

CHEER Coastal Leisure Center
MAY 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">OLDER AMERICANS MONTH</p>  <p style="text-align: center;">CHAMPION YOUR HEALTH: MAY 2026</p>		<p style="text-align: center;">May Lunch DOLLAR DAYS For Older Am's Month!</p> <p style="text-align: center;">60+ In house lunch only</p>		<p>1 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 CHSP Walk & Talk, \$6 / Crooked Hammock 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social</p>
<p>4 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11:30 Lunch, \$ / M'ship 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY 12:30 DOODLE CLUB</p>	<p>5 8-4:30 Fitness /Puzzles 9:30 Hand and Foot 10 Pickleball 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle</p>	<p>6 8-4:30 Fitness Center / 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>7 8-4:30 Fitness / Puzzles 10 Ocean Blue Thrift Store and El Azteca, RB 10 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group</p>	<p>8 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Lavender Fields & Lunch Choice 10:30 Memory Café/MM 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social</p>
<p>11 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 10:45 Joyful Living 11:30 Lunch, \$/M'ship Mtg 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY</p>	<p>12 8-4:30 Fitness/Puzzles 9:30 Hand and Foot 9:30 Shorebirds Game \$15 10 Pickleball 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30 Lunch 11:30 MJ / Dom's 12:15 Pinochle 12:30 Acrylic Painting Class with David of RAL!</p>	<p>13 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>14 8-4:30 Fitness/Puzzles 9:30 No Trip today—see Tuesday 10 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group</p>	<p>15 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Historic Berlin, MD on your own! 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social</p>

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Mon	Tue	Wed	Thu	Fri
<p>18 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11:30 Lunch, \$ 12 <i>So DE School of the Arts Choral Show!</i> 12 MahJongg 12:15 Shopping+/Quilt 12:30 <i>BIBLE STUDY with CARLOS!</i></p>	<p>19 8-4:30 Fitness/J.Puzzles 9:30 Hand and Foot 10 Pickleball 10 Chair Yoga, \$5 10:30 Sit and Fit DVD 11:30—12:30 Lunch 11:30 MJ / Dom's 11:45 Fitness w/PAM Rehab and Flower Bar! 12:15 Pinochle 12:30 Arts & Crafts Club with Judi, \$5</p>	<p>20 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 <i>Move or Rust, Susan</i> 11:30 Lunch, \$ and Entertainment with Dave Consono over Lunch! 12 Poker 12:15 Knitting/Crocheting 2:30 Parkinsons Support</p>	<p>21 8-4:30 Fitness/Puzzles 10 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MahJongg 12:15 Local Ice Cream Outing Following Lunch 1 Alzheimer's Caregiver Support Group</p>	<p>22 CENTERS ARE CLOSED TODAY! <i>OLDER AMERICANS DAY CELEBRATION AT GEORGETOWN COMM. CENTER, 10—2!!!</i> BUS LEAVES OV AT 9 A.M.!</p>
<p>25 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 <i>BIBLE STUDY with CARLOS!</i></p>	<p>26 8-4:30 Fitness / Puzzles 9:30 Hand and Foot 10 Pickleball 10 Chair Yoga, \$5 10:30 Sit & Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle 5 <i>Spring Dinner followed by Robin & The Hoods, Entertaining us! Pay at sign up \$10 M / \$15 Guests</i></p>	<p>27 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 <i>Move or Rust, Susan</i> 11:30 Lunch, \$ <i>Celebrate May Birthdays!</i> 12-1 <i>Nat'l Sr Health & Fitness Day w/Beebe!</i> 12 Poker 12:15 Knitting/Crocheting</p>	<p>28 8-4:30 Fitness/Puzzles 10 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alz. Caregiver Support 2-3:30 <i>Tea Party, \$10!!! Sign up early and pay, spots are limited ... Dress Up and Wear a Hat</i></p>	<p>29 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 <i>No Trip today—just in to the Center, Enjoy!</i> 10:30 Memory Café 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social</p>
<p>Check out our own</p>	<p>Page on the CHEER</p>	 <i>Over 50 Years Serving Sussex Seniors</i>		<p>Website at: https://www.cheerde.com/ocean-view/</p>

