

CHEER Coastal Leisure Center
JULY 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
		1 8-4:30 Fitness / Puzzles+ 9 Yoga with Susan, \$5 9 Bocce at John West Park 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, \$5 11:30 Lunch, \$ and Tony Sciuto Entertains us!!! 12 Poker / Knitting/C'ing	2 8-4:30 Fitness / Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 10:30 Parsons Farms Produce, Mkt and Café 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group	3  WE ARE CLOSED TODAY!
6 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+ / Quilting Club 12:30 BIBLE STUDY	7 8-4:30 Fitness /Puzzles 8:30 Pickleball 9:30 Hand and Foot 10 Chair Yoga, w/Lori, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dominoes 12:15 Pinochle	8 8-4:30 Fitness / Puzzles 9 Yoga with Susan, \$5 9 Bocce at John West Park 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, \$5 11:30 Lunch, \$ 12 Poker 12:15 Knitting/Crocheting	9 8-4:30 Fitness/Puzzles 8:30 Pickleball 9:30 Trap Pond Pontoon Ride / Picnic Lunch, \$11 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ 1 Alzheimer's Caregiver Support Group	10 8-4:30 Fitness/Puzzles 9/9:30 Tai Chi w/Ellen 9:45 Flutterby House w/Flea Market—Ctr Lunch 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social
13 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:30 Walking Club 10:45 Joyful Living 11:30 Lunch, \$ /M'ship Mtg. 12 MahJongg 12:15 Shopping/Quilting 12:30 BIBLE STUDY / Doodle Club date change	14 8-4:30 Fitness/Puzzles 8:30 Pickleball 9 Cape Water Tours, \$28! 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle 12:30 Acrylic Painting, with David of the Rehoboth Art L.	15 8-4:30 Fitness / Jigsaw 9 Yoga with Susan, \$5 9 Bocce at John West Park 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, \$5 11:30 Lunch, \$, Nut. Educ. 12 Poker 12:15 Knitting/Crocheting 2:30 Parkinsons Support	16 8-4:30 Fitness/Puzzles 8:30 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 14th!	17 8-4:30 Fitness/Puzzles 9/9:30 Tai Chi w/Ellen 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:15 BaRoos Ice Cream 12:30 Water Color Social

CHEER Coastal Leisure Center
July 2026



Phone: 302.539.2671
Email: ygallego@cheerde.com

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20 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+ / Quilting Club 12:30 BIBLE STUDY with CARLOS!	21 8-4:30 Fitness/Puzzles 8:30 Pickleball 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit DVD 11:30 Lunch, \$ / Lunch 'n Learn w/Erin, PAM and Terrance W. Entertains Us! 11:30 MJ / Dom's 12:15 Pinochle 1 Arts & Crafts Club with Judi, \$5	22 8-4:30 Fitness Room / Jigsaw Puzzles+ 9 Yoga with Susan, \$5 9 Bocce at John West Park 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, \$5, with Susan 11:30 Lunch, \$ 12 Poker 12:15 Knitting/Crocheting	23 8-4:30 Fitness/Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 10:45 Lighthouse Beach Golf at M'ville B'walk and Salted Rim 11:30 Lunch, \$ 12 Hand and Foot / MahJongg 1 Alzheimer's Caregiver Support Group	24 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:15 Local Ice Cream after Lunch 12:30 Water Color Social
27 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+ / Quilting Club 12:30 BIBLE STUDY with CARLOS!	28 8-4:30 Fitness / Puzzles 8:30 Pickleball 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit & Fit DVD 11:30 Lunch, \$ 11:30 MJ / Dom's 12:15 Pinochle 5 Picnic Dinner and BEACHY BINGO! \$10 members / \$15 guests	29 8-4:30 Fitness /Puzzles 9 Yoga with Susan, \$5 9 Bocce at John West Park 9-10 Breakfast, \$2.50, 60+ 10-2 Bingo, \$3 donation 10:30 Move or Rust, \$5, with Susan 11:30 Lunch, \$ / Lunch 'n Learn with Joe L. and Andrew O.—SDARJ "Our County, Our Country..."! 12 Poker 12:15 Knitting/Crocheting	30 8-4:30 Fitness/Puzzles 8:30 Pickleball 9:15 DE State Fair, FREE SR. Day! Dress for the Weather, bring Water! 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MahJongg 1 Alzheimer's Caregiver Support Group	31 8-4:30 Fitness/Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:15 Agape Creamery, M'ville Boardwalk 12:30 Water Color Social

Check out Coastal Leisure Center's website page:

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