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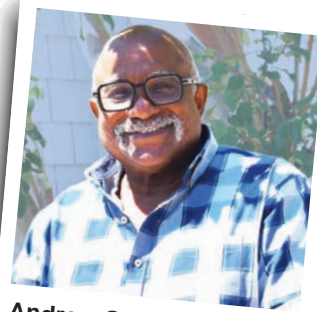
A Monthly Publication Promoting Healthy and Active Lifestyles for Sussex County's Adults 50+



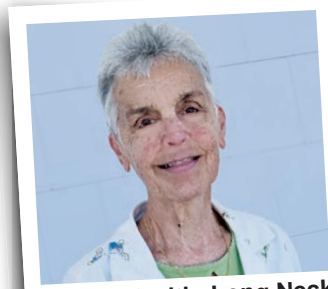
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Nominees for CHEER Volunteer of the Year 2026



Andrew Oxendine, Ocean View



Maggie Smith, Long Neck



Sheldon Bastow, Roxana



Zwaanendael Women's Club, Harbour Lights



Salvation Army, Georgetown



Ella (Miffy) Kiback, Greenwood



Naydeline Aguilar-Lopez, Café Salud



Rick Rinderle, Milton



Nick and Joann Varrato, Administration



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55th Anniversary Celebration



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CHEER History & Future

Cruise-In

Milton CHEER
June 10th, Wednesday
4:30 - 7:30 pm

Greenwood CHEER
June 25th, Thursday
4:30 - 7:30 pm

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Cruise-In

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Program Manager



Grateful to care for Sussex County

TidalHealth is proud to celebrate CHEER's 55 years of service to Sussex County.

As we grow in Georgetown, Millsboro, Western Sussex and the Bethany-Fenwick area, we are grateful for the privilege of caring for the communities we call home.

Congratulations to CHEER on this milestone and thank you for your commitment to helping Sussex County residents live healthier, more connected lives.

TidalHealth. Care close to home.

tidalhealth.org



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."

CEO Perspective



Beckett Wheatley, CEO

When the snow fell hard across Sussex County this past winter, it reminded us of something we do not always think about until it is too late: emergencies do not wait until we are ready. For many seniors, those storms were not just inconvenient, they were dangerous. Power outages stretched on for days and, in some cases, weeks. Homes grew cold. Water became limited. Roads were impassable. For some, help simply was not nearby.

Now, as we enter June and the start of hurricane season, the risks look different, but they are just as real. Flooding, high winds, and extended outages can disrupt daily life in ways that are especially challenging for older adults. The good news is this: preparation does not have to be complicated, and a few thoughtful steps now can make a tremendous difference later.

At CHEER, we believe preparation is a form of independence. It allows you to stay safer, feel more confident, and maintain control even when circumstances change quickly.

Start with the basics. Every household should have a small emergency kit that is easy to access. This should include bottled water, non-perishable food, a flashlight, extra batteries, a first aid kit, and necessary medications. Think about what you would need to get through at least three days without outside assistance and then give yourself a little extra cushion.

Communication is just as important. If you have a cell phone, keep it charged

whenever severe weather is expected. Consider purchasing a portable charger or backup battery so you can recharge your phone if the power goes out. If you do not use a cell phone regularly, make sure you have another reliable way to stay in contact with someone you trust.

That brings us to one of the most important steps you can take: stay connected. Make sure your emergency contact information with CHEER is up to date. This is critical. In the event of an emergency, having accurate information allows our team to reach the right people quickly and respond more effectively. If you are unsure whether your information is current, take a few minutes to check. Call us at 302-515-0001. It is a simple step that carries real impact.

*“Prepared Today.
Protected
Tomorrow.”*

It is also worth having a plan. Ask yourself: If I needed to leave my home quickly, where would I go? Who would I call? How would I get there? Let your emergency contacts know this information as well. If you would like assistance with evacuation, please let us know in advance. We cannot predict every situation, but we can be far more prepared when we understand your needs ahead of time.

Do not overlook the value of community. While not everyone has family nearby, many of us have neighbors, friends, or

fellow CHEER participants who can be part of a support network. A quick check-in before or after a storm, either giving or receiving, can make a meaningful difference.

Preparation is not about expecting the worst. It is about respecting reality and choosing to be ready for it. We have seen firsthand how quickly conditions can change here in Sussex County, but we have also seen how resilient and resourceful our community can be when we take a few steps in advance.

At CHEER, we are committed to being part of that readiness. Whether it is ensuring we have the right information, helping coordinate support, or simply encouraging conversations like this one, our goal is to help you stay safe and independent.

Take a little time this month to prepare. It is one of the most practical and empowering things you can do for yourself and for those who care about you. ●

Nominees for CHEER 2026 Volunteer of the Year

CHEER is excited to announce this year's nominees for the 2026 CHEER Volunteer of the Year. Each CHEER center and our administrative team selected a nominee. As is our tradition, the winner is announced at our annual Volunteer Appreciation event. Look for the July issue of CHEERful Living, where the winner will be featured. In the months that follow, we will introduce you to each of the nominees. CHEER thanks all of our wonderful volunteers for their steadfast commitment to the seniors we serve.

Administration – Nick and Joann Varrato, Operation Christmas CHEER and CHEER Meals on Wheels

“Nick and Joann Varrato have faithfully volunteered for Operation Christmas CHEER for more than 25 years. In addition, they also volunteer as Meals on Wheels drivers and Joann is the route coordinator for Grace United Methodist church that delivers in the Long Neck area. Nick also served on the CHEER Board from November 1995 – July 2023. Nick and Joann are deeply dedicated, dependable, and consistently go above and beyond in their service. Their commitment reflects the very best of volunteer service and the heart of Operation Christmas CHEER.”



Nick and Joann Varrato,
Administration

Greenwood Activity Center – Ella (Miffy) Kiback, Greenwood Front Desk and Center Assistant

“Miffy is very dedicated to the center and is always ready to help wherever she can. She is very friendly to all who come through the door. She will fill in whenever needed at the desk. She is friendly and bubbly, which is what we need at the center. She will solve problems if she can. She is one of the people who play cards at the center and always makes sure that the dining room is back in order after members are done playing. Miffy is just a great all-around person and we are privileged to have her at our center.”



Ella (Miffy) Kiback,
Greenwood



Salvation Army, Georgetown

Georgetown Activity Center – Salvation Army, CHEER Meals on Wheels Delivery

“The Salvation Army volunteers deliver for Georgetown two days a week. There are two groups that deliver, one on Tuesday and the other group delivers on a Wednesday. They have a driver named Fred that drives both groups to deliver the meals. He has been working with Salvation Army Day Program for 6 years. The team is very reliable and always friendly to our Meals on Wheels clients.”



Zwaanendael Women's Club, Harbour Lights

Harbour Lights Activity Center – Zwaanendael Women's Club, Receptionists and Harbour Lights Center Assistants.

“Ever since Joyce Skrobot began volunteering at the CHEER Center, she has been a tremendous asset to the center and the seniors we serve. Joyce is a member of the Zwaanendael Women's Club, and through her involvement, many members of the organization have stepped up to support the center in meaningful ways. They have volunteered at the front desk, called bingo, hosted Italian Ice socials, helped open the food pantry to assist seniors in need, and generously donated bingo prizes and gift cards for our participants. We are incredibly grateful for the continued support of the Zwaanendael Women's Club. Their kindness, dedication, and willingness to give back have made a positive impact on our center, and we are truly thankful to have such a wonderful organization supporting our mission and the seniors in our community.”

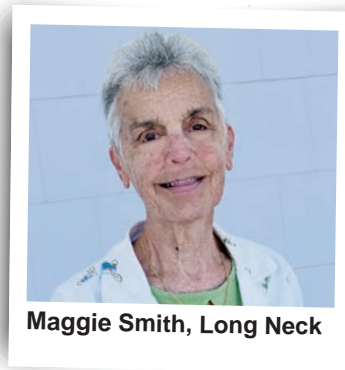
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Long Neck Activity Center – Maggie Smith, Long Neck Senior Center Assistant

“Maggie volunteers every day in the center. Before lunch service, she will check tables and restock any that need napkins or sugar packets. She runs the nickel poker game on Thursday and calls Bingo three times a week. After the activities are done, she labels all the packed-up meals with the type of meal and date. She puts them in the freezer, making sure to rotate them. She keeps count of the frozen meals and posts them, so it is known how many we have available to send out to clients. She washes dishes and helps clean the kitchen at the end of the day.

But more important than what she does for the center is what she does for the members. When we have a new member, she is the first one to introduce herself and make them feel welcome. She knows everyone by name and their history. She leads everyone in grace before we eat every day. During lunch, she serves plates to those members who may struggle to get their lunch back to their seat. She is always willing to jump in and help anywhere else as needed. The center would not function as smoothly without her.”



Maggie Smith, Long Neck

Café Salud Activity Center – Naydeline Aguilar-Lopez, Center Assistant / Activity Leader

“Naydeline is always ready to help and is always ready to engage with the members. As soon as she walks through the center doors, she puts a smile on everyone’s face. She has even grown so much from being a center assistant to even creating her own ideas to lead arts and crafts events. It is always a pleasure to have her at the center.”



**Naydeline Aguilar-Lopez,
Café Salud**

Milton Activity Center – Rick Rinderle, CHEER Meals on Wheels Delivery

“Mr. Rick will drive any Meals on Wheels route that is needed; it does not have to be the one that he is assigned to. He is very knowledgeable and lets the clients know that he is interested in their needs. He comes back with any problems that occur when he is delivering. Mr. Rick has been with us since June 6, 2024 and has delivered this year and has dedicated 103 hours of service to our seniors.”



Rick Rinderle, Milton

Ocean View Activity Center – Andrew Oxendine, CHEER Meals on Wheels and Medical Transportation Driver



**Andrew Oxendine,
Ocean View**

“Andrew has a big, warm and friendly presence that immediately makes everyone around him feel happy and cared for - like a giant, fuzzy bear hug! He genuinely cares about our Meals on Wheels clients and CHEER members, usually driving three to four times a month driving his regular route and filling in as a substitute for Meals on Wheels and medical transportation. Andrew recently presented a presentation to our members. We look forward to more of his presentations as he attempts to enlighten and involve us in our greater community! Andrew is a huge asset to our Ocean View CHEER family!”

Roxana Activity Center – Sheldon Bastow, CHEER Meals on Wheels Delivery

Sheldon is top tier. He is consistent and very honored to help and assist others. He has a crew with the Lions Club that also assists him with small repairs around the houses and yards of clients who are without family or other outside assistance. Mr. Sheldon does not mind riding along with another volunteer to assist or to teach the process. He never declined taking an additional route when a substitute was needed. He is very positive and shows real concern for the clients receiving Meals on Wheels. He will also definitely let me know if there are issues, questions or concerns about a client. He is a blessing to have volunteer for CHEER.”



Sheldon Bastow, Roxana

Celebrating a Legacy: Sussex Community Comes Together to Celebrate 55 Years of CHEER

On Tuesday, May 5, the air was filled with more than just the promise of spring; it was charged with the spirit of community and half a century of service. CHEER celebrated its 55th Anniversary with a high-energy event aptly titled "55 on 5/5." This wasn't just a birthday party—it was a powerful demonstration of the local partnerships that make Sussex County a vibrant place to live and work.

A Convergence of Community Leaders

The event was a rare "quad-chamber" mixer, bringing together members from four of the region's most influential Chambers of Commerce:

- Bethany-Fenwick Area Chamber of Commerce
- Georgetown Chamber of Commerce
- Millsboro Chamber of Commerce
- Western Sussex Chamber of Commerce

Alongside these local business leaders were the heartbeat of the organization: the CHEER employees and the Board of Directors, all gathering to honor 55 years of dedication to the senior community.



L to R Terry Wilkinson, ED Western Sussex Chamber; CHEER CEO Beckett Wheatley; Nadine Timpanaro, ED Millsboro Chamber of Commerce; and Linda Price ED Georgetown Chamber of Commerce



Guest And Bethany Fenwick Chamber Executive Director Lauren Weaver



L to R CHEER VP John Scheetz and Bob Wheatley



Partner Tidalhealth



Partner M&T Bank



L to R Maxima Radio DJ Victor and CHEER CEO Beckett Wheatley

Continued from page 7

Continued from page 6**Sights, Sounds, and Flavors**

The atmosphere was electric, thanks in large part to the rhythmic styling of DJ Victor from Maxima (104.1 FM). His curated playlist kept the energy high as guests networked, enjoyed the warm breezes under the tent, and celebrated with food and drink in the Cinco de Mayo theme.

As Cassie Wilson from State Farm commented, "It was so nice to connect and engage with professionals from different chambers and truly enjoy such a well-planned event. The food, entertainment, drinks, and overall atmosphere were exceptional. Everything came together beautifully."

No celebration is complete without exceptional fare and "55 on 5/5" delivered a culinary experience that reflected the diversity of the community:

- CHEER's Culinary Team: Showcased the high-quality hospitality that defines their daily operations, offering a variety of items to round out the menu, ranging from tortilla chips and a variety of compliments such as salsa, guacamole, queso and Mexican Street Corn Dip. There were also jalapeno poppers, taquitos and tres leches cake.
- Shore Island provided chicken and beef empanadas that delighted the crowd.
- Tacos El Gordo served up authentic, vibrant flavors that were a massive hit with the attendees.

The Thrill of the Giveaway

The evening was punctuated by the excitement of door prizes. CHEER ensured that many guests walked away with more than just memories. Prizes awarded throughout the night included:

- Gift Cards: To several of the area's most popular dining establishments
- Luxury Stays: Hotel, breakfast and dinner package
- Gift Baskets: Massive collections overflowing with local favorites and premium goods

Recognizing Event Sponsors

An event of this magnitude is made possible only through the generosity of corporate and community sponsors. CHEER would like to extend a special thank you to the following organizations for their commitment to our mission:

Chamber Partners:

Bethany-Fenwick Area Chamber of Commerce
Georgetown Chamber of Commerce
Millsboro Chamber of Commerce
Western Sussex Chamber of Commerce

Grande Partners:

Ad-Art Signs
Maxima Radio
The Insurance Market
Tidal Health

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Cambria Rehoboth Beach
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Thrivent Action Team

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Big Chill / La Vida Hospitality
Café Pink Blossom
Cambria Rehoboth
Coastal Point
Fells Point Surf
Georgetown Chamber of Commerce
La Hacienda
Nectar
Pam Health
Women's Journal

A Message of Gratitude

CHEER extends its deepest thanks to everyone who attended, because they are who made the event a success. The turnout was a testament to the deep roots CHEER has planted in Sussex County since its inception.

Beckett Wheatley, CHEER CEO thanked everyone for coming and shared, "To our partners, our staff, and our community: thank you for 55 years of support. We are only as strong as the neighbors who stand with us." ●



CHEER Board President Walt Koopman and Tatjana Karoly



Glenn Rolfe and Sarah Gilmore



Resilience and Renewal: CHEER, Inc.'s Journey from 2021 to the Present

In celebration of our 55th year, we presented a series of articles authored by Rich Taylor, who has been with CHEER for more than two decades. This is the final installment in the series, but the complete collection can be found on our website at www.cheerde.com/cheer-history. Rich will continue to add to the CHEER history section of our website and welcomes stories, photos and memories to be part of our history! To reach Rich call 302-515-0001 x1002 or email him at rtaylor@cheerde.com.



CHEER

Administration & Support Services Building

As CHEER entered its sixth decade, the organization found itself at a historic crossroads. The global health crisis of the early 2020s had fundamentally shifted how senior services were delivered, but it also reinforced the vital importance of Rev. Keenes' original mission. From celebrating a "Golden Jubilee" to a major leadership transition and groundbreaking expansions, the years 2021 to 2026 have been defined by a commitment to future-proofing independence for Sussex County's seniors.

2021: The Golden Jubilee and a Culinary Revolution

The year 2021 marked the 50th anniversary of CHEER's incorporation. While the pandemic initially threatened to dampen the celebrations, the agency pivoted to a year-long "Golden Jubilee" that honored its 1971 roots while looking forward.

The highlight of the anniversary year was the completion of the \$1.4 million kitchen expansion at CHEER's Multi-purpose Community Center in Georgetown. This state-of-the-art, 6,376-square-foot facility was designed to produce over 2,600 meals per day, ensuring that the "Eating Regularly" portion of the CHEER acronym



In October 2025 Gateway East Senior Residential Village in Georgetown, ground breaking.

could meet the demands of a rapidly growing senior population for decades to come.

2023: Passing the Torch

In November 2023, CHEER witnessed a significant milestone in its administrative history. Ken Bock, who had served the agency for 18 years (including seven as CEO), officially retired. Under Bock's leadership, CHEER had navigated the unprecedented challenges of COVID-19.

The reins were passed to Beckett Wheatley, the agency's former Chief Operating Officer and CFO. Wheatley took the helm

with a vision focused on modernization and "aging in place" infrastructure, ensuring a seamless transition that kept the organization's "heart" intact while streamlining operations.

2025: Groundbreaking for the "Village of the Future"

By mid-decade, the focus shifted to the physical expansion of the CHEER Gateway East Senior Residential Village in Georgetown. In October 2025, a major groundbreaking ceremony was held for two pivotal structures:

Continued page 9

CHEER 2021-Present continued from page 8

Gateway East Apartments I: A new 59-unit residential building designed for low-to-moderate-income seniors. This is the first of four planned buildings that will eventually bring 236 new affordable apartments to the 34-acre campus.

The Administration and Support Services Building: A centralized hub to house CHEER administrative and in-home services personnel. By moving staff into this dedicated facility, space was freed up in the existing Community Center to expand senior programming and activities.

2026: Innovation and the “CHEER Academy”

As of early 2026, CHEER has embraced its role as an educational and social hub. The launch of the CHEER Academy has introduced a “semester-based” approach to senior learning, offering a diverse array of classes ranging from technology and

digital literacy (crucial for modern computing) to creative arts and health seminars.

Timeline of Recent Milestones

2021: 50th Anniversary Celebration; new Georgetown Mega-Kitchen opens.

2022: Restoration of full in-center activities and the expansion of the “Mobile Mini-Mart” grocery service for homebound seniors.

2023: Retirement of CEO Ken Bock; Beckett Wheatley appointed as new CEO.

2029: CHEER reaches a record milestone of serving over 350,000 meals annually across Sussex County.

2025: Groundbreaking for the Gateway East expansion

2026 (Present): Launch of the CHEER Academy Spring Semester; construction continues on the Gateway East Village.

From a shared kitchen in Laurel in 1971 to a multi-million dollar residential village today, CHEER remains Sussex County’s primary advocate for the dignity of its older residents. The organization continues to prove that while the “Golden Years” are getting longer, they are also getting brighter.

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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CHEER

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Milton CHEER

Activity Center
24855 Broadkill Road
Milton, DE 19968

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

Greenwood CHEER

Activity Center
41 Schulze Road
Greenwood, DE 19950

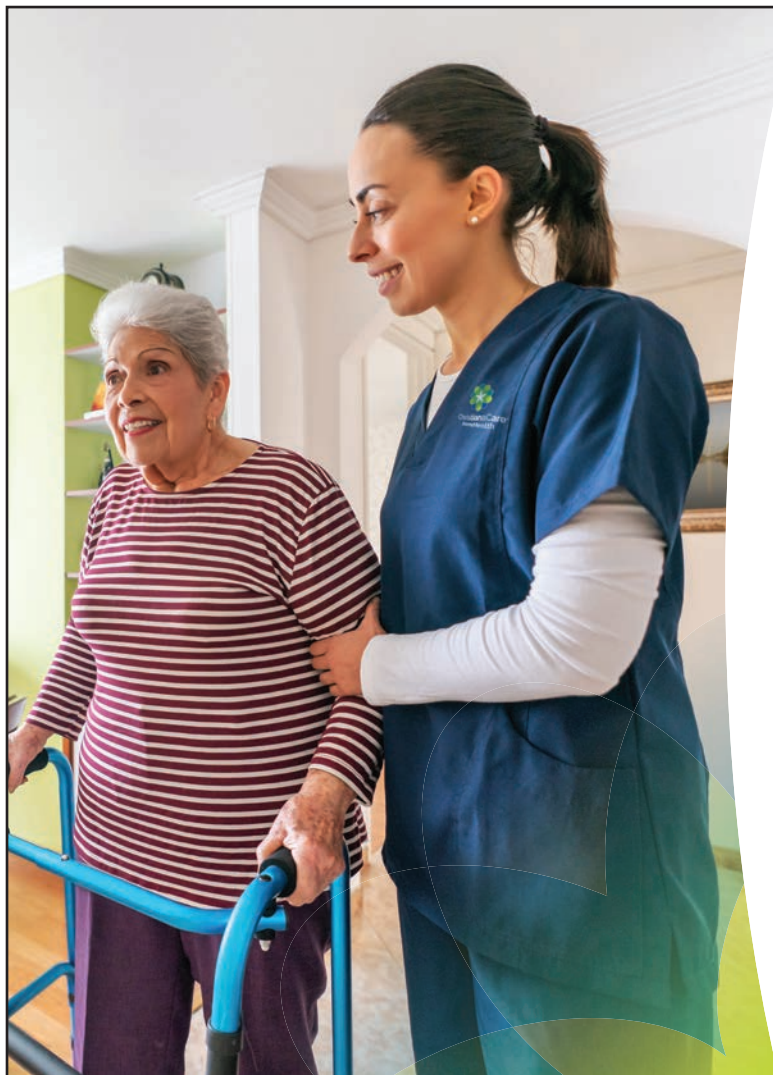
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Helping Hands, Caring Hearts: The Value of CHEER's PASA Services

Helping Hands, Caring Hearts:

The Value of CHEER's PASA Services For many older adults, the difference between struggling at home and living safely with dignity is not always a dramatic medical intervention. Sometimes it is a warm smile at the door. A steady hand while walking across the room. Help with a bath. A clean kitchen. Fresh laundry. A simple meal prepared with care.

That is the heart of PASA.

PASA stands for Personal Assistance Services Agency. In simple terms, PASA provides non-medical, in-home support for individuals who need assistance with everyday activities. These services are designed to help older adults and adults with physical disabilities remain as independent, safe, and comfortable as possible in their own homes.

At CHEER, PASA is more than a service. It is a lifeline.

CHEER's Direct Care Workers assist clients with many of the essential tasks that can become difficult with age, illness, disability, or physical limitation. These may include bathing, dressing, personal hygiene, toileting, transferring, feeding, mobility assistance, skin care, and supervision. PASA services can also include household support such as cleaning, laundry, washing dishes, making beds, changing linens, preparing meals, shopping for household items, running errands, and escorting clients to a physician's office or other medical facility.

On paper, that may sound like a list of tasks. In real life, it is much more. It is the relief of a daughter who knows her mother is being helped by someone kind and dependable. It is the confidence of a husband caring for his wife, knowing he does not have to carry every responsibility alone. It is the quiet dignity of a senior who can remain in familiar surroundings, surrounded by memories, photos, favorite chairs, and the comfort of home.



For caregivers, PASA services can help reduce stress and prevent burnout. Family members often want to do everything for the people they love, but love does not make a person immune to exhaustion. A few hours of dependable help can allow a caregiver to work, rest, attend appointments, care for their own household, or simply breathe for a moment. That support matters. Caregivers cannot pour from an empty cup, no matter how lovingly they try.

For clients, PASA services help preserve independence. Many people do not want to leave their homes simply because they need help with daily routines. With the right support, a person may be able to continue living in the place they know best. That has value not only physically, but emotionally and spiritually. Home is not just a building. Home is safety, identity, and belonging.

For the community, PASA strengthens the fabric that holds us together. When older adults are supported in their homes, families are strengthened, unnecessary crises may be reduced, and neighbors remain connected to the communities they helped build. Sussex County is better when its seniors are seen, valued, and cared for.

CHEER's Direct Care Workers are at the center of this work. They enter homes with professionalism, patience, and compassion. They understand that personal care is, by

its very nature, personal. It requires trust. It requires respect. It requires the ability to help without taking over, to serve without making someone feel helpless, and to notice the little things that often matter most.

A good Direct Care Worker does not simply complete a checklist. They notice when someone seems quieter than usual. They understand the importance of preserving privacy and dignity. They know that a freshly made bed, a safely prepared meal, or a steady presence during a difficult morning can change the tone of an entire day.

That kind of care cannot be faked. It comes from people who understand that service is not small work. It is deeply human work.

PASA services also help bring structure and consistency to care. Services are provided based on individual needs and care plans, helping ensure that support is appropriate, respectful, and focused on the client's well-being. Whether someone needs help with personal care, household tasks, mobility, meals, errands, or supervision, the goal is the same: to help each person live with as much dignity, safety, and independence as possible.

At CHEER, we believe older adults deserve more than survival. They deserve comfort. They deserve respect. They deserve to be treated as whole people with histories, preferences, routines, and worth.

That is why PASA matters.

It is care in the quiet places. It is compassion in daily routines. It is help that allows families to keep going and seniors to keep living with dignity.

And sometimes, it is as simple and sacred as this: someone shows up, someone helps, and someone feels less alone. ●

We seek and rely on caring, committed, and qualified team members to support our seniors...

Featured Jobs!

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Regular Full Time / Georgetown

KITCHEN MANAGER
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CENTER SUPPORT MANAGER
Regular Full-Time / Various locations

ADULT DAY PROGRAM NURSE (RN/LPN)
Regular Full-Time / Georgetown

FACILITIES MAINTENANCE TECH
Regular Full-Time / Various Locations

BUS DRIVER (CDL -Passenger Endorsement)
Regular Part-Time / Georgetown

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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
1 Rigatoni Bolognese Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	2 Turkey Divan Baked Mashed Potatoes Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	3 Baked Fish Florentine Mushroom Risotto Stewed Tomatoes Whole Wheat Roll/Bread Brownie Skim Milk	4 Chicken Cacciatore Garlic Herb Gnocchi Whole Wheat Roll/Bread Fresh Fruit Cup Skim Milk	5 Minestrone Soup Cheese Pizza Cucumber Dill Salad Ice Cream Skim Milk
8 Hot Dog On Bun Baked Beans Vegetarian Cole Slaw Applesauce Skim Milk	9 Vegetable Frittata Breakfast Potatoes Spinach Mushroom Fresh Orange Whole Wheat Roll/Bread Skim Milk	10 Beef and Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Pie Skim Milk	11 Honey BBQ Chicken Baked Sweet Potato Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk	12 Hamburger Barley Soup Tuna Pasta Salad Fruit Of The Day Saltine Crackers Skim Milk
15 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	16 BBQ Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Diced Peach Fluff Skim Milk	17 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup Skim Milk	18 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Ice Cream Skim Milk	19 <p style="text-align: center;">ACTIVITY CENTERS CLOSED</p>
22 Swedish Meatballs Buttered Noodles Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	23 Lemon Pepper Fish Steamed or Baked Rice Capri Blend Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 Mushroom Pork Chop Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Fresh Banana Skim Milk	25 Honey Mustard Chicken Twice Baked Potato Casserole, Turnip Greens Whole Wheat Roll/Bread Assorted Cookies Skim Milk	26 Tomato Basil Soup Cuban Turkey Salad Dutch Potato Salad Chilled Pineapple Saltine Crackers Skim Milk
29 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	30 Ratatouille Wild Rice Blend Buttered Spinach Whole Wheat Roll/Bread Applesauce Skim Milk			



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

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



As flowers begin to bloom Café Salud invites the community to enjoy a vibrant month of free classes, creative activities, and workshops this June. Open every Tuesday and Wednesday from 4:00 p.m. to 8:00 p.m.

This month marks the completion of “Around the Table,” the second half of the Eating Smart, Moving More series in partnership with CHEER Academy. Over the past several weeks, we have explored ways to build healthier lifestyles.

On June 3rd, Café Salud will host a special visit from **PAWS for People**, bringing trained therapy animals for an evening focused on relaxation and connection. Join us for **free Spanish** classes designed to help you learn and practice communication skills. Be sure not to miss our special arts and crafts workshop with Maria from the **Rehoboth Art League**.

For those looking to stay active, Café Salud’s popular **free Zumba classes** are led by instructor Jessica Haro. These sessions are designed for all experience levels and offer a fun, welcoming way to exercise. We encourage you to bring a friend and join the fun!

Creativity continues with **two hands-on sewing workshops** led by instructors Raquel and Rosmarie. On June 16th, come and learn how to make fish-



Paint Night and Crafts at the Center

shaped drawstring bags, followed by a June 23rd session focused on sewing beach tote bags—perfect for the summer season. **All materials and guidance will be provided**, making these classes accessible to beginners and experienced crafter alike.

Café Salud welcomes everyone, whether you are a current member or visiting for the first time, to take part in this month’s activities. Community members are encouraged to share the schedule with friends, neighbors, and family, to experience an evening filled with learning, creativity, and connections. ●

WEEKLY

Around the Table, Bingocize, Loteria, Socialize

REPEATS MONTHLY

Eating Smart Moving More, Art and Crafts, Spanish Class and Rehoboth Art League

ACTIVITIES

June 2nd: Around the Table- Trivia- Bingocize- Socialize

June 3rd: PAWS for People- Pet toy making, Loteria- Socialize

June 9th: Around the Table- Friendship bracelets- Bingocize- Socialize

June 10th: Beach Surfboard Suncatchers Craft- Bingocize- Socialize

June 16th: Zumba- Sewing Fish Drawstring Bags Workshop- Bingocize- Socialize

June 17th: Spanish Class, Loteria, Socialize

June 23rd: Sewing Beach Tote Bags Workshop- Bingocize, Socialize

June 24th: Decorate Seashells Craft, Bingocize, Socialize

June 30th: Zumba, Spanish Class, Loteria, Socialize



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LONG NECK - Tues/Fri - (1 - 5 p.m.)



Newest Office in Harrington

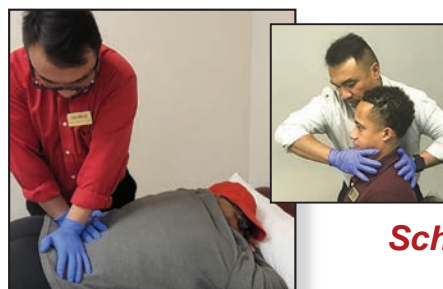
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Georgetown Activity Center



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.

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

June 1: GT Members meeting

June 4: Beckett’s Bulletin

June 4: Crafts

June 18: Arm Chair Travels

June 18:

Revive Sound Productions –

Dinner/Bingo 4-6 pm

June 19: Juneteenth – Center Closed

June 21: First Day of Summer

June 25: Picnic & Summer Games

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Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

Sabrina Oswell, Director
(302) 515-0001, Ext. 1361



Happenings

Welcoming Summer!

Warm weather can be a great time to get outdoors, but higher temperatures can also create health challenges.

Staying hydrated is one of the most important steps. The body doesn't always signal thirst as clearly with age, which raises the risk of dehydration. Make it a point to drink water regularly throughout the day and go easy on beverages like coffee or alcohol that can dehydrate you.

It's also wise to limit time in intense heat. Hot conditions can lead to problems such as heat exhaustion or even heat stroke. Choosing the right clothing can help your body stay cool. Light, breathable fabrics in loose fits are best, and adding a hat and sunglasses provides extra protection when you're outside.

Don't forget about sun safety. Using sunscreen consistently helps lower the risk of skin cancer, especially during long periods in the sun.

Finally, staying in touch with others during hot weather can make a real difference. A quick check-in from a friend or neighbor can provide an extra layer of safety. With a little awareness and preparation, you can enjoy everything summer has to offer while reducing potential risks. ●

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

- Veteran's Outreach Program – visit from Mike from People's Place (1st Wednesday of the month)
- Music & Memories with Dan Feth (1st Thursday of the month 10:30am)
- Alzheimer's Support Group (1st Thursday of the month 1-3 p.m.)
- Greenwood Library Program – Visit from the Library (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 confirm)

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

Every 2nd Wednesday, Visit from Greenwood Library

Fridays June 4th & June 25th: Bus Riders to Foodlion or Dollar General at 12:30 p.m.



Gary Tompkin's Monday Tai Chi at Greenwood class.

SPECIAL HAPPENINGS

June 3rd: Wednesday at 10:00 a.m.
Cornhole (rain or shine)

June 4th: Beckett's Bulletin

June 11th: Thursday at 10:30 a.m.
Trip to Milford Bowling Lanes. Lunch on your own at Milford Bowling Lanes.

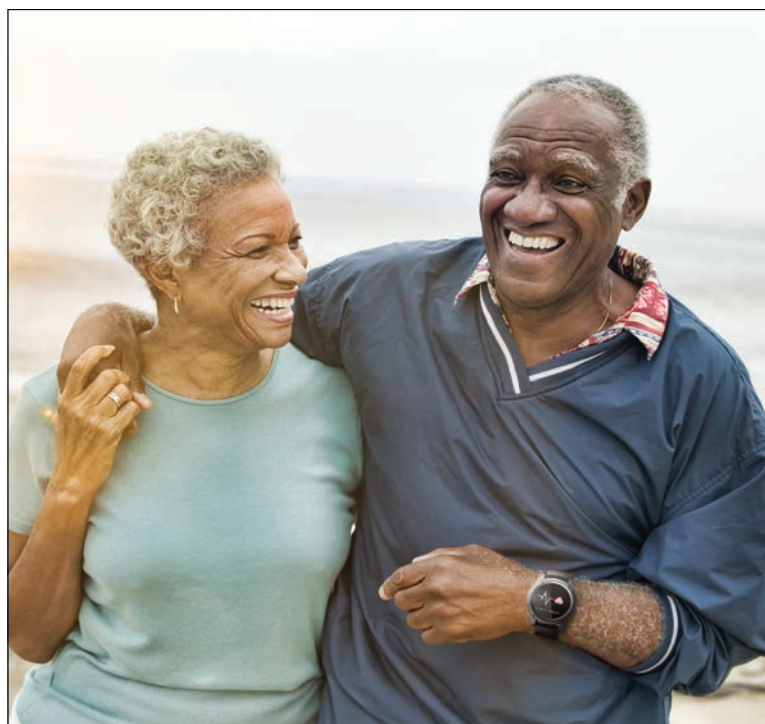
June 17th: Wednesday at 10:30 a.m.
The Real Women, Veterans of Vietnam w/Nancy Lynch

June 18th: Thursday at 10 a.m.
Juneteenth "Faith & Freedom" documentary..

June 19: Juneteenth – Center Closed

June 24th: AARP Defensive Driving Refresher Course (call the center to sign up).

June 25th: Greenwood Cruise-In 4:30 p.m.– 7:30 p.m.



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



Happenings

June brings longer days, warmer sunshine, and gentle reminders to enjoy life's simple pleasures. Whether it's a quiet moment by the window, a friendly conversation, or the beauty of flowers in bloom, there is joy to be found in each day.

This month is also a time to appreciate the wisdom, strength, and memories that make each of you so special. Your experiences continue to inspire and connect us all.

The Real Women: Veterans of Vietnam Inspired by best-selling author Kristin Hannah's hit historical novel, *The Women*, award-winning journalist Nancy E. Lynch presents *The REAL Women, Veterans of Vietnam*.

Lynch will read REAL war letters from REAL nurses and a REAL Donut Dolly written to her from the front lines and published in her popular News Journal column, Nancy's Vietnam Mailbag, from 1968 to 1972 in Wilmington, DE.

Hundreds of REAL civilian women also volunteered for duty in Vietnam and served as Donut Dollies with the Army Special Services, USO, and as news correspondents.

Please come out on June 5th at 10:00 a.m. at the Harbour Lights CHEER Center to hear more about *The REAL Women, Veterans of Vietnam*.

Medicare Advantage Representative

Understanding Medicare is an important part of maintaining your health and financial well-being as you age. Learning about your options, including Medicare Advantage plans, can help you make informed decisions that best fit your lifestyle and health needs. Join us on June 12th at 11:45 a.m. when a Medicare Advantage representative will be at the center to provide helpful information, answer questions.

Join us for our FREE Membership dinner on Tuesday, June 23, 2026, at 5:00 p.m. This special evening is our way of celebrating and appreciating our valued members.

Enjoy a wonderful time of food, fellowship, and fun, with entertainment provided by DJ Carroll. The menu will consist of Meat Lasagna, Green Beans, Garlic Bread and Chocolate Ice Cream.

Please be sure to sign up at the desk no later than June 18th. We look forward to sharing this enjoyable evening with you.

Men's Health

Men's health is often overlooked, yet it plays a vital role in overall well-being, longevity, and quality of life. Many men are less likely to seek regular care or talk about health concerns, which can lead to preventable issues going unnoticed. Focusing on routine checkups, healthy habits, and mental well-being can make a lasting difference.

Join us for a presentation on June 26th at 11:45 as we highlight the importance of men's health. We also invite everyone to wear blue, the color of men's health awareness, to show support. ●

WEEKLY

Monday: Nickel Bingo and Mahjongg

Tuesday: Bible Study

Wednesday: Nickel Bingo, Chair Yoga, Grocery Store, Bank, Post Office and Drug Store

Friday: Prize Bingo

Every 1st Tuesday: PT Works Presentation

Every 1st Friday: Blood Pressure Checks and Prize Bingo

Every 2nd Tuesday: Chair Exercise with Pace Your Life

Every 4th Wednesday: AARP Defensive Driving

SPECIAL HAPPENINGS

June 2nd: Tuesday, at 11:45 a.m. PT Works Presentation

June 4th: Beckett's Bulletin

June 5th: Friday, at 10:00 a.m. The REAL Women: Veterans of Vietnam
10:30 a.m. Blood Pressure Checks
11:45 a.m. Ice Cream Sundae's for sale

June 9th: Tuesday, at 10:00 a.m. FREE Exercise class with Pace Your Life

June 12th: Friday, at 10:00 a.m. Crafts with Suzy
11:45 a.m. Medicare Advantage Representative

June 18th: Thursday, at 10:30 a.m. Pet Therapy with Paris

June 19: Juneteenth – Center Closed

June 24th: Wednesday at 5:00 p.m. FREE Membership dinner

June 25th: Wednesday at 12:30 p.m. AARP Defensive Driving Course

June 26th: Friday at 11:45 a.m. Men's Health Presentation with WellCare



Coming together to create a little comfort, Harbour Lights members crafting boo boo bunnies with care coordinated by the HL Bus Driver Suzy Jackson. Starting from the back row... Left to right, Diane Palmer, Carol Parkhurst, Barbara McGowan, Analia Perez, Melody Jordan, and Sharon Cherry. Front Row: Reginald Bundick, Suzy Jackson (CHEER Bus Driver), and Betty Guyton

Long Neck Activity Center

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



Happenings

Long Neck is ready for June! Warm, sunny days full of fun and friends. This month's evening event will be game night on June 10th. Bring your favorite game or learn a new game. ●

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

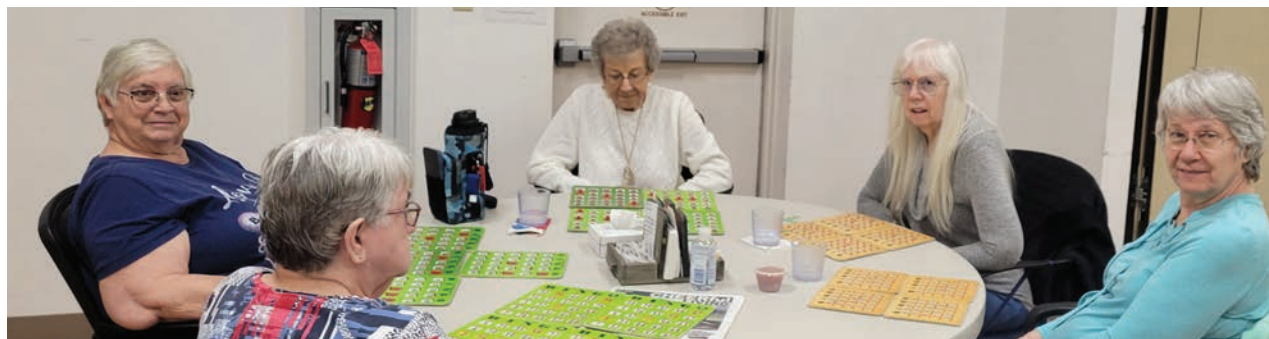
8:00 Texercise
9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker
1:00 Mahjong

Wednesday

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

Thursday

8:30 Chair Yoga
9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker (Back Room)
12:30 Nickel Poker (Dining Room)



Kathy Clausen, Fran Deptula, Melanie Mills, Joanne Michaels, and Bonnie Rothermel hoping for a Bingo win.



Texercise class

Friday

8:00 Texercise
10:00 Bible Study
12:30 Penny Bingo
1:30 Bridge

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

June 4th: Thursday at 9:15 a.m.
Ollies in Milford and Applebees and Beckett's Bulletin

June 9th: Tuesday at 11:00 a.m.
Dr. George of PT Works

June 10th:
Wednesday at 12:00 p.m.
Membership Meeting
4:00 Game Night and dinner

June 11th: Thursday at 1:00 p.m.
Blind Sight DE meeting

June 16th: Tuesday at 9:15 a.m. Grocery Outlet and Michaels (return to center for lunch)

June 19: Juneteenth – Center Closed

June 24th: Wednesday at 12:30 p.m.
Birthday Celebration

June 25th: Thursday at 9:15 a.m. Aldis, Homesense, and Cracker Barrel

June 30th: Tuesday at 9:15 a.m.
American Veterans Thrift Store
(return to center for lunch)

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(302) 515-0001, Ext. 1461



Happenings

Hello June!

Not only is June the start of summer, but it is also the month for Alzheimer's & Brain Awareness Month. We encourage you to come in on June 1st and listen to Beebe's Stephen Israel MSN, AGACNP-BC who will be discussing how we can better exercise our brains and their cognitive ability.

Keeping the brain healthy is important at every age. Simple activities such as staying physically active, eating nutritious foods, engaging in social activities, and keeping the mind stimulated through reading, puzzles, or learning new skills can all support brain health.

We have so many areas that are beneficial to your health here at Milton CHEER. We would love for you to be apart of them if you aren't already! We hope this month brings you joy, positivity, and plenty of reasons to smile community — we celebrate you not just in May, but all year long! ●



Thank you for Delaware State Police's Corporal Jackson for coming out to the Milton Center to inform members on fraud prevention and scam awareness.

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:

9:00 a.m. – 10:30 a.m. Breakfast
\$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

June 1st: 12:00 p.m. Lunch and Learn with Beebe's Stephen Israel MSN-AGACNP-BC discussing Boosting Memory and Cognitive Skills

June 4th: Beckett's Bulletin

June 9th: 9:30 a.m. Membership Meeting, bring your ideas and questions!

June 11th: 12:00 p.m. Birthday Celebrations, enjoy ice cream with us and celebrate your birthday!

June 18th: 12:00 p.m. Art with Local Artist Phoebe Canakis

June 19: Juneteenth – Center Closed

June 23rd: 8:00 a.m. Depart for Spence's Bazaar Flea Market in Dover, Please Sign up In Center

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Ocean View, DE 19970

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



Happenings

Summertime is here!

Sun, Sand & Ocean Vibes - Get in the mood with Tony Sciuto (formerly of The Little River Band) performing over lunch on Wednesday 3rd and bring a friend!

Learn ways to be more ocean friendly by celebrating World Ocean Day on Monday 8th. Part of enjoying the warmth of summer is staying safe in the heat and sun, so join us on Wednesday 10th as P.A. Chris Bruce talks about "Heat Related Safety" over lunch. Celebrate Juneteenth with us over lunch on the 16th (as we're closed on Friday 19th).

We have some great Ocean Vibes trips planned for June - breakfast at Docksider Marina, visiting the IR Lifesaving Station, relaxing on the Tiki Cruise, and chilling on a Pontoon Ride through the bald cypress trees at Trap Pond State Park.

We hope to wrap up the month with a BBQ and Parking Lot Concert in the afternoon on Tuesday 30th, celebrating Juneteenth & 4th of July!

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

June 4th: Docksider Marina for Breakfast, followed by a visit to the Indian River Lifesaving Station (plans are tentative) 8:45 a.m.

June 5th: Out to a Local Ice Cream Shop after lunch at the Center, 12:30 p.m.

June 11th: Super Walmart in Georgetown, Lunch at Pizza King, Millsboro, 9:15 a.m.

June 12th: Millville U.M. Church for AARP Choral Concert and Pizza, 10:15 a.m.

June 16th: Tuesday - Tiki Boat Ride, Dewey Beach, 9:45 a.m. - \$45 includes lunch on board!

June 19th: CLOSED.

June 25th: Trap Pond State Park Pontoon Ride and Picnic Lunch, \$11 (all inclusive)!

June 26th: Out to a Local Ice Cream Shop after lunch at the Center, 12:30 p.m.

SPECIAL HAPPENINGS

June 3rd: Wednesday, 11:30 a.m. - Tony Sciuto Entertains us over lunch today!

June 4th: Beckett's Bulletin

June 8th: Monday, World Oceans Day!!!

June 10th: Wednesday, 11:45 a.m. - Lunch 'n Learn, "Heat Related Safety" with P.A. Chris Bruce.

June 16th: Tuesday, 11:45 a.m. - Juneteenth Celebration over Lunch!

June 17th: Wednesday, 11:30 a.m. - Virtual Nutrition Education with Lisa H., "Secrets to Longevity".

June 19: Juneteenth - Center Closed

June 30th: Tuesday, 2 - 4 p.m. BBQ and Parking Lot Concert (tentative - stay tuned)!

Goat Social Hour at Goat Joy Farm in Harbeson - they had a blast!



Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

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



Happenings

Happy June! Summer is finally here, and we're looking forward to a month filled with fun, connection, and meaningful activities.

June Highlights

Don't miss our Artful Journey art class in partnership with the Rehoboth Art League. Our wonderful instructor, Sinead, makes every class enjoyable and inspiring. Come out, get creative, and try something new!

Health & Wellness

Your health matters—join us for these informative sessions:

- 12-Week Diabetes Self-Management Class
- Begins June 9th – Learn how to better manage your health and feel your best.
- CVA/TIA Presentation
- Presented by Logan Jarrell – Gain important knowledge about stroke awareness and prevention.
- Nutrition Education
- With Lisa Harkins – Discover tips for eating well and staying energized.

Special Event

Juneteenth Celebration – June 16th
Join us as we celebrate Juneteenth with good company and light refreshments. Let's come together to honor this important day! Represent by wearing RED, GREEN, YELLOW and BLACK.

Reminders

- Be sure to check out the weekly schedule for updates and sign-ups
- New members are always welcome—bring a friend!
- Stay connected and don't miss out on all the fun

We're looking forward to sharing a wonderful season with all of you. Let's make June a month full of creativity, movement, music, and community! ●

WEEKLY

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

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

Tuesday: Prize Bingo 10:00 a.m. (\$1 Donations). (Except June 16 this month) (Juneteenth Celebration on June 16) Self-Management Diabetes 12 Week Course at 12:00 p.m. starting June 9.

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

Thursday: Trip Day

Friday: Chair Yoga with Barbara Popiel
Memory Café with the Director

BI-WEEKLY:

June 1: Pastor Dan and Betsy: Bible Study and Inspirational Music

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

June 1st, June 8th, June 22nd, & 29th:
12:00-1 p.m. Dollar Tree and Grocery Store



Roxana's Walking Club

SPECIAL HAPPENINGS:

June 2- Dan Feth: Stump The DJ

June 3: TBD

June 4: Beckett's Bulletin

June 5: CHEER ACADEMY: Chair Yoga.
Rehoboth Art League: Artful Journey Class

June 9: Self Management Diabetes
12 Week Course Starting

June 10: Gardners by the Sea

June 11: TBD

June 12: CHEER ACADEMY: Chair Yoga

June 15: Pastor Dan and Betsy:
Bible Study and Bible Trivia "Happy Anniversary to Pastor Dan and Betsy Taylor"

June 16: Juneteenth Celebration Party
(Wear Red, Green, Yellow and Black),
Ballads & Blues-Terence Wittstadt, and
Self Management Diabetes 12 Week
Course

June 17: CVA/TIA Presentation with
Logan Jarrell and Nutrition Education-
Lisa Harkins

June 18: Wal-Mart Trip

June 19: Juneteenth – Center Closed

June 23: Self Management Diabetes
12 Week Course

June 24: Dan Feth: Stump The DJ

June 26: CHEER ACADEMY:
Chair Yoga "Last Day"

June 30: Self Management Diabetes
12 Week Course

June - Blood Pressure Check with Erin
PAM Health and Erin PAM Health:
BINGOCIZE

SUMMER FUN:

June 1: Flip A Coin Day

June 4: National SAFE Day

June 5: Thank You Day

June 12: Red Rose Day

June 26: Chocolate Pudding Day

**Upcoming Birthdays/ Birthday
Celebration: Arline Keating-June 4**

Upcoming Event:

Stay tuned at the end of July for Roxana
CHEER Center Yard Sale!

Contact the center if interested in
dropping off items, Thank you.

Sand Hill Adult Day Program

20520 Sand Hill Road
Georgetown, DE 19947

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



Music and Dementia

According to the National Council of Certified Dementia Practitioners, Music is a universal language. It can transcend barriers to touch the heart and mind in few ways other experiences can. Music offers something deeper for individuals living with Alzheimer's and related dementias. It's a way to reach beyond the effects of the condition and reconnect with themselves and others. Long after speech and memory begin to

fade, music can stir emotions, awaken memories, and create moments of joy and clarity.

At the Day Program we understand the powerful connection of music with our population. Every day when the members arrive, we have music playing, often it is gospel music. This creates a warm and safe atmosphere after the morning bus ride often creates a stressful experience for them. Every day after lunch we have a music biography where we feature an artist and play their music with the lyrics on the TV then we read a narrative of their life. Once a month we have live entertainment by Tony Windsor. He plays the guitar and sings. The members clap, dance and sing along. ●

VOLUNTEER AT CHEER!



Scan the QR to sign up and learn more about volunteering at CHEER!
cheerde.com/volunteer



adartsignsde.com

Simplify your healthcare, simplify your life



Stay connected with your health and care team right from home with TidalHealth's MyChart! This easy-to-use online tool lets you message your doctor directly, so getting answers to your health questions is as simple as logging in—no office visit needed.

With MyChart, you can check your test results as soon as they're ready. Say goodbye to the waiting game—see results and read your doctor's comments within days to stay fully informed about your health.

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Plus, managing appointments has never been easier! Schedule your next visit or check details of past and upcoming appointments, all in one place.

TidalHealth is here to make healthcare simpler and more accessible with MyChart. Sign up today at tidalhealth.org/mychart and take charge of your health anytime, anywhere!

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

55 CHEER
Celebrating 55 Years of Service

Calendar PHOTO CONTEST

**Have your photo featured
in the 2027 CHEER calendar!**
Showcase your creativity through photos taken anywhere in Sussex County!
Open to CHEER members, volunteers and staff.*
13 Winners selected!
*(See entry form for contest rules,
No more than 2 winners will be from staff.)

Entry Deadline July 15th, 2026
Enter online at www.cheerde.com/photo-contest or submit entry form with photo, and photo release if needed, to your CHEER Senior Activity Center, Director or Marketing Department.

Questions? Email: Marketing@cheerde.com or call (302) 515-0001 x1001
*There is no cost to enter, but rules apply!
No more than 2 entries per person.*

Are you balancing your job, personal life and caring for spouse, parents, grandparents or loved one?

SAND HILL Adult Day Program

- Nursing oversight
- Assistance with personal care
- Secure Facility
- Brain Fitness and Physical Fitness Programs
- Transportation arranged
- Noon meal and snacks provided

We understand how difficult it can be.
Monday thru Friday, 9 AM to 3 PM

CHEER
Over 50 Years Serving Sussex Seniors

CHEER COMMUNITY CENTER
20520 Sand Hill Rd., Georgetown, DE
Call Cindy at (302) 212-4482 or email cindym@cheerde.com

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
(302) 515-0001 Ext. 1861

\$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


Spring Semester NO COST TO ATTEND Re-Cap


We are proud to celebrate another successful month of enriching programs at CHEER Academy. From movement and music to creativity and lifelong learning, our members are showing up, connecting, and thriving together.


CHEER ACADEMY


More Classes
More Connections
More CHEER –
*New Semesters
coming soon!*





 **Line Dancing**
High energy, great community spirit -boots are always welcome.

 **Cardio Drum**
Rhythm-based fitness that gets hearts pumping and smiles going.


 **Tai Chi**
Gentle, mindful movement for balance and inner calm.


 **Watercolor Basics**
Discover your creative side-no experience needed.


 **Intro to Genealogy**
Uncover family stories and trace your roots together.

 **Chess lessons for All**
Strategy, fun, and friendly competition for every skill level.

 **Intro to Artificial Intelligence**
Explore the world of AI in a friendly, approachable setting.

 **Glimpses of God's Character**
A reflective journey through faith, meaning, and spiritual growth.

 **Square Dancing**
Classic American fun -do•si•do your way to a great time!

 **Spanish Culture & language**
Discover the language, traditions, and richness of Hispanic culture.



SOME CLASSES HAVE LIMITED SEATING!

Free CHEER Membership for New Members!
Classes run until June 27th!

**FOR COURSE DESCRIPTIONS GO TO:
CHEERDE.COM/CHEER-ACADEMY**

For more information and registration:
Contact: **Jacque Reilley**
jreilley@cheerde.com
302-515-0001 Ext. 1167

NO COST TO ATTEND



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



STRONGER TOGETHER

Join our free community workshops to manage your diabetes.

When you join a Self-Management Program, you join a community of people determined to prop each other up — and you become stronger than you ever thought possible. Learn how to manage the symptoms of your diabetes by participating in evidence-based programs, led by someone who knows just what you're going through.

Register for a Diabetes Self-Management Program today.



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DPHSMP@Delaware.gov • 302-990-0522



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



2026-2027 TRIPS



Nashville, TN and Grand Ole Opry!

AUGUST 2026
Sunday – Saturday
August 23 – 29, 2026

PRICE: \$1100 per person/Double
Occupancy Check, Money Order only
*ADD \$275 for Single Occupancy
Reservation Deadline: 06/01/2026
Departs from Milton CHEER Center
(see flyer or website for all details)



New York City at Christmas

DECEMBER 2026
Saturday – Monday
12/5-12/7, 2026

PRICE: \$479
per person/ dbl occupancy Check,
Money Order only
*ADD \$139 for Single Occupancy
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
Sunday – Saturday
April 25, 2027 – May 1, 2027

PRICE: \$2,445
per person/ dbl occupancy (Land Only)
Co-Hosted by CHEER Travel Club
and Jetset Travel

Perfect for first-timers, our most
popular tour visits highlights
including the scenic Ring
of Kerry, legendary Blarney
Castle, and the stunning
Cliffs of Moher.
(see flyer or website for all details)



America's Cowboy Country

MAY 2027
Saturday – Saturday
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)



Canada & New England Cruise NORWEGIAN PEARL

OCTOBER 2027
Tuesday – Saturday
OCT 19, 2027 to OCT 30, 2027

PRICE: \$1410 - \$3136

11-DAY CANADA & NEW ENGLAND
Cruising to 7 Ports
Amenity Package Choice A or B

ROUND-TRIP PHILADELPHIA
(see flyer or website for all details)

Contact CHEER Travel Club: 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.

Thank You 55th Anniversary Sponsors

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By Lisa Harkins,
RD, LDN,
CHEER Dietitian



June is Alzheimer's and Brain Awareness Month – Eat to Beat Your Risk!

Dementia is a broad term for a decline in cognitive function that interferes with daily life. It is a condition that affects an individual's memory, thinking, reasoning, and social abilities. While Alzheimer's disease is the most common cause, dementia can result from various other conditions, including vascular issues, infections, and neurological disorders. It is important to note that those with Diabetes have a significant risk for developing dementia, due to increased risk for stroke, insulin resistance, and brain damage caused by hyperglycemia.

Recent studies strongly suggest that lifestyle choices can influence dementia risk. For example, maintaining strong social connections, exercising regularly, and following a healthy diet may help lower the chances of developing dementia. Interestingly, research also indicates that receiving the shingles vaccine could reduce dementia risk by up to 20%!

A brain-healthy diet can play a significant role in reducing the risk of dementia. Research suggests that the Mediterranean diet and the MIND diet are particularly beneficial.

These diets emphasize:

- Leafy greens (spinach, kale) for brain-protecting antioxidants.
- Fatty fish (salmon, sardines) rich in omega-3s, which support cognitive function.
- Berries packed with flavonoids that help combat oxidative stress.
- Nuts and olive oil, which provide healthy fats and vitamin E to protect brain cells.
- Whole grains and legumes, which support vascular health.
- Turmeric, known for its anti-inflammatory properties.

Limiting processed foods, excessive sugar, and saturated fats is also recommended.

So this month, make it a point to call a friend weekly to catch up, take a walk daily after dinner, and partake in the seasonal produce available in the warmer months. It's never too late to adopt some healthy habits to reduce your risk of dementia and cognitive decline. ●

Simple Summer Salad (that can substituted as a Smoothie!)

Recipe and nutrient analysis provided by:
Lisa Harkins, RD, LDN, CHEER Dietitian

Makes 4 servings.



Switch it up for a Smoothie ~

For the Smoothie, if you use fresh berries, add 1 C crushed ice and 1 C of cold water in a blender (or Nutribullet/Ninja) to the greens, hemp seed or flax seed and turmeric powder. Pulse/blend until smooth. Optional: add 1 tsp of the Maple syrup and 1 TBSP of the lemon juice before blending.

As an alternative, use frozen berries, and add 2 C of cold water to other ingredients in a blender and pulse/blend under smooth.

Feel free to use any fresh in season or frozen fruit you prefer!

Salad Ingredients:

- 4 C Leafy Greens (Kale, Spinach, Arugula, Spring Mix – your choice)
- 1 C fresh blueberries
- 1 C fresh strawberries, sliced
- 4 TBSP of Hemp Seed (shelled) or Flax Seed (Ground)
- 2 tsp Turmeric powder

Salad Dressing:

- 1 TBSP balsamic vinegar
- 3 TBSP light olive oil
- 2 TBSP lemon juice
- 1 tsp Dijon mustard
- 1 tsp Maple Syrup
- ½ tsp salt
- ½ tsp pepper

Directions:

1. Mix together all salad ingredients, set aside.
2. Whisk together all dressing ingredients.
3. Drizzle dressing over salad mixture, then lightly toss until evenly coated.
4. Serve promptly.

Nutrition per Serving of Salad with Dressing:

Calories 205 Protein 6g Carbohydrates
13g Fiber 5g Total Fat 16g Sat Fat 2g
Monounsaturated Fat 8g Polyunsaturated
Fat 6g Sodium 37mg





CHEER BINGO

**Community BINGO Open to the Public
2nd Tuesday of Each Month**

**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

*Must be 18 years old to play

DONATE TO CHEER'S *Pet Food Program*

Help pets of CHEER's Meals on Wheels recipients have a meal, too!

SUGGESTIONS:

- Dog/Cat Food (wet or dry)
- Dog/Cat Treats
- Kitty Litter
- Cash Donations by check or online at cheerde.com/donate



For more information:

Drop donations off at the
CHEER Community Center,
or any CHEER Senior Activity Center
www.cheerde.com

CALL: (302) 854-9500
asmith@cheerde.com
mjordan@cheerde.com



Community Center at CHEER, Tuesday Bingo Night.



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