

JULY 2026
FREE

CHEERful LIVING

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



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CHEERful Living

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CHEER Volunteer of the Year 2026



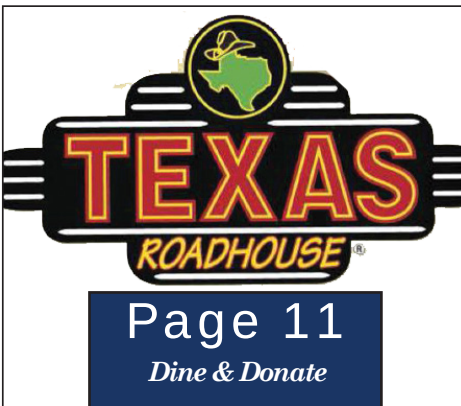
Beckett Wheatley CEO, Maggie Smith and Governor Matthew Meyer.



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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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CEO Perspective

As CHEER celebrates 55 years of service in Sussex County this summer, we are also looking ahead to the future, because the future of aging in our community is changing rapidly.

Over the past five decades, CHEER has grown alongside Sussex County. What began as a small organization focused primarily on meals and home services has evolved into a network of programs designed to help older adults remain independent, active, healthy, and connected. Today, CHEER provides nutrition services, transportation, personal assistance, adult day programming, caregiver support, wellness opportunities, and affordable housing for thousands of seniors.

One thing has remained constant throughout all 55 years: seniors deserve dignity, respect, and the opportunity to age safely within their own communities. Today, the needs facing older adults are greater than ever before. Sussex County continues to experience tremendous population growth, particularly among older adults. More people are retiring here, more families are helping aging parents, and more seniors are living longer while striving to remain independent. At the same time, affordable housing has become increasingly difficult to find, healthcare needs continue to rise, and many seniors are living alone without nearby family support.

For organizations like CHEER, that means we cannot simply continue doing things the way they were done years ago. We must continue preparing for what seniors will need tomorrow, not just what they needed yesterday. That is why this summer is such an important moment for CHEER.

Construction is now underway on the Gateway East campus located adjacent to both the CHEER Community Center and CHEER Apartments in Georgetown. Many people may not realize that CHEER Apartments, our existing 60-unit affordable senior housing complex, has been serving seniors for nearly three decades. Over the past few years, CHEER has invested in several upgrades to ensure residents continue to have a safe and comfortable place to call home.

*“Prepared Today
for Tomorrow’s
Seniors.”*

The new Gateway East development builds upon that long-standing commitment to affordable senior housing and supportive services. Construction includes both the Gateway East Administrative & Support Services Building and the Gateway East Apartments I, the first of four affordable senior apartment buildings planned for the new campus expansion.

While construction projects naturally bring excitement, these buildings represent something much larger than new facilities. They represent CHEER’s commitment to preparing for the future of aging in Sussex County.

Gateway East reflects something CHEER has always believed: independence works best when seniors have support nearby. Affordable housing, nutrition, transportation, wellness programs, social engagement, and



Beckett Wheatley, CEO

access to services all work together to help older adults remain healthier, safer, and more connected.

As we celebrate CHEER’s 55th anniversary, it is important to remember that the organization we know today exists because previous generations planned ahead. Leaders, volunteers, staff members, donors, and community supporters made decisions years ago that allowed CHEER to continue growing and adapting over time.

Now it is our responsibility to do the same.

Gateway East is not simply about new construction. It is about ensuring that future generations of seniors in Sussex County continue to have access to affordable housing, compassionate services, and opportunities to remain independent for years to come.

After 55 years, CHEER’s mission remains as strong as ever and we are still building for the future. ●

CHEER Holds Annual Volunteer Appreciation Brunch

Delaware Governor Matthew Meyer addresses crowd of 250 gathered to celebrate volunteers who contributed over 40,000 hours of service.

Each year, CHEER celebrates the special people who donate their time, talent, and more through the important role each plays in service to our older neighbors across Sussex County. First, a Volunteer of the Year is selected for each senior center. Because volunteers also donate their time at the Community Center and Administrative offices, a winner is chosen. The CHEER Volunteer of the Year is selected from this group of nine distinguished volunteers.

This month, we introduce you to Maggie Smith, CHEER's 2026 Volunteer of the Year. In each month that follows, we will feature one of the nominees.

CHEER hosted its annual Volunteer Appreciation Awards Ceremony at the **CHEER Community Center in Georgetown on May 29, 2026** to honor the selfless individuals and groups who dedicate their time to supporting senior citizens across Sussex County.

The brunch drew a crowd of 250 attendees, who were greeted with inspiring remarks by Delaware Governor Matthew Meyer. The ceremony celebrated the extraordinary contributions of local citizens, culminating in the announcement of the 2026 CHEER Volunteer of the Year.

Of the nine exceptional nominees representing different CHEER locations and departments, Maggie Smith from Long



Beckett Wheatley CEO, Maggie Smith and Governor Matthew Meyer.



Governor Matthew Meyer

2026 CHEER Volunteer of the Year. Smith volunteers daily at the Long Neck center, checking and restocking tables, running the weekly nickel poker game, calling Bingo three times a week, and carefully cataloging and storing frozen meals. Beyond her kitchen and activity assistance, she is renowned for being the first to welcome new members by name, leading grace before lunch, and serving plates to those who struggle to get to their seats.

"I want to help those who need it because I am grateful for CHEER," said Maggie Smith upon receiving the award. "They have done more for me than I have done and will continue to do for them."

CHEER's extensive volunteer network serves as the backbone for the organization's regional senior outreach. Last year, CHEER benefited from more than 750 volunteers who provided over 40,000 hours of vital community service.

"Our volunteers represent the very best of Sussex County," said CHEER CEO Beckett Wheatley. "Their generosity, compassion, and dedication allow CHEER to serve thousands of older adults each year through meals, transportation, activities, and supportive services. We simply could not fulfill our mission without the incredible commitment of our volunteers, and we are proud to recognize and celebrate their impact during our annual Volunteer Appreciation Brunch." ●





Maggie Smith, Long Neck

CHEER Honors Outstanding Community Service, Names Maggie Smith 2026 Volunteer of the Year

Long Neck Center Director
Samantha Harper with
Maggie Smith

The “People Person” of Long Neck: A Conversation with Maggie Smith

To sit down with Maggie Smith at the Long Neck CHEER Center is to meet a woman who radiates the kind of steady, quiet energy that built communities like ours from the ground up. At 81 years young, Maggie—a volunteer, a former medical professional, and a self-described “people person”—is a testament to the idea that retirement isn’t an ending; it’s an invitation to keep serving.

“I volunteer because they need me,” she says with a warm smile, “and to be honest, I need them. I want people to be happy.”

From X-Ray Technician to Country Life

Maggie’s life has been defined by a natural, hardworking spirit. Born in Hanover, Pennsylvania, and trained in Baltimore during the early 1960s, she spent three decades as an X-ray technician. She remembers the shift in the mid-90s when hospitals began consolidating, turning her stable, five-day-a-week office job into a grueling 24/7 hospital rotation.

“I was in my early 50s,” she recalls. “I decided I was going to look for my retirement home.”

Her compass pointed toward the Delmarva coast, a place she had fallen in love with during vacations to Ocean City. In 1998, she made the move, settling into the then-quiet, rural landscape of Millsboro-Long Neck. “I left the city congestion,” she says. “It felt like I was coming back home to the country.”

A Heritage of Hard Work

Maggie credits her relentless drive to her upbringing. She was the fifth of ten children in a devout, hardworking household. Her father, a man with little formal schooling, built a successful life for his large family by operating a local sawmill. “He was skilled labor,” she says proudly. “He raised ten kids on that sawmill. Just hard work and old traditional values.”

That same “get it done” attitude followed Maggie into her career and eventually into her retirement, where she found a new purpose at the CHEER center. She joined around 2007, and since then, she has become a fixture of the Long Neck facility.

The “Reformed” Dog Lover
Perhaps the most surprising

chapter of Maggie’s life is her journey with pets. As a child, she was afraid of dogs, and growing up in a house where her mother feared them and her father disliked them, she went most of her life without a four-legged companion.

That changed when she was 60, thanks to a neighbor who insisted she hold a puppy. “This puppy, of course, started licking my face,” she laughs. “All of a sudden, I was reformed. I learned the value of having a pet.”

Though she doesn’t have dogs of her own right now, she remains the neighborhood’s unofficial “pet therapy” aunt, walking a young terrier daily and watching over friends’ pets whenever they travel.

The Best Time of Her Life

Today, Maggie continues to be a vital part of the Long Neck CHEER Center. She describes her role with grace and humility: “I know who needs me and I know who doesn’t. I don’t push myself on folks, but I’m going to offer to help. And if they say no, I let them do it. If I see they can’t, I say, ‘Let me help you.’”

As she looks out at the community that has grown up around her over the last three decades, Maggie is content. “This is the best time of my life,” she says. With her volunteer badge on and a ready smile for anyone who walks through the door, Maggie Smith proves that one of the best job titles you can ever have is simply “Volunteer.” ●





Celebrating Older Americans

Across America, Older Americans Month is observed every May to honor the contributions of older adults. The 2026 theme is "Champion Your Health," focusing on prevention, wellness, self-advocacy, and personal responsibility as the cornerstones of healthy aging. CHEER, too, celebrates Older Americans every May, with \$1 lunches every day and a special event "Celebrate Older Americans Day". The public is invited to each; no membership required. Here are pictures from this year's event. We look forward to seeing everyone again in May 2027! ●



Continued on page 7

Continued from page 6



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Pet Therapy Event

In early June, Café Salud had a pet therapy event where they were able to interact with pets from PAWS for People. Additionally, Bobbi Jo from Volunteer Delaware 50+ guided members through the steps to make cat and dog toys from recycled materials. Café Salud members truly enjoyed the process of making each toy and are even more excited to be able to donate them.

Every one of the members got to pet a furry friend and learned more about the wonders of PAWS for People mission. The members were all very happy and grateful for Patty Thomas and her pet, Gracie; Glenda Spragg and her pet, Meili; Alicia DiDomenicis and her pet, Blue; and Kathryn Richards who brought her pet, Maisie. The teams truly put a smile on members' faces and helped them relax to reduce stress. It created a warm uplifting experience!

The members new furry friends were excited to take home their special handmade toys after the session. It truly was an amazing experience!

Café Salud would like to thank PAWS for People and Volunteer Delaware 50+ for supporting the pet therapy session! Their time and dedication brought joy to our members. ●





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Handmade Cards

Long Neck Outreach Worker LaTosha Morris shared that Front Desk Volunteer Gerri Barnitt and Warwick Book Club members made 93 cards for each Long Neck CHEER Meals on Wheels client. These beautiful handmade cards were delivered by CHEER Meals on Wheels volunteer drivers to give to each client along with their meals in June. ●



The difference between an Acute Rehabilitation Hospital and a Sub- Acute Rehabilitation Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the postacute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisciplinary approach which includes : Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

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Caregiver Resources

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Millsboro, Delaware 19966

Crystal Selby, Coordinator
(302) 515-0001, Ext. 1061



Celebrating Independence, Freedom, and 250 Years of America

As we gather this July to celebrate Independence Day, we have even more reason to reflect with pride and gratitude. In 2026, our nation marks a historic milestone – 250 years since the signing of the Declaration of Independence and the birth of the United States of America.

For older adults, this celebration offers a unique opportunity to look back on the remarkable changes, challenges, and achievements that have shaped our country. Many of us have witnessed significant moments in American history, from technological advancements and social change to national

Caregiver Support Groups/Memory Café:

- | | | |
|--|---|---|
| <ul style="list-style-type: none">• Georgetown CHEER
Memory Café
Every Tuesday – 9:30 – 11:30 AM• Greenwood CHEER
Caregiver Support Group
1st Thursday of the Month – 1:00 PM
Memory Café
Every Thursday – 1:00 – 3:00 PM• Long Neck CHEER
Caregiver Support Group – 1:00 PM
Partnered with Alzheimer’s Assoc.
Memory Café
Every Tuesday – 1:00 – 3:00 PM | <ul style="list-style-type: none">• Milton CHEER
Memory Café
Every Thursday – 9:30 – 11:30 AM• Ocean View CHEER
Caregiver Support Groups
1st & 3rd Thursday of the month – 1:00 PM
Partnered with Alzheimer’s Assoc.
Parkinson Caregivers
3rd Wednesday of the month – 2:30 PM
Memory Café
Every Friday – 10:30 – 11:30 AM | <ul style="list-style-type: none">• Roxana CHEER
Memory Café
Every Friday – 12:30 – 1:30 PM• Caregiver Support Group/Online
2nd Monday – 2:30 PM• Grandparents Raising Grandchildren/Online
1st Monday – 7:00 PM• One-on-One Support Group
Available by calling
302-515-0001 Ext: 1061 |
|--|---|---|

triumphs that have strengthened our communities and nation.

The Fourth of July is a time to recognize the generations of Americans who have contributed to preserving the values of liberty, democracy, and opportunity. Older adults have played an important role in building the communities we enjoy today through careers, civic engagement, military service, caregiving, and volunteerism.

This month, take time to enjoy local celebrations, attend community events, gather with family and friends, and display the American Flag. Whether you’re enjoying a picnic, watching a parade, or enjoying music and dance, your experiences are an important part of America’s story. Let us celebrate not only our nation’s past but also the contributions that older adults continue to make every day. *Happy Independence Day and Happy 250th Birthday, America!* ●



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Volunteers WE Need YOU!

This project was supported, in part by grant number #90SAPG0158 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

PASA: A Little Help That Makes a Big Difference

Sometimes the little things are not little at all.

For many older adults, getting help with daily tasks like light housekeeping, laundry, meal preparation, errands, or personal care can make the difference between struggling alone and living with dignity, comfort, and confidence at home.

That is where CHEER’s PASA program comes in.

PASA, our Personal Assistance Services Agency program, provides dependable in-home support for seniors who need an extra hand. And let’s be honest, we all need an extra hand sometimes. Whether it is help keeping the house safe and tidy, support with grooming, or simply having someone kind and reliable walk through the door, PASA helps seniors remain independent while giving families peace of mind.

At its heart, PASA is not just about chores. It is about dignity. It is about safety. It is about making sure our seniors know they are seen, valued, and not forgotten.

A clean home, a prepared meal, a helping hand, and a friendly face can go a long way. PASA proves that care does not always have to be complicated to be powerful.

Sometimes, the best way to help someone stay strong is simply to show up. ●



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
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CHEER
www.cheerde.com

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

JULY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shrimp Creole Grits Shredded Cheese Steamed Broccoli Fresh Fruit Whole Wheat Roll/Bread Skim Milk	2 Chicken And Dumplings Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	3 ALL CENTERS CLOSED In Observance of INDEPENDENCE DAY 
6 Rigatoni Bolognese Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	7 Turkey Divan Baked Mashed Potatoes Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	8 Baked Fish Florentine Mushroom Risotto Stewed Tomatoes Whole Wheat Roll/Bread Brownie Skim Milk	9 Chicken Cacciatore Garlic Herb Gnocchi Whole Wheat Roll/Bread Fresh Fruit Skim Milk	10 Minestrone Soup Cheese Pizza Cucumber Dill Salad Ice Cream Skim Milk
13 Hot Dog On Bun Baked Beans Vegetarian Cole Slaw Applesauce Skim Milk	14 Vegetable Frittata Breakfast Potatoes Spinach Mushroom Fresh Orange Whole Wheat Roll/Bread Skim Milk	15 Beef and Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Pie Skim Milk	16 Honey BBQ Chicken Baked Sweet Potato Half Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk	17 Hamburger Barley Soup Tuna Pasta Salad Fruit Of The Day Saltine Crackers Skim Milk
20 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	21 BBQ Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Diced Peach Fluff Skim Milk	22 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup Skim Milk	23 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Ice Cream Skim Milk	24 Shrimp Salad Dill Havarti Sandwich Vegetable Pasta Salad Lettuce And Tomato Rice Crispy Bar Skim Milk
27 Swedish Meatballs Buttered Noodles Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	28 Lemon Pepper Fish Steamed or Baked Rice Capri Blend Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	29 Mushroom Pork Chop Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Fresh Banana Skim Milk	30 Honey Mustard Chicken Twice Baked Potato Casserole, Turnip Greens Whole Wheat Roll/Bread Assorted Cookies Skim Milk	31 Tomato Basil Soup Cuban Turkey Salad Dutch Potato Salad Chilled Pineapple Saltine Crackers Skim Milk

Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



Beat the summer heat and spend your evenings at Café Salud, where community, friendship, and fun come together! Café Salud is open every Tuesday and Wednesday from 4 p.m. to 8 p.m.

Get ready for the Fourth of July at Café Salud! Join us for a fun and **creative workshop on July 1st** where you can design and decorate your own Fourth of July-themed T-shirts or tote bags.

Stay active and have fun with **Bingo-cize** every Wednesday, combining exercise and bingo for a chance to win prizes. If Wednesdays don't fit your schedule, join Jessica Haro on Tuesdays for energetic **Zumba classes** featuring great music and exercises suitable for all fitness levels.

Spanish classes with Nancy Burkett continue to offer interactive lessons designed especially for beginners. **Sewing workshops** with Ruthy are also continuing this month. Participants will create beautiful fabric mug rugs and coasters perfect for morning coffee, tea, or summer drinks. All materials are provided.

Celebrate Christmas in July with a festive Paint and Sip event, where participants can paint Christmas-themed canvases while enjoying a fun and relaxed atmosphere. No artistic experience is necessary.

In recognition of **World Conservation Day**, Café Salud will host environmental trivia and earth-friendly craft activities that are both educational and enjoyable.

The month will also feature a special presentation on fraud prevention and personal safety by **guest speaker Master Corporal Patrick Jackson of the DE State Police**, offering valuable information to help community members stay informed and protected.

Guests are invited to enjoy a delicious meal served at 5:30 p.m., \$4 for guests 60 and over. Membership is not required—everyone is welcome to stop by, participate in activities, make new friends, and have fun in a warm and welcoming environment. ●

WEEKLY

Around the Table, Bingocize, Loteria, Socialize

REPEATS MONTHLY

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

REPEATS BI-WEEKLY

Zumba and Spanish Class

ACTIVITIES

July 1st: 4:00 p.m. Fourth of July Shirt/Totes design
5:30 p.m. La cena (dinner)
7:00-8 p.m. BINGOCIZE, Socialize

July 7th:
4:00 p.m. ZUMBA!
5:30 p.m. La cena (dinner)
6:15-7 p.m. Arts and Crafts: Playing Card Holder
7-8:00 p.m. Socialize

July 8th:
4:00 p.m. Spanish Class
5:30 p.m. La cena (dinner)
6:15-7:00 p.m. BINGOCIZE
7-8:00 p.m. Socialize

July 14th: 4:00 p.m. ZUMBA! 5:30 p.m. La cena (dinner)
7-8:00 p.m. Sewing Workshop: Mug Rugs w/ Ruthy, Socialize

July 15th:
4:00 p.m. Arts and Crafts
5:30 p.m. La cena (dinner)
6:15-7:00 p.m. BINGOCIZE 7-8:00 p.m. Socialize

July 21st: 4:00 p.m. Spanish Class 5:30 p.m. La cena (dinner) 6:15-8:00 p.m. Games: Yo tengo, Quien tiene?, Loteria, Socialize

July 22nd: 4:00 p.m.
Christmas in July Paint Night
5:30 p.m. La cena (dinner)
6:15– 7:30 p.m. BINGOCIZE, Socialize

Café Salud Letters Activities



Top Left to Right: Jean, Chrys, Maria, Nancy, Gail, Megan Bottom Vanessa, Linda, Rosemarie, and Jerry



Top Left to Right: Vanessa, Linda, Rosemarie, Jerry. Bottom Left to Right: Jean, Chrys, Maria, Nancy, and Gail

July 28th: 4:00 p.m. World Conservation Day Trivia
5:30 p.m. La cena (dinner)
6:15-7:00 p.m. Earth Craft
7:30-8:00 p.m. Loteria, Socialize

Wed. July 29th 4:00 p.m. Fraud and Safety Presentation w/ Master Corporal Patrick Jackson 5:30 p.m. La cena (dinner) 6:30-7:00 p.m. Arts and Crafts: Decoupage shells & flowerpots 7:30-8 p.m. BINGOCIZE, Socialize

**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.



Jameson Watkins, a senior at Sussex Central Senior High, presented a book entitled “A Senior’s Guide to the Modern Age”, which he wrote to help guide seniors with modern technology. Jameson autographed and gave Georgetown members a copy of his book which he presented to them after a presentation about why he wrote the book.

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.



Memorial Day craft:
Flag cubes made with napkins.
Pictured l – r: Charlene Hale, Priscilla Gaines, Ruth Dorsey and Marie Doran.

MONTHLY:

Dollar Tree – every Tuesday
Walmart – every Thursday

SPECIAL HAPPENINGS

July 13: OC Recreation Dancers

July 16: Arm Chair Travels
Revive Sound Productions
Thursday 4 – 6 p.m. Dinner/Bingo

July 22: Arts and Crafts

July 30: Car Racing Game

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Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

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



Happenings

July brings sunshine, friendship, and plenty to do at Greenwood CHEER. As we celebrate Independence Day and the heart of summer, we invite adults 50+ to enjoy the many programs and events that make our center feel welcoming.

Whether you join friends for coffee, take a class, attend presentations, enjoy entertainment, or share a meal, Greenwood CHEER is always active. The center promotes health and connection through a variety of programs.

Summer is a great time to reconnect with friends, meet new people, and enjoy all the center has to offer. Stay hydrated, stay active, and stay connected.

All of us at Greenwood CHEER wish you a safe, happy, and healthy July. We look forward to seeing you this 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.

**Don't forget to consult the monthly calendar for specific dates!*

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 10:30 a.m.)
- Alzheimer's Support Group (1st Thursday of the month 1-3 p.m.)
- Chair Yoga with Lyndsie from Pace Your Life (2nd Wednesday of the month at 10:30 a.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)
- Bingocize with Lyndsie from Pace Your Life (last Wednesday of the month at 10:30 a.m.)
- 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 Food Lion or Dollar General at 12:30 p.m.

SPECIAL HAPPENINGS

July 8th: Wednesday at 12 p.m. Bus to Greenwood Chicken BBQ

July 9th: Thursday Trip to T.S. Smith Orchard Point Market

July 15th: PWW Law Estate Planning & Elder Law Essentials

July 22nd: Defensive driving BEGINNER Course (CALL TO SIGN UP)

July 27th & 30th: Monday and Thursday – Senior Day at Delaware State Fair.
dependent on weather/heat index

July 27: Texas Roadhouse
Dine & Donate Fundraiser, Seaford

July 31st: July Birthday Celebration – Entertainment by IMAGINE, Gail Gardner.

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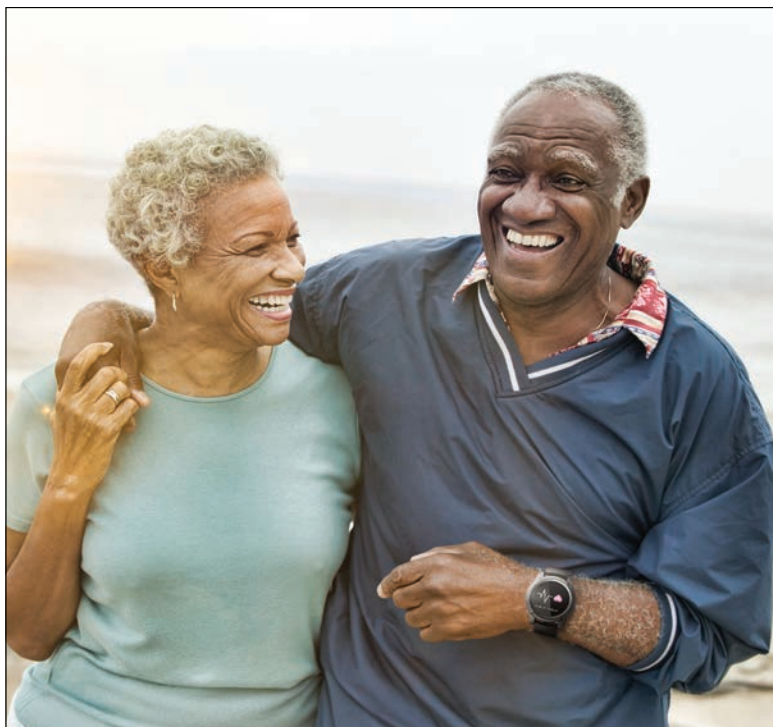
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Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

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



Happenings

Summer is here, and with warmer weather comes more travel, outdoor activities, and increased traffic on our roads. As traffic begins to pick up, please take extra care when driving, allow yourself a little extra travel time, and stay alert to help keep everyone safe.

Whether you're heading out for a day trip, attending community events, or simply enjoying time with family and friends, remember to stay hydrated, protect yourself from the sun, and make safety a priority.

And for those busy summer days when you're on the go, don't forget that Grab & Go Meals are always available, a convenient and nutritious option to help keep you fueled throughout the season.

Master Corporal Patrick Jackson

Join us on July 10 at 11:45 a.m. for an important fraud awareness presentation by Patrick Jackson of the Delaware State Police Community Engagement Unit.

Fraud and scams continue to target individuals of all ages, but older adults are often especially vulnerable to financial ex-

ploitation, identity theft, telephone scams, and online fraud schemes.

We encourage all members to attend and learn how to safeguard themselves and their loved ones from increasingly sophisticated fraud attempts. Knowledge is one of the best defenses against fraud, and this presentation offers an excellent opportunity to stay informed and protected.

Ice Cream Social hosted by WellCare

Join us on July 17 for a sweet summer treat! Our friends from WellCare will be visiting to host a special Ice Cream Social for our members. This fun-filled event is a wonderful opportunity to enjoy delicious ice cream, connect with friends, and spend time with representatives from WellCare in a relaxed and welcoming atmosphere.

Mystery Trip

Get ready for an adventure because it's Mystery Trip time! This month, we're hitting the road for a fun-filled excursion, but there's a catch...you won't know where you're going until you're on the bus and we're on our way!

That's right! The destination will remain a secret until departure, adding a little extra excitement and anticipation to the day. Will it be a hidden gem, a local favorite, or somewhere completely unexpected? You'll have to join us to find out!

Seats are limited, so don't miss your chance to be part of the mystery. Hop aboard and let the adventure begin! ●

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

July 3rd: CLOSED in celebration of Independence Day

July 7th: 1:45 p.m. PT Works Presentation

July 10th: 10:00 a.m. Blood Pressure Checks, Crafts with Suzy
11:45 a.m. Master Corporal Patrick Jackson Presentation on Fraud

July 15th: 11:30 a.m. Nutrition Education Presentation

July 16th: 12:15 p.m. Soul Collage with Dee

July 17th: 11:45 a.m. Ice Cream Social hosted by WellCare

July 22nd: 12:30 p.m. AARP Defensive Driving Refresher Course

July 30th: 9:30 a.m. Mystery Trip and lunch on your own



Member Kathy Crowley turned 95 years old and a few of her friends at the CHEER Center celebrated with her. From left to right Peggy Spencer, Barbara McGowan, Amy Magee, Kathy Crowley, Ana Perez and Reggie Bundick. Back row: Diane Palmer, Melody Jordan, Sharon Cherry, Crissy Tunnell, Carol Parkhurst, Michael Sciallo and George Stefan

Members showing off their completed art craft they created during Crafts with Suzy



1st row:
Reggie Bundick,
Louise McDonald,
Barbara McGowan,
Carol Parkhurst,
Sharon Cherry
and Suzy Jackson

2nd row:
Ana Perez,
Kathy Crowley,
Betty Guyton,
Diane Palmer
and Eriko Shimo

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 July! Hot, sunny days full of fun and friends. ●



Trip to Shorebirds 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
1:00 Memory Cafe

Wednesday

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

Thursday

8:30 Chair Yoga
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
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

July 1: 10 a.m. Music by Tyler Greene

July 3rd: CLOSED in celebration of Independence Day

July 6: 10 a.m. July 4th Celebration

July 7: 11 a.m. Dr. George from PT Works

July 8:
12 p.m. Membership Meeting
4 p.m. Mingo and Dinner

July 9: 9:15 a.m. Trip to Super Walmart and Chick-fil-A® in Milford

July 10: 10 a.m. Music and Memories

July 14: 9:15 a.m. Trip to Boscovs (bag lunch available)

July 17: Friday at 10 a.m. Music and Memories

July 22: Wednesday at 10 a.m. Sunshine Singers.

July 23: Thursday at 9:15 a.m. Trip to Laurel Dutch Market (eat there)

July 24: Friday at 10 a.m. Mingo

July 27: Texas Roadhouse Dine & Donate Fundraiser, Millsboro

July 28: Tuesday at 9:15 a.m. Trip to Conley's Thrift Shop (return to center for lunch)

July 29: 12 p.m. Birthday Celebration

July 30: 9:15 DE State Fair

July 31: at 10 a.m. Music and Memories



Judy Jones and Theresa Halloway



Gina Jacobs



Melanie Mills



Roger Cox, Barb Painter, Thelma Cottman, Barbara Harrison, and Marge Offidani

Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

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



Happenings

Welcome July!

Summer is in full swing, and we are excited to welcome everyone to another fun-filled month at the center! July brings many opportunities to stay active, socialize with friends, learn something new, and enjoy exciting outings within our community. I hope you take advantage of all the fun things we have planned for the month. If you are looking to participate in any of the trips, please give us a call to get on the list or sign up at the center. ●

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



Milton center members at Volunteer Appreciation Brunch

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.
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

July 3rd: CLOSED in celebration of Independence Day

July 6th: Monday at 12:00 p.m. Lunch and Learn w/ Chaplain Paula White regarding Advanced Care planning

July 8th: Wednesday at 11:30 a.m. PT Works Lunch and Learn to discuss importance of therapy and exercising your body

July 10th: Friday at 1:00 p.m. Join us for a Card Making Interest Class

July 13th: Depart @11:30 a.m. to Georgetown Center for Ocean City Recreation Dancers

July 15th: Wednesday at 12:00 p.m. Nutrition Education w/ Lisa Harkins

July 23rd: Thursday at 8:00 a.m. Departure from Center, Trip to Ollies Bargain Outlet in Milford

July 24th: Friday at 1:00 p.m. Join us for a Card Making Interest Class

July 27th: Departure at 8 a.m. for Senior Day at the Delaware State Fair, Free Admission \$2 for bus, Walking Involved!

July 30th: Rain Date in case of heat advisory or inclement weather- Departure at 8 a.m. for Senior Day at the Delaware State Fair, Free Admission \$2 for bus, Walking Involved!



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30637 Cedar Neck Road
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Yolanda Gallego, Director
(302) 515-0001, Ext. 1760



Happenings

July – Fun In The Summertime!

We are your one stop shop for fun, connections, exercise, good food and entertainment!

Be sure to pick up a current calendar to be in the know.

Join us over lunch on Wed. 1st to be entertained by Tony Sciuto, formerly of The Little River Band.

If you like boat trips, we're returning to Trap Pond for another Pontoon Ride on Thursday 9th and then we'll go out with Cape Water Tours on Tuesday 14th for a Birding and Ecology Tour!

Our dinner this month will be with Beach Bingo on the 28th. We'll wrap up the month with our own Delaware 250 event on Wednesday 29th, with Joe Lawson and Andrew Oxendine of Southern Delaware Alliance for Racial Justice presenting "Our County, Our Country: The Untold Story of Black Delaware" over lunch!

Please join us – we have a little something for everyone.

NEW Chair Exercise Class on Wednesdays, 10:30 a.m., "Move or Rust" with Susan Maddox, \$5. Come to move and join the fun of exercising with others!

The Alzheimer's Caregiver Support Group now meets Weekly, every Thursday at 1 p.m. – open to the public.

Memory Café meets every Friday at 10:30 a.m. and is also open to the public. We're happy to have CHEER's new Caregiver Resource Specialist, Crystal Selby, joining us!



Tea Party Committee

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

MONTHLY TRIPS

July 2nd: Parsons Farms Produce, Dagsboro. Shop the market and enjoy lunch at their Café, 10:30 a.m.

July 3rd: CLOSED in celebration of Independence Day

July 9th: Trap Pond State Park Pontoon Ride and Picnic Lunch, \$11 (all inclusive), 9:30 a.m.! Pay at time of sign up, and, if you went on the June trip, please let others go this time.

July 10th: The Flutterby House with Flea Market, 9:45 a.m. Return to the Center for Lunch.

July 14th: Tuesday – Cape Water Tours, Birding and Ecology Tour, \$28 – Pay at Time of Sign Up! Leave 9 a.m. and return to Center for a late Lunch or Grab & Go. Boat Tour is 10-11:30 a.m., feel free to bring your own food/drinks. The Boat Crew appreciates tips.

July 17th: Ba Roos Ice Cream, Market Place, Bethany Beach, following lunch, 12:15 p.m. or so.

July 23rd: Lighthouse Beach Golf at Millville Boardwalk, 10:45 a.m., cost to be TBD and Salted Rim for Lunch.

July 24th: Local Ice Cream spot after lunch, 12:15 p.m.

July 30th: DE State Fair, FREE Senior Day, 9:15 a.m. Please wear comfortable clothes for walking, a hat, sunscreen, bring your own reusable water bottle and some money . . .

July 31st: Agape Creamery at Millville Boardwalk, after lunch, for ice cream, 12:15 p.m. or so.

SPECIAL HAPPENINGS

July 1st: Wednesday, 11:30 a.m. – Tony Sciuto Entertains us over lunch today!

July 3rd: CLOSED in celebration of Independence Day

July 15th: Wednesday, 11:30 a.m. – Lunch 'n Learn, Virtual Nutrition Education with Lisa H. "Food Safety for the Family."

July 21st: Tuesday, 11:30 a.m. – Lunch 'n Learn with Erin S. of PAM Rehab. and Terrance Wittstadt Entertains us from Noon – 1 p.m.!

July 28th: Tuesday, 5 p.m. – Dinner & Beach Bingo! \$10/Members and \$15/Guests-Pay to Reserve your Spot please. Hamburgers, Hot Dogs, Salads, Ice Cream.

July 29th: Wednesday, Noon – Joe Lawson, Executive Director, and Andrew Oxendine of So. DE Alliance for Racial Justice, present "Our County, Our Country: The Untold Story of Black Delaware."

**Roxana
Activity Center**



34314 Pyle Center Road
Frankford, DE 19945

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

Happenings

Wishing you a month filled with hope, purpose, and positivity.

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

WEEKLY

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



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EVERYDAY
IMPROVEMENTS

Monday: Gospel Music Monday
Shopping at: Bank, Pharmacy,
Post Office, Grocery Store and
Dollar Tree

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

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:

July 6: Pastor Dan and Betsy:
Bible Study & Inspirational Music

July 8: Imagine Singers 10:30 a.m.

July 10: Memory Café with Crystal
12:15 p.m.

July 17: Rehoboth Art League Artful
Journey 12:00 p.m.

July 15: Fall Prevention/Home Safety
Presentation with Logan 10:00 a.m.

July 15: Nutrition Ed with Lisa Harkins
11:30 a.m.

July 20: Pastor Dan and Betsy: Bible
Study & Inspirational Music

July 24: Memory Café with Crystal
12:15 p.m.



Proudly celebrating our Center Director's, Ja', accomplishments—a meaningful milestone recognized with gratitude, hard work, and a special cake made by a dedicated volunteer.

Monthly Trips on Monday and Thursday (sign-up required):
Dollar Tree and Grocery Store
Wal-Mart Trip
Delaware State Fair

SPECIAL HAPPENINGS:
July 3rd: CLOSED in celebration
of Independence Day

Upcoming Birthdays/ Birthday Celebration:
July 3: Marie Schrack
July 12: Virginia Townsend

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.



The Sunshine Singers are singing us right into summer—pure joy, light, and harmony.

Sand Hill Adult Day Program

20520 Sand Hill Road
Georgetown, DE 19947

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



Dementia Changes: Visual Impairment

According to AFA, Alzheimer’s Foundation of America:

Dementia can change far more than memory. It can change how a person sees the world, even when their eye exam looks “normal,” says Natali Edmonds, PsyD, ABPP. “When it comes to dementia the vision changes are greatly impacted by the brain’s ability to process and understand what’s being seen. Edmonds identified the common vision changes in dementia as tunnel vision, depth perception problems, color and contrast loss visual mis-recognition.

If you suspect your loved one with dementia has vision changes, you may want to consider making the following adjustments:

1. Use high contrast colors when you can; a brightly colored plate on a white tablecloth and different color plates for different purposes. Put colored tape on door frames to make them easier to identify.
2. Simplify the environment. Remove clutter. Your person may not be able to see items that are outside their own (tunnel) vision.
3. Place easy -to- read labels on frequently used drawers.
4. Improve lighting. Bright, even lighting can reduce shadows, which can be misinterpreted as people, animals and holes. Use night-lights in the hallways, but eliminate glare. Floors that are shiny may be uncomfortable to look at and be perceived as wet. Consider covering or removing mirrors, which may be perceived as a real person and startle your care partner. ●

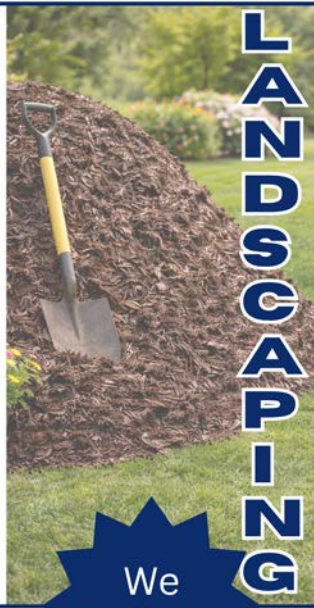
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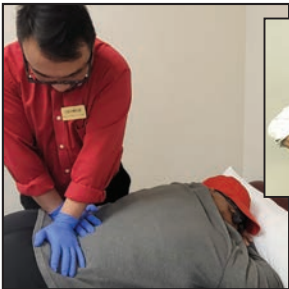
GREENWOOD - Mon/Thurs – (8 a.m. - 4 p.m.)
LEWES - Tues/Fri – (9 a.m. - 12 p.m.)
MILTON - Mon/Thurs – (9 a.m. - 4 p.m.)
LONG NECK - Tues/Fri – (1 - 5 p.m.)



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mjordan@cheerde.com

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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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CHEER Travel Club and CIE Tours Discover the Magic of Ireland

Travelers seeking breathtaking scenery, cultural immersion, and unforgettable experiences will soon have the opportunity to explore one of Europe's most enchanting destinations through CHEER Travel Club's "**Taste of Ireland**" tour, scheduled for **April 25 through May 1, 2027**.

Enjoy a carefully curated journey aboard a luxury coach with a tour director, experiencing a rich blend of Ireland's most iconic landmarks, authentic traditions, and comfortable accommodations, making it an ideal getaway for those looking to experience the Emerald Isle at its finest.

A Journey Through Ireland's Most Iconic Highlights

The itinerary begins in Dublin, where travelers will spend two nights at the elegant **Clayton Hotel Ballsbridge**. Guests will be introduced to Ireland's capital with a visit to the beloved **Little Museum of Dublin**, offering a charming and insightful look into the city's history. The evening comes alive with an energetic **Irish Night in Dublin**, featuring traditional music, dance, and local hospitality.

From Dublin, the tour ventures southwest to Killarney for a two-night stay at the **Killarney Towers Hotel**. Along the way, participants will experience one of Ireland's most celebrated scenic routes—the **Ring of Kerry**—known for its panoramic views of rolling hills, lakes, and rugged coastline.



**7 Days,
6 Nights,
10 Meals for
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A highlight of this region includes a traditional **Sheepdog Demonstration**, showcasing the remarkable skill and partnership between shepherd and dog, a long-standing part of Ireland's rural heritage. Travelers will also explore the fascinating **Skellig Experience**, where the story of Ireland's ancient island communities is brought vividly to life.

History, Culture, and Coastal Wonders

The journey continues to Limerick, where guests will enjoy a one-night stay at the Clayton Hotel. Here, the past comes alive during a memorable **Medieval Castle Banquet**, an evening filled with hearty cuisine, music, and entertainment set within historic surroundings.

No trip to Ireland would be complete without a visit to the stunning **Cliffs of Moher**, where travelers will witness dramatic views of the Atlantic Ocean from atop towering sea cliffs—an experience often described as truly awe-inspiring.

Guests will also have the opportunity to visit the legendary Blarney Castle, where the tradition of kissing the famous Blarney Stone continues to delight visitors from around the world.

Comfort, Cuisine, and Camaraderie

The tour concludes with a final overnight stay in Dublin at the Academy Plaza Hotel, providing a convenient and comfortable ending to the journey.

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.

TRIP HIGHLIGHTS

- Blarney Castle
- Cliffs of Moher
- Irish Night in Dublin
- Little Museum of Dublin
- Medieval Castle Banquet
- Ring of Kerry
- Sheepdog Demonstration
- Skellig Experience

HOTELS

- Clayton Hotel Ballsbridge (or Maldron Hotel Kevin Street – Monday departures), Dublin (2)
- Killarney Towers Hotel (or Gleneagle Hotel – Monday departures), Killarney (2)
- Clayton Hotel Limerick, Limerick(1)
- Academy Plaza Hotel (or Ashling Hotel – Monday departures), Dublin (1)

MEALS

6 Hot Breakfast (B), 1 Lunch (L)
and 3 Dinners (D)

Many Meals Included

Throughout the trip, participants will enjoy a thoughtfully arranged meal plan, including 6 breakfasts, 1 lunch, and 3 dinners, showcasing the flavors of Ireland while allowing time to explore local dining options independently.

An Invitation to Experience Ireland

The CHEER Travel Club's Taste of Ireland tour is designed to offer more than just sightseeing. It is an opportunity to connect with Ireland's culture, landscapes, and traditions in a meaningful and memorable way.

With its combination of iconic destinations, engaging experiences, and welcoming accommodations, this journey promises to leave travelers with lasting memories and a true appreciation for the spirit of Ireland.

For those ready to embrace adventure and discover the charm of the Emerald Isle, this upcoming tour offers the perfect opportunity.

Contact CHEER Travel Club for more details (302) 515 0001 ext. 1100 or cheerde.com/taste-of-ireland

CASH PRIZES

RAFFLE 50/50

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

FOOD AVAILABLE 4:30 - 7 p.m

\$25 Bingo Package *Includes extra Jackpot card

\$1000 in cash prizes will be awarded

at each Bingo

Community Center • 20520 Sand Hill Road • Georgetown, DE

www.cheerde.com/bingo

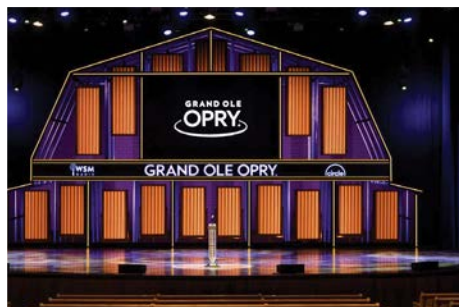
*Must be 18 years old to enter

CHEER

Over 50 Years Serving Sussex Seniors



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: 08/01/2026

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.



JOIN OUR TEAM

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



APPLY NOW



<https://www.cheerde.com/employment>
or Call (302) 515-0001 Ext. 1012

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

Featured Jobs!

COOK - Central Kitchen (2 vacancies -
2 shifts: 2:00 am - 10:30 am, and 3:00 am - 11:30 am)
Regular Full Time / Georgetown

KITCHEN MANAGER
Regular Full-Time / Milton

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

BENEFIT ELIGIBILITY:
Regular full-time eligibility includes subsidized employee health insurance and a free primary healthcare program. 403(b) retirement plan with company match. Paid time off (PTO), based on hours worked and years of service. 11 paid holidays. Optional coverage available: dental, vision, AFLAC insurance, short-term disability insurance, and legal shield insurance at cost.



NOW SEEKING INSTRUCTORS



Share Your Passion. Inspire Healthy Aging.

We're looking for enthusiastic community members to teach engaging courses for seniors.

Knitting & Crafts	Gardening	Zumba & Dance
Healthy Cooking	Hiking & Nature	And Much More!

Have a hobby you're passionate about? Turn it into an enriching experience for older adults in our community! CHEER Academy connects passionate people with seniors who are eager to learn, grow, and stay active.

INTERESTED OR KNOW SOMEONE WHO WOULD BE A GREAT FIT?

Contact CHEER Academy today to learn more!
302-515-0001 ext. 1167 | jreilley@cheerde.com | cheerde.com

By *Lisa Harkins,*
RD, LDN,
CHEER Dietitian



Food Safety at Farmers Markets

It's officially summer, and nothing beats fresh from the farm foods from local farmers' markets! We're lucky here in Delaware that there are many markets throughout the counties that offer direct access to growers and producers. But it is important to ensure the foods we'll eat and serve to loved ones are safe as well as delicious! Here are some key risks to watch out for when you are shopping at a local market:

Look for signs of temperature abuse: Meat, poultry, eggs, dairy, cut produce, and prepared foods can become unsafe if they are not kept cold or hot enough. Purchase from vendors that are adhering to food safe temperature guidelines, for example, have foods in coolers or on ice.

Be wary of cross-contamination: Raw meat, poultry, or seafood can contaminate produce, baked goods, utensils, tables, bags, and hands. Make sure these foods are not comingling before you choose.

Observe vendor hygiene: Lack of handwashing, glove misuse, handling food and money with the same hands, uncovered food,

or dirty displays can increase the risk of foodborne illness. Patronize tables with neat, clean set-ups and vendors wearing non-soiled garments and gloves as needed.

Caution with samples: Samples can become contaminated if they are exposed to insects, handled by many people, or held at unsafe temperatures. Ask for a fresh sample if you want to try before you buy.

Check for labeling: Missing ingredient, allergen, producer, or storage information can create health risks and even be dangerous for some individuals. Ask the vendor for more information and in writing if possible (a link shared from their website is helpful!).

Be a smart shopper! Head out early when food is freshest and outdoor temperatures are cooler, and buy perishable foods near the end of your visit so they spend less time unrefrigerated. It makes sense to bring an insulated bag or a cooler with ice packs for meat, poultry, eggs, dairy, seafood, and prepared foods. And when you get home, wash fresh fruits and vegetables under running water before eating, cutting, or cooking them, and refrigerate all perishables as soon as possible. ●

Chopped Greek Salad with Chicken

Recipe and nutrient analysis provided by:
Lisa Harkins, RD, LDN, CHEER Dietitian
Makes 4 servings.

Salad Ingredients:

- | | |
|--|-----------------------------------|
| 1/3 cup red-wine vinegar | 6 cups chopped romaine lettuce |
| 2 tablespoons extra-virgin olive oil | 2 1/2 cups chopped cooked chicken |
| 1 tablespoon chopped fresh dill or oregano or 1 teaspoon dried | 2 medium tomatoes, chopped |
| 1 teaspoon garlic powder | 1 medium cucumber, chopped |
| 1/4 teaspoon salt | 1/2 cup finely chopped red onion |
| 1/4 teaspoon freshly ground pepper | 1/2 cup sliced ripe black olives |
| | 1/2 cup crumbled feta cheese |

Directions:

Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.



Nutrition Information per serving:

Calories 343	Fiber 3g
Total Fat 18g	Carbohydrates 31g
Sat Fat 5g	Sodium 581mg
Protein 15g	

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.*





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