

CHEER Coastal Leisure Center
JUNE 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>1 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY 12:30 DOODLE CLUB</p>	<p>2 8-4:30 Fitness /Puzzles 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle</p>	<p>3 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, Susan 11:30 Lunch, \$ and Tony <i>Sciuto Entertains us!</i> 12 Poker 12:15 Knitting/Crocheting</p>	<p>4 8-4:30 Fitness / Puzzles 8:45 Dockside Marina and IRLSS (tentative) 9 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group</p>	<p>5 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social 12:30 Local Ice Cream Shop after Lunch</p>
<p>8 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10:45 Joyful Living 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 NO BIBLE STUDY today WORLD OCEAN DAY!</p>	<p>9 8-4:30 Fitness /Puzzles 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle 12:30 Acrylic Painting Class with David of RAL!</p>	<p>10 8-4:30 Fitness / Puzzles 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, Susan 11:30 Lunch, \$ / L' L—Heat Related Safety w/Chris 12 Poker 12:15 Knitting/Crocheting</p>	<p>11 8-4:30 Fitness/Puzzles 9 Pickleball 9:15 Super Walmart, G'town and Pizza King, Millsboro 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group</p>	<p>12 8-4:30 Fitness/Puzzles 9/9:30 No Tai Chi today 10:15 AARP Concert at MV UM Church w/ pizza 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social</p>
<p>15 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 NO BIBLE STUDY today</p>	<p>16 8-4:30 Fitness/Puzzles 9 Pickleball 9:30 Hand and Foot 9:30 Tiki Cruise, \$45! 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch, JUNETEENTH! 11:30 MJ / Dom's 12:15 Pinochle 12:30 Arts & Crafts Club \$</p>	<p>17 8-4:30 Fitness Room / Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, Susan 11:30 Lunch, \$, Nut. Educ. 12 Poker 12:15 Knitting/Crocheting 2:30 Parkinsons Support</p>	<p>18 8-4:30 Fitness/Puzzles 9 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group No Trip today— See Tuesday 16th!</p>	<p>19</p>  <p>We are CLOSED Today!</p>

CHEER Coastal Leisure Center
June 2026



Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>22 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY with CARLOS!</p>	<p>23 8-4:30 Fitness/J.Puzzles 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle</p>	<p>24 8-4:30 Fitness Room / Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, Susan 11:30 Lunch, \$ 12 Poker 12:15 Knitting/Crocheting</p>	<p>25 8-4:30 Fitness/Puzzles 9 Pickleball 9:30 Trap Pond Pontoon Ride/Picnic Lunch, \$11 (all inclusive) 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MahJongg 1 Alzheimer's Caregiver Support Group</p>	<p>26 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social 12:30 Local Ice Cream Shop after Lunch</p>
<p>29 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY w/ CARLOS!</p>	<p>30 8-4:30 Fitness / Puzzles 9 Pickleball 9:30 Hand and Foot 10 Chair Yoga, \$5 10:30 Sit & Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle 2-4 Parking Lot Concert and BBQ - TENTATIVE <i>Celebrate Juneteenth and 4th of July!</i></p>			

Check out Coastal Leisure Center's website page:

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