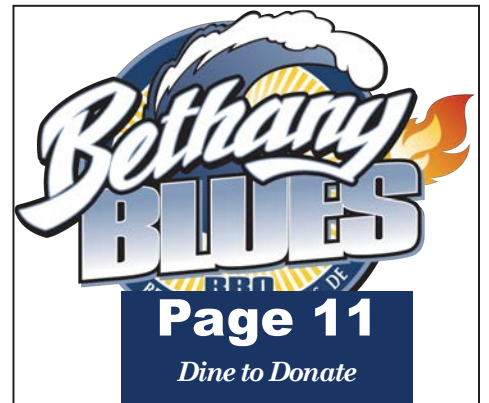
Senior Corporal Ashley M. Stetser
and Greenwood Volunteer Bob Creamer



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CHEERful Living

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

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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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SCAN ME



WE CARE FOR YOUR SKIN!

CEO Perspective

There is something quietly remarkable about the way people grow older in Sussex County.

It's not just about years - it's about resilience, independence, and a deep connection to community. Many of the seniors we serve have spent decades building families, careers, neighborhoods, and traditions. They have given so much of themselves over time. What matters now is making sure they have the support they need to continue living life on their own terms.

That's where the real work begins.

Aging well doesn't happen by accident. It takes access to meals, to transportation, to care, to connection. In a county as large and spread out as ours, those needs can quickly become barriers. A missed ride can mean a missed appointment. A lack of access to groceries can mean poor nutrition. A few days without meaningful interaction can turn into isolation. These are not small issues. They are the everyday realities many seniors face.

At CHEER, we see both the challenges and the possibilities. Every day, across our centers and programs, we work to close those gaps. Whether it's a hot meal served in a welcoming environment, a home-delivered meal that arrives with a smile, a safe place for adult day services, or transportation that keeps someone connected to their community, we are focused on helping seniors maintain their independence and quality of life.

But what often gets overlooked is how much these services mean beyond the surface.

A meal is never just a meal. It is reassurance. It is consistency. It is a moment of human connection.

A ride is never just transportation. It is access to healthcare, to friendships, to purpose.

A program is never just a service. It is dignity.

That's the standard we hold ourselves to.

As we continue to grow and adapt, one thing is clear: the needs of our senior population are not slowing down. In fact, they are increasing. More individuals are choosing, or needing, to remain in their homes longer. Families are balancing caregiving with work and other responsibilities and communities are being asked to step up in new ways.

***“Independence
Doesn't
Happen Alone”***

CHEER is committed to meeting that moment.

That means continuing to strengthen our programs. It means expanding our reach. It means investing in systems, staff, and partnerships that allow us to serve more people, more effectively. It means being honest about one important truth: these services are not free. They are made possible through a combination of support: state partnerships, client and community donations, volunteers, and individuals who believe in what we do.

It truly takes all of us.



Beckett Wheatley, CEO

If you are a senior reading this, I encourage you to take advantage of what is available to you. Stay connected. Stay engaged. Reach out. There is no benefit to navigating these challenges alone when support exists right here in your community.

If you are a family member, neighbor, or friend, take a moment to check in on someone you know. A simple conversation can make a meaningful difference.

If you are someone looking for a way to give back, consider how you might be part of the solution - whether through volunteering, supporting our programs, or helping spread awareness. Because, at the end of the day, the strength of a community is reflected in how it supports those who helped build it.

At CHEER, we are proud to stand alongside the seniors of Sussex County, not just in service, but in partnership. Together, we can make sure that growing older here continues to mean living well. ●

Growth, Legacy, and Resilience: CHEER's Transformative Decade (2011–2020)

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.

As the 2010s dawned, Sussex County, Delaware, underwent a seismic demographic shift. Its proximity to major mid-Atlantic and New England hubs transformed the region into a premier retirement destination. With this influx of new residents came an increased demand for community, support, and innovation—a challenge CHEER, Inc. met head-on during one of its most pivotal decades.

The Great Migration: Sussex County as a Retirement Hub

The period between 2011 and 2020 saw Sussex County evolve from a quiet coastal getaway into a vibrant sanctuary for seniors. Retirees from cities like Philadelphia, New York, and DC flocked to the area, drawn by the quality of life and the robust support systems available. CHEER's social importance grew in tandem with this population boom, necessitating not just more buildings, but more creative ways to keep seniors engaged and independent.

Passing the Torch: A Change in Leadership

In April 2016, the organization reached a historic milestone: the retirement of Arlene Littleton. For more than 30 years, Littleton served as the architect of CHEER's growth, earning a reputation as



Florence Mason

a visionary leader and a fierce advocate for senior services.

The transition, however, was seamless. Ken Bock, who had served as Littleton's deputy director for a decade, stepped into the role of Executive Director. Under his leadership, CHEER "soared to new heights," introducing modern programs that reflected the changing needs of a tech-savvier and more active senior demographic.

Feeding the Soul: The Florence Mason Legacy

The early days of 2020 were marked by both celebration and reflection. In January, Florence Mason, the longtime



Arlene Littleton



Ken Bock

Continued page 5

CHEER 2011-2020's continued from page 4

Nutrition Program Director, retired after nearly 30 years of service. As the “guiding hand” behind millions of meals, her impact was immortalized when CHEER dedicated its newly constructed central kitchen in her name.

“Florence Mason wasn’t just managing a program; she was ensuring that no senior in Sussex County ever had to wonder where their next meal was coming from.”

**The Pandemic Pivot:
Resilience in the Dark**

The joy of the kitchen dedication was quickly overshadowed by the arrival of the global **COVID-19 pandemic** in March 2020. Almost overnight, the bustling calendars of CHEER’s activity centers—once filled with dances, social clubs, and tournaments—were wiped clean.

As the nation entered lockdown, CHEER’s mission shifted from social engagement to frontline survival:

- **Wellness Checks:** Staff and volunteers pivoted to telephone outreach, ensuring members felt connected despite the isolation.
- **The Nutrition Lifeline:** Meal deliveries continued without interruption, reaching those most vulnerable to the virus.
- **Essential Grocery Shopping:** Recognizing that many seniors were too fearful to enter stores, CHEER launched a grocery shopping program to deliver staples like milk, bread, directly to homebound clients.

A Decade Defined by Heart

Though 2020 ended under the shadow of the pandemic, it also highlighted the unbreakable spirit of the CHEER community. While the centers were physically closed, the bonds between staff and seniors grew stronger. The decade concluded not just with a list of achievements, but with a profound demonstration of resilience, proving that even in the darkest times, CHEER could find a way to bring brightness to the lives of those it served.

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. ●



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Joe Bryant, Megan Jordan, Susan Dubb, Melissa Meck, Walt Koopman, Beckett Wheatley and Ed Miller



Senator Russ Huxtable and DSHA Director Matthew Heckles

Local Leaders and State Officials Deliver Hope: in Celebration of March for Meals

CHEER celebrated its “Community Champions Week”, a cornerstone of the national March for Meals celebration, from March 16 through March 19. The monthlong campaign, launched by Meals on Wheels America, recognizes the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. That legislation helped create the nationwide Meals on Wheels network. That network now delivers 247 million meals to nearly 2.8 million seniors each year. The week of special deliveries draws attention to a growing need, as approximately 12,000 Americans turn 60 every day.

This year’s event carried extra significance as it coincided with the 55th anniversary of the senior nutrition program and is CHEER’s 55th Anniversary. The scale of the local operation remains a testament to community dedication: over the past year, a workforce of 418 volunteers devoted 18,585 hours to ensure that 312,863 meals reached the doors of 1,808 homebound neighbors.

Nonprofit partners, local and state officials joined CHEER’s frontline heroes to deliver nutritious meals and vital wellness checks to homebound seniors throughout Sussex County.

“Seeing our local and state officials step into the shoes of our volunteers is powerful,” said **Beckett Wheatley, CHEER CEO**. “It reinforces the message that when we deliver a meal, we are delivering independence. It was an honor to show our leaders that with over a quarter-million meals delivered last year; we aren’t just a nutrition program—we are a lifeline.”

Among the “Champions” participating was **Delaware Transportation Secretary Shante Hastings**, who delivered meals in the Greenwood area. Afterward, she emphasized the critical role infrastructure plays in senior health.

“I often say transportation affects everyone, even if you don’t leave your home,” said Secretary Hastings. “Meals on Wheels uses transportation to give people a meal and sometimes the only human interaction they have in a day or week. I’m grateful to be included in the 55th anniversary of the program and we look forward to partnering in the future.”

Delaware Senator Russ Huxtable has participated in March for Meals for several years. This year he delivered meals in the Milton area. Afterward, he remarked, “It was my pleasure to be able



Sussex County Council woman Jane Gruenebaum, volunteer Valarie Zarro and Edward Smith



Jane Wilkins and Master Corporal Derek Cathell

to join CHEER, the volunteers, and the families served. The important part is that it isn’t work. It’s neighbor helping neighbor, it’s showing love in action and isn’t that the most beautiful part of what makes a community, a community?”



Rob Grundy and Master Corporal Patrick Jackson



Sheriff Robert Lee, Brent Peterson, Stacy Hart, Beckett Wheatley, Walt Koopman and Chief Deputy Sheriff Steve Smyk



Secretary Shante Hastings and Greenwood Rosanne Melson



Bonnie Hall Treasurer, Nanticoke Indian Tribe Council



Ocean View Mayor John Reddington and Town Manager Carol Houck

Delaware State Housing Authority Director Matthew Heckles, who also delivered a route in the Milton area shared, “The state is a caring institution, and we want to make sure that we’re available, and not only that we’re doing what we think is right, but making sure that we are doing what Meals on Wheels thinks is right and what they need from us. CHEER is running an impressive Meals on Wheels operation. It was a privilege to help the regular volunteers deliver meals, and especially to talk with residents and hear how the food delivery makes a difference.”

Sussex County Councilwoman **Jane Gruenebaum** joined CHEER to deliver meals to seniors in the Long Neck area. Gruenebaum said CHEER enables vulnerable seniors to “age in place,” which helps strengthen their bond to their neighborhoods and communities.

“The only way a lot of people can do that is through the help that the CHEER Center and other groups provide,” she said. “So, for me as a council member, it’s great to get out into the community to see where the need is, to see how these needs are being met and just to be aware of what we at the county level can do to be helpful.” Bonnie Hall, Treasurer of Nanticoke Indian Tribe Council, helped pack meals in Long Neck.

The Delaware State Police also had representatives deliver meals. **Corporal Patrick Jackson** delivered meals in the Ocean View area while Corporal **Ashley Stetser** delivered meals in Greenwood. **Ocean View Mayor John Reddington** and **Town Manager Carol Houck** again delivered meals in the Ocean View area.

In Georgetown, where CHEER’s “Central Kitchen” is located, several dignitaries and partners helped pack

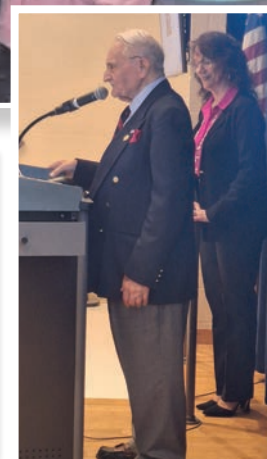
meals to be delivered to CHEER centers throughout the county. These participants included **CHEER Board President Walter Koopman**, **Sussex Sheriff Robert Lee**, **Chief Deputy Steve Smyk**, **DSP Master Corporal Derek Cathell**, **Joe Bryant** and **Melissa Meck** from **Delaware Division of Services for Aging and Adults with Physical Disabilities**.

While the “Community Champions” have finished their routes, the “March for Meals” awareness campaign continues to bring awareness for the funding and volunteer support necessary to sustain these efforts.

“Our partnership with CHEER is vital,” added **Susan Dubb, Development Director for Meals on Wheels Delaware**. “This week proved once again that when Sussex County leaders and residents stand together, we can ensure no senior is forgotten.” Ms. Dubb was also on hand to help pack meals.

CHEER extends its deepest gratitude to the officials and volunteers who made this week a success. As the senior population continues to grow, CHEER is always seeking new volunteers and volunteer groups to help cover its expansive Sussex County routes. To find out more or to become involved, visit www.cheerde.com/volunteer, email volunteer@cheerde.com or call (302) 515-0001 x1166. ●

CHEER Annual Staff Meeting



Spend More Time in Your Happy Place!

Get the care you need from home health professionals you can trust.

For most of us, there's no place like home. That's why, for over a century, we've provided exceptional home health services to our friends and neighbors.

Our specially trained professionals can help you or someone you love:

- Recover faster after surgery or childbirth
- Manage chronic health conditions
- Adapt to new diagnosis and needs
- Keep up with medicines and routine activities
- Continue living independently and safely

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Bridging the Gap: Finding Legitimate Remote Work in Your Golden Years

Leslie, a CHEER member, recently contacted us with an idea for an article.



She said, “So many seniors need to work to stay in their homes. It breaks my heart to see them standing for minimum wage jobs. There are many opportunities offered to work from home and some make a lot of money at these jobs. So how do you know which offers are legitimate? Of course, so much spam is out there and targeting seniors”.

We agree with Leslie, this is a great topic. After doing some research and contacting the Fraud Unit of Delaware State Police we learned a few things to share.

For many seniors today, the “golden years” have taken on a different hue. Rising property taxes and the cost of living mean that staying in a beloved family home often requires a second act in the workforce. This shouldn’t mean long hours standing at a register or waiting tables.

The good news is that the digital economy offers a dignified alternative: working from home. Remote work eliminates the physical

strain of standing and the expense of a commute. However, the internet can be a minefield. Scammers frequently target seniors with “get rich quick” promises, exploiting the very financial pressure many are feeling. In fact, according to the FTC, the

median loss for victims of these scams is a staggering \$2,000.

So, how do you distinguish a lifeline from a letdown?

Spotting the Red Flags

According to the FTC and AARP, legitimate employers will never ask you to pay for a job. Walk away if an offer requires you to buy “starter kits,” pay for “mandatory training,” or purchase equipment up-front. Be especially wary of “reshipping” roles or “medical billing” offers that promise high pay for little experience.

A classic warning sign is the “fake check” scam. An employer sends you a check to buy supplies, asking you to wire back the “leftover” funds. The check eventually bounces, leaving you responsible for the lost

money and potentially a victim of identity theft.

Finding the Real Deals

Legitimate remote work often involves skills you already possess. Look for roles in:

- Customer Service: Answering phones for reputable retailers.
- Virtual Assisting: Helping businesses with scheduling and emails.
- Tutoring: Sharing your expertise via video chat.

Protecting Yourself

Before applying, search the company name online with the word “scam.” Use trusted job boards like the AARP Job Board or FlexJobs, which screen for legitimacy. Never provide your Social Security number or banking info until you have verified the company is real.

Your experience is valuable. By staying vigilant, you can bolster your income without sacrificing your health or your hard-earned savings. ●

Do you have an idea for an article other seniors might enjoy?

CHEER wants to know what other topics would be interesting to readers. Send your ideas to marketing@cheerde.com or call (302) 515-0001 x1001.

Event Hall at CHEER!

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

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

CHEER
www.cheerde.com

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



Rev Your Engines: Two Exciting "Cruise-In" Nights Coming to CHEER this June

For many of us, the roar of a vintage engine and the gleaming chrome of a classic chassis bring back a flood of memories—summer nights at the drive-in, the freedom of a first car, and the simple joy of a Sunday drive. This June, CHEER is bringing those memories back to life with two special "Cruise-In" events designed to bring the community together for two evenings of nostalgia, food and fun.

If you've been looking for a reason to get out of the house and enjoy the fresh air, these events are the perfect opportunity. Whether you have a car, truck or motorcycle of your own to show off or simply want to admire the handiwork of

others, CHEER has two dates you'll want to circle on your calendar. Both are **FREE** to attend or participate in. Bring a friend!

Milton CHEER:

Wednesday, June 10th

The festivities kick off in Milton on Wednesday evening, June 10th. From 4:30 p.m. to 7:30 p.m., the Milton CHEER Activity Center (located at 24855 Broadkill Road) will transform into a hub for automotive enthusiasts and neighbors alike.

Greenwood CHEER:

Thursday, June 25th

Later in the month, the fun moves to the Greenwood CHEER Activity Center (located at 41 Schulze Road) on

Thursday, June 25th. Also running from 4:30 p.m. to 7:30 p.m., this event promises a classic cruise-in atmosphere where neighbors can mingle and swap stories about their favorite rides.

Food, Fun, and Fellowship at Both Events

Both events feature a unique twist: a **Model Car Show** inside the Activity Center. It's a wonderful chance to see the intricate detail of miniature classics from Hot Wheels, Matchbox and more while the full-sized beauties line the parking lot.

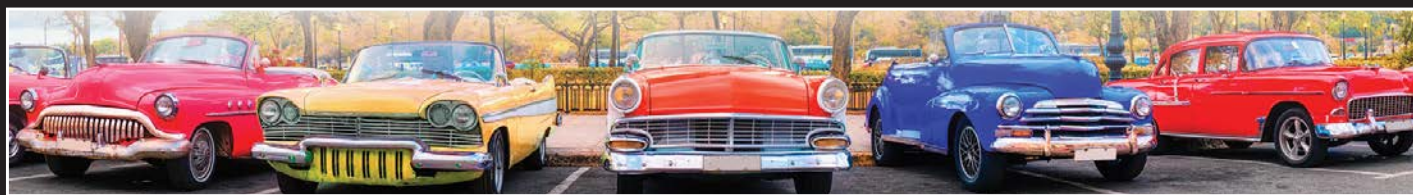
For just \$5, attendees can enjoy a classic summer meal featuring a jumbo hot

dog, baked beans, chips, and a drink. It's an affordable way to enjoy a night out.

These events are about more than just cars; they are about connection. There is no pressure—just good food, great cars, and even better company. For more information, visit www.cheerde.com/cruise-in or contact Robin Greene at (302) 515-0001 x1162 and rgreene@cheerde.com.

Donations are accepted at the door to help support the vital programs CHEER provides to seniors throughout Sussex County. So, grab a friend, head down to Milton or Greenwood, and check out some special rides. We hope to see you there! ●

Cruise-In



FREE to Participate and Sightsee. Bring Your Car!

**June 10th
Wednesday
4:30 - 7:30 pm**

**Milton
CHEER**
Activity Center
24855 Broadkill Road
Milton, DE 19968

**Model Car Show
in Activity Center!**
Donations Accepted!

CHEER



For Information:
(302) 515-0001 ext. 1162
cheerde.com/cruise-in

**JUMBO Hot Dog, Baked
Beans, Chips & Drink \$5**

**June 25th
Thursday
4:30 - 7:30 pm**

**Greenwood
CHEER**
Activity Center
41 Schulze Road
Greenwood, DE 19950



Dine & Donate
Bethany Blues
Tuesday, May 19, 2026

Bethany Blues Lewes
18385 Coastal Hwy, Lewes, DE 19958

Dine In or Carry Out

15% of Your Check will be Donated to CHEER



***Present This Coupon or
Show Your Phone to Your Server!***



Welcome to



Over 50 Years Serving Sussex Seniors

Dine and Donate Featuring: CHEER on Tuesday May 19, 2026

Join us from 4pm- 9pm at the Lewes Location for Dine-In or Carry out and 15% of your check will help benefit the non-profit CHEER centers!

Please present this coupon to your server.

Bethany Blues Lewes - 302.644.2500- 18385 Coastal Hwy, Lewes, De 19958

Volunteer Services Coordinator

546 South Bedford Street
Georgetown, DE 19947

Monica M. Mandujano,
Coordinator

(302) 515-0001, Ext. 1166



Be the Spark That Makes a Difference!

Imagine the smile on a senior's face when they receive help, they never thought possible... or the relief in someone's eyes when they realize they're not alone. **That's the magic of volunteering — and you can be part of it.**

We're looking for passionate, caring people like you to join our volunteer family. Whether you have an hour a week or a few days a month, your time can create ripples of change in our community.

Why Volunteer With Us?

Make a Real Impact – See the difference you create firsthand.

Meet Amazing People – Connect with like-minded, kind-hearted individuals.

Grow Your Skills – Learn, lead, and inspire others.

Upcoming Opportunities:

- **BINGO** every second Tuesday of each month at our Georgetown CHEER Community Center. 1x a month, 5 p.m. – 8 p.m.
- **Receptionist Support:** Georgetown CHEER Community Center: Morning shift 8 am start time, with 3 days of training. Filling in/SUB as needed
- **Meals on Wheels Drivers:** SUBS needed at Milton, Greenwood, Georgetown, and Long Neck
- **Center Assistance:** Art & Recreational – Come spend 1-2 hours with our seniors, making memories through crafts, painting, or fun activities.

Ready to Start? Visit: www.cheerde.com/volunteer to complete the application
Your time is the most precious gift you can give — and we can't wait to welcome you. ●

Recipe for Becoming a Volunteer

Servings: Your community (and your heart)
Prep Time: 1-2 hours to get started, depending on the area

Cook Time: Ongoing — the more you give, the richer it gets

Ingredients:

- 1 open heart
- 2 cups of free time (adjust to taste)
- A dash of curiosity
- 3 tablespoons of willingness to learn and give back
- A pinch of patience
- A handful of kindness
- Optional: specific skills (teaching, cooking, organizing, etc.)

Instructions:

Preheat your mindset — Start with a genuine desire to help and an openness to new experiences.

Mix your interests with opportunities — Volunteer within our centers, kitchen, or deliver meals to our seniors throughout our communities

Fold in your skills — Offer what you're good at, but don't be afraid to try something new.

Season with commitment — Decide how often you can volunteer and stick to it.

Simmer in connection — Build relationships with fellow volunteers and the people you serve.

Taste and adjust — Reflect on your experience, learn from challenges, and keep growing.

Serving Suggestion:

Serve your time and energy generously. Best enjoyed with smiles, gratitude, and the knowledge that you're making a difference.

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
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SCRAPBOOKING AND CRAFT SUPPLIES YARD SALE

SATURDAY, MAY 9, 2026
9 AM TO 1 PM
CHEER COMMUNITY CENTER
20520 SAND HILL ROAD
GEORGETOWN, DELAWARE

Join us for this unique yard sale featuring
SCRAPBOOKING SUPPLIES AND CRAFT SUPPLIES.
Everything from A to Z. Adhesives to Zippers.

Up to 70 tables of bargains.
Admission is \$2 per person.
This is an indoor event.
Fundraiser for MHS Soccer Team.

FOR MORE INFORMATION CONTACT:
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We are hiring!

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- Support our Sussex County Seniors
- For a full list of open positions and to apply for employment, visit our Employment Page by clicking below:



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or Call (302) 515-0001 Ext. 1012



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302-674-7364

we provide **FREE**,
unbiased & confidential counseling

Trinidad Navarro, Insurance Commissioner
www.insurance.delaware.gov/DMAB



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 Minestrone Soup Cheese Pizza Cucumber Dill Salad Ice Cream Skim Milk</p> |
| <p>4 Hot Dog On Bun Baked Beans Vegetarian Cole Slaw Applesauce Skim Milk</p> | <p>5 Vegetable Frittata Breakfast Potatoes Spinach Mushroom Fresh Orange Whole Wheat Roll/Bread Skim Milk</p> | <p>6 Beef and Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Pie Skim Milk</p> | <p>7 Honey BBQ Chicken Baked Sweet Potato Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk</p> | <p>8 Hamburger Barley Soup Tuna Pasta Salad Skim Milk Fruit Of The Day Skim Milk</p> |
| <p>11 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p> | <p>12 BBQ Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Diced Peach Fluff Skim Milk</p> | <p>13 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup Skim Milk</p> | <p>14 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Ice Cream Skim Milk</p> | <p>15 Shrimp Salad Dill Havarti Sandwich Vegetable Pasta Salad Lettuce And Tomato Rice Crispy Bar Skim Milk</p> |
| <p>18 Swedish Meatballs Buttered Noodles Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk</p> | <p>19 Lemon Pepper Fish Steamed or Baked Rice Capri Blend Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p> | <p>20 Mushroom Pork Chop Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Fresh Banana Skim Milk</p> | <p>21 Honey Mustard Chicken Twice Baked Potato Casserole, Turnip Greens Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p> | <p>22 ACTIVITY CENTERS CLOSED</p> |
| <p>25 CLOSED Memorial Day</p> | <p>26 Ratatouille Wild Rice Blend Buttered Spinach Whole Wheat Roll/Bread Applesauce Skim Milk</p> | <p>27 Shrimp Creole Grits Shredded Cheese Steamed Broccoli Fresh Fruit Wheat Roll/Bread/Marg Skim Milk</p> | <p>28 Chicken and Dumplings Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk</p> | <p>29 Crab Soup Chef Salad Cookie Bar Saltine Crackers Skim Milk</p> |



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

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

Menu items subject to change due to availability.



CHEER

Celebrating 55 Years of Serving Sussex Seniors



VISIT US AT WWW.CHEERDE.COM AND LIKE US ON FACEBOOK

Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

Megan Ventura-Lopez, Director
(302) 515-0001, Ext. 1965



As flowers begin to bloom, the CHEER Center warmly invites community members to gather, connect, and enjoy meaningful time together at Café Salud. New faces are always welcome and the center continues to be a vibrant space for socializing and building friendships.

This month, Café Salud is offering a variety of creative and engaging events designed to bring people together. Weekly favorites will continue, including - Eating Smart, Moving More every Tuesday through CHEER Academy, known for their positive energy and interactive approach to healthy living.

In celebration of Cinco de Mayo, guests will have the opportunity to learn about cultural traditions while enjoying delicious food in a festive and welcoming atmosphere.

On May 27th, Café Salud is pleased to host a special arts and crafts session with Maria



Paint Night and Crafts at the Center



from the Rehoboth Art League. Participants can look forward to creating beautiful, hands-on projects in a fun and relaxed setting.

Café Salud is open every Tuesday and Wednesday from 4:00 p.m. to 8:00 p.m. The CHEER Center looks forward to seeing both familiar faces and new visitors throughout the month of May. ●

WEEKLY

Bingocize, Loteria, Spanish Classes, Zumba

REPEATS MONTHLY

Eating Smart Moving More, Art and Crafts, Spanish Class

ACTIVITIES

May 5th: Eating Smart Move More -Cinco de Mayo Celebration -Socialize

May 6th: Zumba -Bingocize -Socialize

May 12th: Eating Smart Move More – Paint Night - Socialize

May 13th: Arts and Crafts –Spanish Class -Bingocize -Socialize

May 19th: Eating Smart Move More – Arts and Crafts -Socialize

May 20th: Arts and Crafts - Bingocize - Socialize

May 26th: Eating Smart Move More –Spanish Class - Loteria -Socialize

May 27th: Rehoboth Art League: Maria - Bingocize - Socialize



Physical Therapy at CHEER

Over 50 Years Serving Sussex Seniors

Located in the CHEER Centers
Greenwood, Lewes, Milton, Long Neck
GREENWOOD - Mon/Thurs – (8 a.m. - 4 p.m.)
LEWES - Tues/Fri – (9 a.m. - 12 p.m.)
MILTON - Mon/Thurs – (9 a.m. - 4 p.m.)
LONG NECK - Tues/Fri – (1 - 5 p.m.)



Newest Office in Harrington

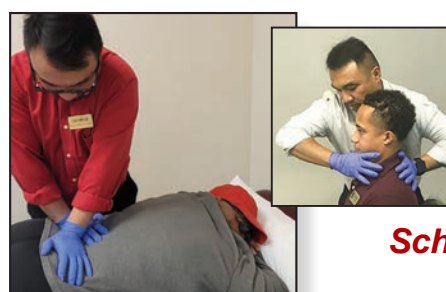
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- Arm and Leg Pain
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- Pelvic Floor
- Treatments



OUT PATIENT CLINIC NOW OPEN

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Monday/Friday




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Ruthies Celebration

Georgetown Activity Center



20520 Sand Hill Road
Georgetown, DE 19947

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



Making Bunnies: Pictured l to r: Charlene Hale, Marie Doran, Toni Sayles, Priscilla Gaines, Carol Anderson, Yvette Harris and Ruth Dorsey

Happenings

WEEKLY

Monday – Friday:

Coffee and Social Hour 9 – 10 a.m.

Monday:

Chair Fitness – 10 a.m.

Bible Study – 10:30 a.m.

Tuesday:

Memory Café – 9:30 a.m.

Penny Bingo – 12:00 p.m.

Wednesday:

Wii® bowling – 12:00 p.m.

Friday:

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

May 4: Arts and Crafts

May 7: Music and Memories

May 14: Arts and Crafts

May 21: Arm Chair Travels, Revive Sound Productions, Dinner/Bingo 4-6 p.m.

May 22: All Centers Closed
Older Americans Day Celebration

May 25: CHEER Closed
Happy Memorial Day

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Madeleine Sasha

GRADUATE GEMOLOGIST & REPAIR EXPERT

Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

(302) 515-0001, Ext. 1361

Happenings

The Importance of Meals on Wheels Volunteers

May is a meaningful month for us as we celebrate Older Americans Month. A time set aside across the country to recognize the strength, wisdom, and lifelong contributions of older adults. It's also a chance to appreciate the impact you've made not only in your families and communities, but right here in our center.

Every day, we get to see the energy, humor, creativity, and resilience you bring with you. Whether you're playing bingo, swapping stories over coffee, trying out a new activity, or simply enjoying time together, you are what makes this place feel alive and welcoming.

We want you to know how much you matter to this community. Your presence, your stories, and your involvement shape this center every single day.

Here's to celebrating you this month, and every month! ●

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

Fridays – 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.

Every Monday at 12:30 p.m. Bus Riders to Bank/Post Office

May 7th & 21st: 12:30 p.m. Bus Riders to Food Lion or Dollar General

SPECIAL HAPPENINGS

May 6th: Wednesday at 10:00 a.m. Visit from the Greenwood Library

May 7th: Thursday at 10:30 a.m. Dan Feth Music and Memories

May 8th: Friday 1:30 p.m. – 3 p.m. Mother's Day Afternoon Tea (Sign Up at Front Desk)

May 13th: Wednesday at 10:30 a.m. Sunshine Singers visit Greenwood CHEER

May 14th: Thursday at 9:30 a.m. Trip to Salisbury Mall, lunch is on your own.

May 15th: Friday at 10:00 a.m. Unity Club Meeting

May 20th: Wednesday at 10:30 a.m. Life Coach Gina Antongirorgi – "Accepting my Aging Identity"

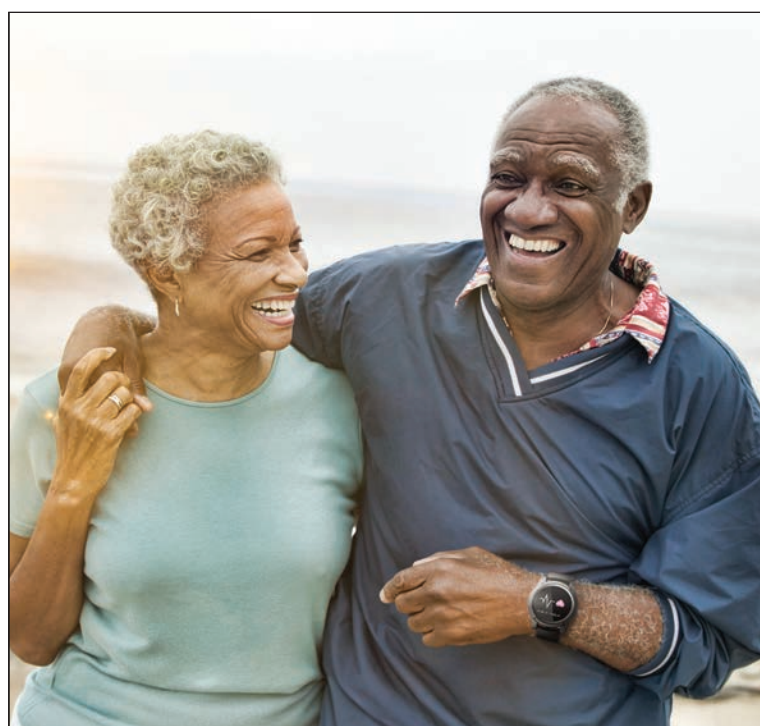
May 20th: Wednesday from 9 a.m. – 3 p.m. AARP Defensive Driving Beginners Course (Call 302-515-0001 ext 1360 to sign up)

May 21st: Thursday at 9:30 a.m. Positive Music Time with Randy

May 22nd: All Centers Closed Older Americans Day Celebration

May 25th: CHEER Closed Happy Memorial Day

May 27th: Wednesday Bingocize with Lyndsie



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Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

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



Happenings

Creating a positive and welcoming environment starts with how we treat one another each day. Showing respect through kind words, active listening, and thoughtful actions helps build trust and strengthens our sense of community. When we choose encouragement over criticism, we make it easier for everyone to feel valued and included.

Together, we can create a culture rooted in kindness, understanding, and positivity, where everyone feels respected, supported, and proud to be part of the community.

Monthly Presentations

Stay informed and empowered with our monthly educational presentations on physical therapy and nutrition! Each month, we host engaging sessions designed to support overall health and wellness, please refer to the calendar for the exact dates and times.

These presentations are especially valuable for the elderly population. Physical therapy education helps improve mobility, balance, and strength, which are essential

for maintaining independence and reducing the risk of falls. Nutrition education, on the other hand, plays a critical role in managing chronic conditions, supporting immune health, and ensuring the body receives the nutrients it needs to function optimally.

Monthly Party

Join us for a fun-filled Monthly Party on May 8th at 10:30 a.m. Enjoy lively entertainment by the Sunshine Singers, whose upbeat performance is sure to bring smiles, music, and great energy to the day.

After the show, guests will be treated to a nutritious and delicious lunch, offering a wonderful opportunity to relax, socialize, and enjoy good food in great company. To wrap up the celebration, we'll end the day with an exciting round of prize bingo, giving everyone a chance to win and share in the fun.

Candle Making Workshop

Join us for a Candle Making Workshop on Tuesday, May 12, 2026! Create your own all-natural candle with a fragrance signature, 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. Be sure to secure yours early so you don't miss out on this fun and creative experience!

Dinner and Prize Bingo

Join us for an evening of great food, fun, and prizes at our Dinner & Prize Bingo event on

May 26th at 5:00 p.m.! Enjoy a delicious meal featuring chicken cordon bleu, a fresh side salad, baked potato, dinner roll, and strawberry shortcake for dessert.

After dinner, stick around for an exciting game of bingo with chances to win fantastic prizes.

Please be sure to sign up for dinner no later than May 19th. We look forward to seeing you there! ●

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

May 1st: Friday, at 10:30 a.m.
Blood Pressure Checks

May 5th: Tuesday, at 11:00 a.m. PT
Works Presentation

May 8th: Friday, at 10:30 a.m.
Sunshine Singers

May 12th: Tuesday, at 12:15 p.m.
Bloom Bar with PAM Rehab and at
4:30 p.m. Candle Making Workshop

May 13th: Wednesday, at 11:30 a.m.
Nutrition Education

May 15th: Friday, at 11:45 a.m. Well Care
Presentation on Heat Awareness

May 19th: Tuesday, at 10:30 a.m.
Pet Therapy with Paris

May 22: All Centers Closed
Older Americans Day Celebration

May 25: CHEER Closed
Happy Memorial Day

May 26th: Tuesday, at 5:00 p.m.
Monthly Dinner

May 27th: Wednesday, at 12:30 p.m.
Defensive Driving Refresher Course.



George, Reg, Ramona and Betty Painting at Center

Long Neck Activity Center

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



Happenings

“The month of May is the gateway to summer.” - Jean Hersey

Long Neck is ready for sunshine, warm days, and summer. We are excited to have our 3rd annual Prom Wednesday, May 13, 4 – 6 p.m.. It is a night to dress up, enjoy music, and have a nice dinner with friends. We are also starting to play Bridge on Fridays at 1:30. Come join us, new and seasoned players welcome. We are always welcoming new friends so come join us for lunch and meet the wonderful members here. ●

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



Helen Ruff, Ann Dolan, and Marnie Grezlikowski playing Mahjongg

Wednesday

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

Thursday

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

Friday

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

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



Front desk volunteers Faith Lynch and Gail Reese

SPECIAL HAPPENINGS

May 1: Friday at 10 a.m.
Music and Memories

May 6: Wednesday at 12 noon
Membership Meeting

May 7: Thursday at 9:15 a.m.
Trip to Teen Challenge

May 12: Tuesday at 9:15 a.m.
Trip to Parsons

May 13: Wednesday at 4:00 – 6 p.m.
Prom and Dinner

May 15: Friday at 10 a.m. Mingo

May 19: Tuesday at 9:15 a.m.
Trip to Rehoboth Boardwalk

May 22: All Centers Closed
Older Americans Day Celebration

May 25: CHEER Closed
Happy Memorial Day

May 27: Wednesday at
1 – 2:30 p.m. Birthday
Celebration

May 28: Thursday at 9:15 a.m.
Trip to Shorebirds Game

May 29: Friday at 10 a.m.
Music and Memories



Phyllis Kennedy, Sue Borgmann, Thelma Cottman, Frank Stark, Geraldine Hardiman, Dan Gallagher, and Sharon Childress playing Nickel Poker.



Eleanor Travis and Sharon Childress

Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

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



Happenings

May is Older Americans Month!

Every May, communities across the country come together to celebrate **Older Americans Month**, a special time dedicated to recognizing the contributions, wisdom, and resilience of older adults. Established in 1963, this national observance honors the countless ways older Americans enrich our families, workplaces, and communities.

Older Americans Month is led each year by the Administration for Community Living, which highlights a new theme that focuses on empowerment, engagement, and connection. The month serves as a reminder that aging is not simply about growing older — it is about continuing to live with purpose, staying active, and building meaningful relationships.

At our Center, May is a time to celebrate YOU. We recognize the strength, experience, and stories that each member brings to our community. Whether it's volunteering, participating in programs, or simply sharing laughter with friends, older adults play a vital

role in making our community vibrant and strong.

Let's make this month one filled with appreciation, connection, and joy. To our senior volunteers, long time members, and new members, thank you for being such an important part of our Center and our community — we celebrate you not just in May, but all year long! ●

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 Check Calendar

Tuesdays:

10 a.m.- 2 p.m. DMV on the GO
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

Wednesdays:

Creative Dance Class w/ Janaea at 9:30 a.m.
Bible study at 10:30 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 PAM Health 10 a.m.

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

May 4th: 12:00 p.m. Lunch & Learn with Meet and Greet Logan Jarrell BSN, RN, GRN, CDP from Beebe Healthcare

May 5th: 12:00 p.m. Greg Fuller w/ Register of Wills

May 8th: 11:00 a.m. – 1:00 p.m. Mother's Day Celebration!

May 11th: 8:00 a.m. Milford Dunkin Donuts Morning Trip, Sign up in Center. Socialize with friends over Coffee!

May 14th: 12:00 p.m. Birthday Celebrations, come celebrate your birthday with us!

May 20th: 4 – 6pm Dinner and Bingo

May 22: All Centers Closed Older Americans Day Celebration

May 25: CHEER Closed Happy Memorial Day



Having fun with crafts at the center dying eggs.

Ocean View Activity Center

30637 Cedar Neck Road
Ocean View, DE 19970

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



Happenings

May Is Older Americans Month!

Celebrating the lives of Older Adults – like you!

The National Council on Aging's recent Photo Contest, sought "to redefine aging as a period of vitality, purpose and connections, breaking down stereotypes of aging in America by showing older adults who are engaged in life – interacting with others across generations, volunteering/working in their communities, and being physically and mentally active." And that is what we do here at CHEER, so join us! ●

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

A NEW Chair Exercise Class (not Yoga) is starting on Wednesdays in May, beginning on the 6th – "Move or Rust" with Susan Maddox, \$5 – come move and join the fun of exercising with others!

The Alzheimer's Caregiver Support Group is now going to meet Weekly, starting in May! Every Thursday at 1 p.m. – open to the public.

Stay tuned for a new chair exercise class to be starting soon on Wednesdays

MONTHLY TRIPS

May 1st: Cape Henlopen State Park for a Walk and Talk with Kathleen, \$6/person, followed by Lunch at the Crooked Hammock, Lewes, 9:30 a.m.

May 7th: Ocean Blue Thrift Store and El Azteca, Rehoboth Beach, 10 a.m.

May 8th: Lavender Fields at Warrington Manor and Wildflower Café, Milton, 9:30 a.m. (tentative).

May 12th: Shorebirds Ball Game! \$15/person – includes our Bus, Game



Yolanda Gallego, Peter Lavoie, Renate Shaw, Mark Shaw, Lorraine Jordin, Ellen Provost, Carmela Clark, Murry Gatling – Play Director, Terry Rhoades and Yvonne Banks (hat).

Admission & Ballpark Food Voucher, Salisbury, MD, 9:30 a.m. (This special Tuesday trip is taking the place of a Thursday trip this week).

May 15th: Historic Berlin, on your own. Walk the historic section, enjoy the shops and lunch of your choice, Berlin, MD, 9:30 a.m.

May 21st: Outing for some yummy ice cream following lunch, somewhere in the area, Noonish.

May 22nd: Older Americans Day Celebration at CHEER's Community Center, Georgetown. \$6 60+/\$8 for under 60 – buy your ticket in advance to reserve your seat on the bus, 9 a.m.!

May 28th: Bus into Center for the Tea Party here today, instead! Dress Up and Wear your Hat!

May 29th: Bus just into Center for today.

SPECIAL HAPPENINGS

May 18th: 12 Noon – Southern Delaware School of the Arts Chorus to Entertain us!

May 19th: 12 Noon – Fitness with PAM Rehab. followed by a Flower Bar at 12:30 p.m.! Stay after lunch for good fun!

May 20th: 11:30 a.m. - 12:30 p.m. – Dave Consono Entertains us over Lunch!

May 22: All Centers Closed
Older Americans Day Celebration

May 25: CHEER Closed
Happy Memorial Day

May 26th: 5 – 7 p.m. – Dinner and Robin & The Hoods Entertain us! \$10 Members / \$15 Guests – please PAY at time of sign up, to reserve your spot.

May 27th: 12 – 1 p.m. – National Senior Health & Fitness Day with Logan J. of Beebe Hospital!

May 28th: 2 – 3:30 p.m. – Tea Party, \$10 Members Only. Please Dress Up and Wear your Hat! Sign up and pay early, space is limited.

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Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

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



Happenings

S As we step into a new month, we're reminded of the beauty that comes with fresh beginnings, growth, and possibility. May invites us to slow down, breathe deeply, and embrace the opportunities ahead with open hearts and renewed energy.

Let this be a time to set intentions, nurture your goals, and believe in what's possible. Whether you're continuing your journey or starting something new, may this month bring you clarity, joy, and the courage to bloom. Wishing you a month filled with hope, purpose, and positivity. ●

WEEKLY

Monday - Friday: Morning Chats, Snacks, Socialize, Discussion Group Music Jam, Lunch, Group Games!

Monday: Shopping at: Bank, Pharmacy, Post Office, Grocery Store and Dollar Tree (Only 2 Stores)



Rehoboth Art League, Artful Journey Class



St. Patrick day celebration at the center.

Tuesday: Prize Bingo 10:00 a.m.
(\$1 Donations).

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

Thursday: Trip Day

Friday: Memory Café with the Director

BI-WEEKLY:

May 1: Chair Yoga with Barbara 10:00 a.m.,
Memory Café with the Director 12:00 p.m.

May 4: Pastor Dan and Betsy: Bible Study

May 5: Dave Consono Music Party 12 p.m.

May 6: Imagine Singers 10:30 a.m.

May 8: Memory Café with the Director
12:00 p.m.

Blood Pressure Check with Erin 10:00 a.m.
Chair Yoga with Barbara @10:00 a.m.
Rehoboth Art League Artful Journey 12 p.m.

May 11: Medicare 101 & Aetna Medicare
with Cory 12 p.m.

May 12: Dan Feth- Prize Mingo 10:00 a.m.

May 13: Spanish Bingo with Monica
10:00 a.m., Nutrition Ed with Lisa Harkins

May 15: BINGOCIZE @12 p.m. Erin
PAM Health

May 18: Pastor Dan and Betsy:
Inspirational Music



Lisa Miller entertainment

May 20: Discover Senior Wellness &
Resources w/ Logan Jarrell 10 a.m.

May 27: Dan Feth Stump the DJ 10:00 a.m.

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

May 4: Dollar Tree and Grocery Store

May 7: Delmarva Discovery Museum w/
Otter Feeding and Dockside Bar & Grill,
Pocomoke, MD, \$8

May 11: Dollar Tree and Parsons Farm

May 14: Cape Henlopen State Park and
CHEER Picnic Lunch, \$2

May 18: Dollar Tree and Grocery Store

May 21: Wal-Mart Trip, Group Choice
of Food

May 28: Boscov's and Food Court-
Salisbury MD

SPECIAL HAPPENINGS:

May 22: All Centers Closed
Older Americans Day Celebration

May 25: CHEER Closed
Happy Memorial Day

May 29: Roxana Center CLOSED

**Upcoming Birthdays/ Birthday
Celebration:** Joan – May 4

Sand Hill Adult Day Program

20520 Sand Hill Road
Georgetown, DE 19947

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



A Place to Thrive: Discover the Heart of the Adult Day Program

There's something powerful about walking into a room filled with laughter. Not forced laughter. Not polite smiles. Real, genuine joy. That's what you'll find in our Adult Day Program.

At first glance, the Adult Day Program (ADP) may look a lot like a senior center, and in many ways, it is. Members gather together during the day to enjoy activities, share meals, build friendships, and simply enjoy life. But beneath the surface, something deeper is happening.

Lives are being strengthened. Dignity is being preserved. Families are being supported.

More Than Activities; A Purposeful Day

Every part of the Adult Day Program is designed with intention. Activities aren't just "things to do" they're carefully chosen to stimulate both the mind and the body. Whether it's music, games, light exercise, conversation, or creative expression, each moment is an opportunity to engage, to connect, and to grow.

For many members, these activities help maintain cognitive function, improve mobility, and bring structure and meaning to the day. But just as importantly, they bring something less measurable and far more valuable: joy. Because no matter our age or ability, we were never meant to just sit on the sidelines of life.

A Community That Feels Like Family

Loneliness can quietly erode quality of life. The Adult Day Program pushes back against that in the best possible way, through connection. Here, friendships form naturally. Conversations flow easily.



Music and dancing at the center

Best caregivers understand something important: To care well for someone else, you must also care for yourself.

When caregivers are supported, they are better able to continue providing the love and care their family member needs. The result is stronger families, healthier relationships, and better outcomes for everyone involved.

Peace of Mind You Can Trust

While members are enjoying their day, caregivers can have confidence knowing their loved one is in a safe, structured, and supervised environment. Our trained, compassionate staff are attentive, engaged, and committed to providing the highest level of care. The setting is designed to be comfortable and secure, inviting without being overwhelming, supportive without being restrictive.

It's not just about supervision. It's about thoughtful, intentional care delivered with kindness.

A Better Day for Everyone

At its core, the Sand Hill Adult Day Program is about improving quality of life. For the member, it means stimulation, connection, and joy. For the caregiver, it means relief, support, and renewed strength. And for both, it means knowing they are not alone.

In a world that often moves too fast and feels too disconnected, the Sand Hill Adult Day Program offers something refreshingly simple: A place to belong. A place to be cared for. A place to thrive. ●

Staff know each member not just by name, but by personality, preferences, and story. The environment is warm, welcoming, and safe. It's a place where people feel comfortable being themselves, where they are seen, valued, and cared for. And yes, the food helps too. Good meals shared with good company have a way of turning an ordinary day into something special.

Supporting the Caregiver; Because They Matter Too

One of the most important, and often overlooked, parts of the Adult Day Program is who it serves beyond the participant. The caregiver. Caring for a loved one is one of the most meaningful things a person can do. It is also one of the most demanding. It requires patience, strength, consistency, and sacrifice, day after day.

And here's the truth we don't say often enough: No one is meant to carry that alone. The Adult Day Program provides something every caregiver needs but few allow themselves to take respite. Time to rest. Time to breathe. Time to handle life's responsibilities. Or simply time to recharge. This isn't a sign of weakness. It's a sign of wisdom. Because the stron-



CHEER Travel Club Presents a Boot Scootin' Good Time in Nashville, TN and Grand Ole Opry!

A Musical Journey to Nashville:
Exploring the Grand Ole Opry
and the Best of Music City!

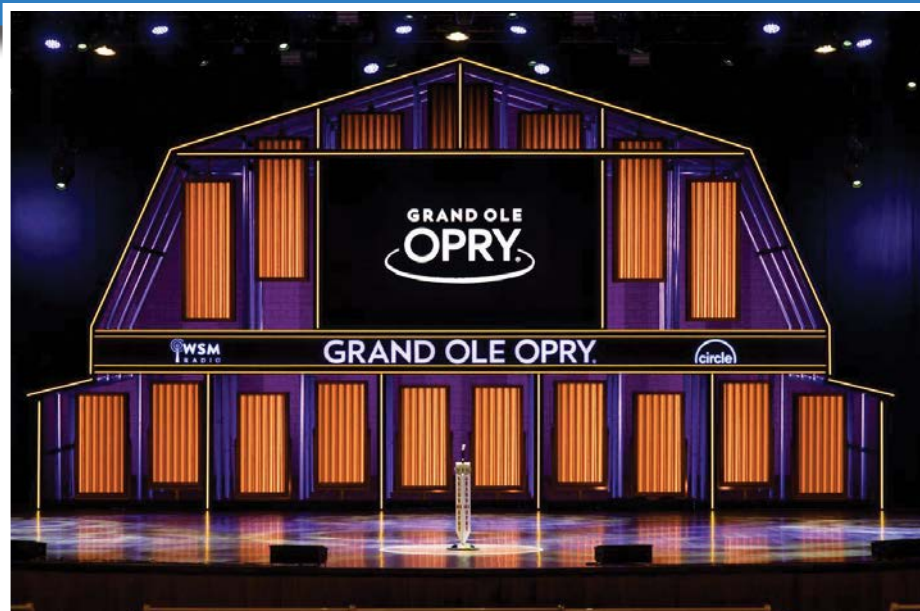
CHEER Travel Club's trip to Nashville is a full immersion into the heart of Country Music, culture, and Southern hospitality.

Whether you're an avid country music fan or simply curious about the city that shaped generations of music artists, Nashville delivers an unforgettable blend of history, entertainment, and charm.

At the center of this experience is the legendary Grand Ole Opry, a must visit venue that captures the heart and soul of Music City. No visit to Nashville is complete without stepping inside the Grand Ole Opry for a show that showcases rising stars, beloved legends, and current country music artists.

Other highlights of this Nashville trip include a tour of the Grand Ole Opry, a visit to Broadway's Honky Tonk Highway in Downtown Nashville, The Country Music Hall of Fame, Madame Tussauds Wax Museum, a guided tour of Belle Meade historic area and winery, and a dinner and show at Nashville Dinner Theater!

Music is everywhere in Nashville; a place where you can discover amazing performances and a bunch of Boot Scootin' fun!



*7 Days/6 Nights
Meals, Shows
& Transportation
\$1,100 per person!*



Trip Details & Logistics

Date: Sun-Sat August 23rd – 29th, 2026

Departure: 8:00 am from Milton CHEER Center.

Price: \$1100 per person/Double Occupancy

**ADD \$275 for Single Occupancy*

Reservation Deadline: 06/01/2026

Phone: (302) 515-0001 ext. 1100

Email: travel@cheerde.com

Online: www.cheerde.com/travel-club

How to Register

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



**LEVEL OF WALKING:
MODERATE TO HEAVY**



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for information and/or
reservations**
(302) 515-0001 ext. 1100
or email travel@cheerde.com

Visit:
www.cheerde.com/travel-club
Stop by any CHEER Center
for flyer and reservation form.

ITINERARY:

DAY 1: Depart to Nashville and stay in en route hotel stops for lunch and dinner on your own.

DAY 2: Continental Breakfast – head to "Music City" Nashville, check in to Nashville area hotel, enjoy relaxing dinner.

DAY 3: Continental Breakfast, guided bus tour of Nashville, stop at Parthenon (reproduction of Greek Temple), visit to Madame Tussauds Wax Museum. This evening dinner and on to a show at the GRAND Ole Opry!

DAY 4: Continental Breakfast, guided tour of Belle Meade historic area and winery. This evening explore downtown Nashville and enjoy dinner and a show at Nashville Dinner Theater.

DAY 5: Continental Breakfast, behind the scenes tour of Opry, then on to the Country Music Hall of Fame and Museum. This evening enjoy dinner with entertainment!

DAY 6: Continental Breakfast then on to East Tennessee History Center in Knoxville, TN! This evening check into your en route hotel and enjoy dinner on your own.

DAY 7: Continental Breakfast then homeward bound!

Enjoy Breakfast at CHEER!



Georgetown Activity Center
Every Friday 7 - 10 am

20520 Sand Hill Road • Georgetown, DE
(302) 515-0001 Ext. 1961

Greenwood Activity Center
Every Friday 8:30 - 9:30 am

41 Schulze Road • Greenwood, DE
(302) 515-0001 Ext. 1361

Harbour Lights Activity Center
Every Thursday 8:30 - 9:30 am

34211 Woods Edge Drive • Lewes, DE
(302) 515-0001 Ext. 1661

Long Neck Activity Center
Every Friday 8:30 - 9:30 am

26089 Shoppes at Long Neck • Millsboro, DE
(302) 515-0001 Ext. 1561

Milton Activity Center
Every Friday 9 - 10 am

24855 Broadkill Road • Milton, DE
(302) 515-0001 Ext. 1461

Ocean View Activity Center
Every Wednesday 9 - 10 am

30637 Cedar Neck Road • Ocean View, DE
(302) 515-0001 Ext. 1760

Roxana Activity Center
Every Wednesday 9 - 10 am

34314 Pyle Center Road • Frankford, DE
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\$2.50

MEMBERS OVER 60

\$5.00

UNDER 60

More information: www.cheerde.com/senior-centers

Open to the Public!
You don't have to be a member.
Dine in Only!

55 YEARS **CHEER**
1971-2026
Celebrating 55 Years of Serving Sussex Seniors

How to set a reasonable weight loss goal

By Sandra Palavecino, MD

Not sure how to set your weight loss goal? A good place to start is with the first 3 to 5 percent of your weight. Losing even that first 5 percent will help improve someone’s sugar metabolism, the process that converts sugar to energy.

After completing that first goal, if you need to lose additional weight, you can move on to a goal of 15 to 20 percent of the starting weight. Obesity is a chronic disease, and this step can help improve complications that come with obesity.

It’s important that once you set a goal, you back it up with measurable strategies to make it happen. For example, if you enjoy soda and want to reduce the amount of soda you drink, don’t just say you’re going to drink less soda — say you’ll have no more than one soda per day, or no more than one per week.

If you need support



from a professional on your weight loss journey, set up an appointment with me or someone on my team. I start by learning about each patient and their lifestyle. We take the first few months to look at changes, and if diet and exercise changes do not

help, we can discuss surgical and medical weight loss strategies.

To set up an appointment with TidalHealth Medical Weight Loss & Bariatric Nutrition, visit tidalhealth.org. Call 302-297-2412 for our Seaford

office or 410-641-9568 for our Berlin office.

(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

Celebrate Older Americans Day



CHAMPION YOUR HEALTH: MAY 2026

with **55** YEARS **CHEER**
1971-2026
Celebrating 55 Years of Serving Sussex Seniors



Friday, May 22nd • 10 a.m. – 2 p.m.

at the Warren L. and Charles Allen, Jr.

CHEER Community Center

20520 Sand Hill Road, Georgetown, DE

\$6 (age 60 and over) • \$8 (under age of 60)

**Lunch Served
at Noon**

MENU

Beef Roulade w/gravy
Rosemary Potatoes
Sauteed Green Beans
Dinner Roll
Apple Dumpling




*For tickets and information,
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Entertainment
DJ

Basket
Raffle

50/50
Drawing



2026-2027 TRIPS




New York City at Christmas

DECEMBER 2026

Saturday –Monday,
12/5-12/7, 2026

PRICE: \$479

per person/ dbl occupancy
Check, Money Order only

Reservation Deadline:
09/07/2026

Departs from Milton
CHEER Center

(see flyer or website
for all details)



Longwood Gardens at Christmas

DECEMBER 2026

Monday, 12/14/2026

PRICE: \$101

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)



Taste of Ireland

APRIL 2027

April 2027-TBD

PRICE: \$2,445

per person/ dbl occupancy
(Land Only)
Co-Hosted by CHEER Travel Club
and Jetset Travel

Perfect for first-timers, our most
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of Kerry, legendary Blarney
Castle, and the stunning
Cliffs of Moher.

(see flyer or website for all details)



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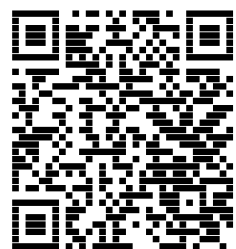
MAY 2027

May 22 – 29, 2027

PRICE: \$4654 - \$5804

per person/ dbl occupancy
Co-Hosted by CHEER Travel Club
and Jetset Travel
8 Days • 10 Meals:
7 Breakfasts, 3 Dinners

HIGHLIGHTS... Badlands
National Park, Custer State Park,
Crazy Horse Memorial,
Mt. Rushmore, Yellowstone
National Park, Jackson Hole,
Grand Teton National Park
(see flyer or website for all details)



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OCTOBER 2027

OCT 19, 2027 to OCT 30, 2027

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CRUISING TO 7 PORTS
ROUND-TRIP PHILADELPHIA:

PRICE: FROM \$1410 TO \$3136

See flyer or website for all details.

By Lisa Harkins, RD, LDN,
CHEER Dietitian



May is Older Americans Month

May brings more than just warmer weather and blooming flowers - it is also officially Older Americans Month! Established by The Administration for Community Living (ACL) in 1963, the observance was created to honor United States seniors' contributions, specifically those who defended our country, as well as to highlight aging health trends.

In the 1970s, the ACL began to develop a theme for the month for which to focus efforts and events. This year's theme is "Champion Your Health", and what better way to do so than to focus on your diet! Let's review the nutrients currently deemed most critical for older adults:

An important mineral, Calcium is essential for bone health. Foods rich in calcium include low-fat dairy products like milk, yogurt, and cheese, as well as leafy green vegetables such as kale and broccoli. But caution: Calcium can interfere with absorption of some medications, notably certain antibiotics and thyroid medications.

Vitamin D is Calcium's best buddy. It is needed for the mineral's absorption and increases bone strength. Vitamin D sources include fortified milk, fatty-fish like salmon and tuna, and eggs. Just be aware that some cholesterol-lowering drugs and certain anti-seizure medications may reduce vitamin D absorption.

Supporting healthy nerve function and red blood cell production, Vitamin B12 is found in animal products such as fish, meat, poultry, eggs, and dairy. But

those with GERD or Diabetes take note; proton pump inhibitors, and the drug metformin, may decrease absorption of vitamin B12, raising the risk of deficiency of this critical vitamin.

Foods high in Fiber like whole grains, apples and berries, carrots and spinach, and legumes are essential to include in your diet for heart and gastrointestinal health. Individuals taking digoxin or certain antidepressants may want to take these medications apart from meals that include these high fiber foods, as the nutrient can interfere with their absorption and efficacy.

It is estimated that 75% of Americans ages 60 and above have hypertension, or high blood pressure. Foods rich in

Potassium such as Bananas, potatoes, oranges, and beans help regulate blood pressure and are promoted as a dietary preventive. But if you are already taking an ACE inhibitor or a potassium-sparing diuretic, it is essential you actually limit your dietary potassium intake, as these foods could potentially lead to dangerously high blood potassium levels (hyperkalemia).

Many older Americans are deficient in Iron which can lead to a condition called anemia. Anemia can cause fatigue, weakness, as well as cognitive dysfunction. It is usually the result of poor diet, kidney disease or other underlying conditions. Foods rich in Iron include lean red meat, spinach, lentils, and fortified cereals. ●

Curried Chicken Salad

Make 4 Servings (8 oz. each)

Ingredients:

- 1/4 cup Greek non-fat yogurt
- 1 tablespoon curry powder
- 2 cups cooked, cubed chicken breast (about 2 medium-sized chicken breasts)
- 1 apple, diced
- 1 stalk celery, finely diced
- 1/2 cup dried cranberries
- 1/4 cup sliced or slivered almonds, toasted
- 4 cups of your favorite greens

Nutrition Information per serving:

| | |
|---------------------|-------------------|
| Calories: 182 | Fiber: 5g |
| Fat: 6g | Sodium: 166 mg |
| Sat Fat: 1g | Calcium: 77 mg |
| Cholesterol: 61 mg | Iron: 1.4 mg |
| Carbohydrates: 16 g | Potassium: 550 mg |
| Protein: 21g | |



Directions:

1. Combine yogurt and curry powder in a large bowl. Add in chicken, apple, celery, cranberries and almonds; toss to combine.
2. Spoon chicken mixture over greens.



**BBQ
FRIDAYS**

**Starting May 1st
Through Labor Day**

BBQ Chicken Leg Quarter,
Baked Beans & Cornbread

**CHICKEN
PLATTER
\$10**

The advertisement features a central image of a BBQ chicken platter on a black plate, garnished with green herbs, red tomatoes, and lemon slices. The platter is set against a background of bright orange and yellow flames. On either side of the main text, there is a circular logo for Sand Hill Café, which includes a flame graphic and the text 'SAND HILL Café'. A red oval callout in the bottom right of the image highlights the 'CHICKEN PLATTER \$10' offer.

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