

AUGUST 2026

FREE

CHEERful

LIVING

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



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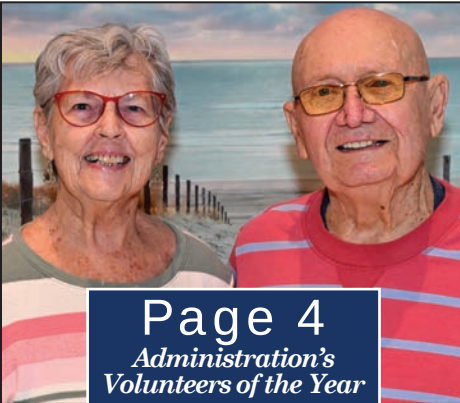
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CHEERful Living
magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

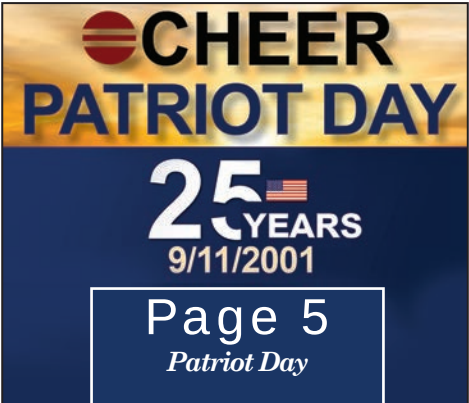
Kathy Motak Singel
Editor, CHEERful Living
Advertising Inquiries:
marketing@cheerde.com
(302) 515-0001 ext. 1001



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CHEER Staff

Beckett Wheatley
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Chief Operating Officer

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Human Resources Director

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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

This August marks a milestone birthday for me. I turn 60 years old.

Even writing those words feels a little surreal. Like many, I still feel younger than the number suggests. Of course, I realize that to many CHEERful Living readers, 60 may sound quite young. Many of you reached that milestone years ago and continue to inspire others through your wisdom, resilience, and active involvement in your communities. Still, reaching this point in life has given me an opportunity to reflect on where I have been, what I have learned, and what matters most moving forward.

I joined CHEER (known then as Sussex County Senior Services, Inc.) when I was 27 years old. At the time, I could never have imagined that more than three decades later I would still be part of this incredible organization and community. At that time, 60 seemed like a lifetime away. Today, I find myself smiling at the realization that I am finally eligible for even more of the services CHEER provides. Life certainly has a way of coming full circle.

As I look back on the past three decades, I do not think first about budgets, buildings, projects, or job titles. What I remember most are the people. The friendships. The conversations. The volunteers who generously gave their time. The staff who dedicated themselves to helping others. The participants whose stories, humor, and life experiences have enriched my own life more than they will ever know. Those experiences have taught me that life is not measured by accomplishments alone. It is measured by relationships, shared experiences, and the positive impact we have on one another.

One lesson that has remained constant throughout my life is the importance of serving others. Whether through our work, our families, our neighborhoods, or our friendships, we all have opportunities every day to make someone feel welcomed, valued, and included. Sometimes the smallest acts of kindness leave the greatest impression.

“*Life is measured not by the years we collect, but by the lives we touch.*”

That belief has shaped much of my life and continues to guide me today. I want people to feel comfortable. I want them to know they belong. I want them to feel they are part of something meaningful, something that benefits not only themselves, but others as well.

While reflection is important, I have always believed we should spend just as much time looking ahead. The past provides lessons and perspective, but the future is where opportunity lives. Whether we are 60, 70, 80, or beyond, there are always new ways to grow, contribute, and make a difference.

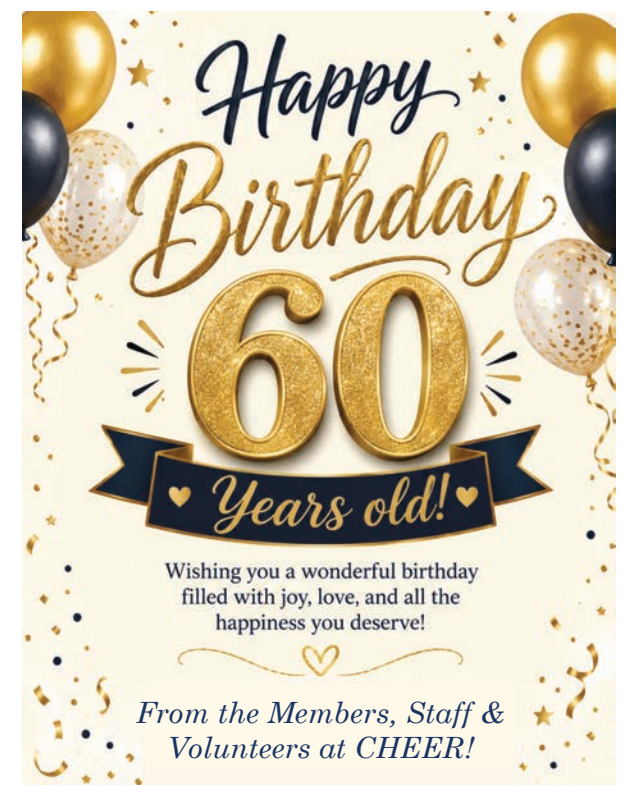
That philosophy continues to guide CHEER. Every day, I see opportunities to improve services, expand programs, strengthen our community, and help more people maintain their independence and quality of life. The future of CHEER is bright because of the people who make it possible. To you, I say, “thank you.”



Beckett Wheatley, CEO

As I celebrate turning 60, I find myself feeling grateful more than anything else - grateful for the opportunities I have been given, the people I have met, and the chance to be part of an organization whose mission truly changes lives.

The journey to 60 has been remarkable, but I am even more excited about what lies ahead and what we can continue to accomplish together. Now, let's have some cake! ●



Meet Administration's Volunteer of the Year, Nick and Joann Varrato

Each month, CHEERful Living will feature a Volunteer of the Year from each of our locations. This month, we celebrate Nick and Joann Varrato, who were selected by the administrative staff as their Volunteer, of the Year.



**Volunteers
Nick and
Joann Varrato**

A Lifetime of Giving: Celebrating Nick and Joann Varrato

In a world that often measures success by personal gain, Nick and Joann Varrato have spent decades measuring it by something far more enduring: service to others. With an incredible 72 years of combined service to CHEER, the couple was recently honored as Volunteers of the Year, a title that barely scratches the surface of the impact they have had on the community.

A Legacy of Service

For the Varratos, the spirit of service wasn't something they discovered later in life—it was woven into their upbringing. Joann remembers her mother as a devoted volunteer and, for the couple, giving back became a cornerstone of their life together, with both starting their work for CHEER while still employed full-time.

Nick's introduction to the organization began nearly 36 years ago after his church board presented him with volunteer opportunities at CHEER. Joann quickly joined him and the two have been an inseparable team ever since, never serving as members, but always as dedicated volunteers. Their contributions have been vast and varied:

Meals on Wheels: The couple serves as Meals on Wheels drivers.

Leadership: Joann acts as the route coordinator for Grace United Methodist Church, which delivers in the Long Neck area.

Board Service: Nick served on the CHEER Board from November 1995 until July 2023.

Holiday Spirit: They have faithfully volunteered for Operation Christmas CHEER for more than 25 years.

Deeply Dedicated

Robin Greene, Congregate Program Manager, highlights the impact of their longevity and commitment: "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 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.

Moments of Impact

The Varratos find their work deeply rewarding, noting that delivering meals to homebound clients who truly appreciate their time and effort is a gift in itself. One moment, in particular, solidified

their lifelong commitment to the mission. During "Operation Christmas CHEER," the couple delivered gifts to a senior citizen on Christmas morning who burst into tears upon their arrival. Nick and Joann soon realized they were her only visitors that day, a profound moment that serves as the reason they continue to volunteer every Christmas morning.

When asked for advice for those looking to follow in their footsteps, their message is simple and heartfelt: "Never stop volunteering, because you will never regret the immense joy and happiness you bring to others". As the CHEER community celebrates their recognition as Volunteers of the Year, Nick and Joann remain humble, continuing to show us all that the most meaningful work we can do is the work we do for someone else.

CHEER appreciates the years of dedication that Nick and Joann Varrato have provided to our older neighbors. Every day, volunteers fill vital roles that serve essential needs. If you have time to spare, learn more about volunteering at CHEER by visiting www.cheerde.com/volunteer. ●



CHEER

PATRIOT DAY

25  YEARS
9/11/2001

Thursday, September 17, 2026
10 AM

Featured Speakers:

Debra Burlingame

Sister of Captain Charles F. “Chic” Burlingame, III,
Pilot of American Airlines Flight 77

and

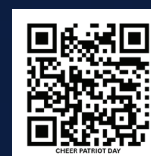
Claudia Matteo

IBM Project Manager at American Express
on the 25th floor of 3 World Financial Center

FREE ADMISSION

20520 Sand Hill Road • Georgetown, DE 19947
(302) 515-0001 ext. 1162

www.cheerde.com/patriot-day



– WE WILL NEVER FORGET –

Cruise-In

Milton CHEER Activity Center—June 10th





Cruise-In

Greenwood CHEER Activity Center June 25th





Caregiver Resources

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, Delaware 19966

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



Memory Café: A Place for Engagement, Socialization, and Support

Have you heard about our Memory Café? If not, we invite you to discover this welcoming and engaging program designed for individuals experiencing memory changes and the family members, friends, or caregivers who support them.

Our Memory Café is a safe, supportive, and social gathering where participants

can enjoy meaningful activities, connect with others, and build friendships in a relaxed, judgment-free environment. Unlike a support group, Memory Café focuses on fun, social engagement, and creating positive experiences together.

Each session offers opportunities to participate in a variety of activities that stimulate the mind and encourage conversation. Activities may include crafts, games, music, reminiscing, storytelling, gentle exercise, educational presentations, and seasonal celebrations. There is no pressure to perform or remember perfectly. Everyone is encouraged to participate at their own comfort level.

Research shows that staying socially connected and mentally engaged can help improve quality of life for those living with memory loss. Just as importantly, caregivers benefit from meeting others

who understand their experiences and can offer encouragement and support.

Whether you have been diagnosed with memory loss, are concerned about changes in memory, or care for someone who is experiencing cognitive challenges, our Memory Café is a place where everyone is treated with dignity, respect, and understanding.

Join us and experience the benefits of connection, conversation, and community. Together, we can create moments of joy and support that make a meaningful difference in the lives of older adults and their families.

For more information about upcoming Memory Café programs, please contact our Caregiver Resource Coordinator or visit the Caregiver Resource Office at the Long Neck CHEER Activity Center. ●

Caregiver Support Groups/ MEMORY CAFE

Georgetown CHEER

Memory Café -
Every Tuesday - 9:30-11:30 AM

Greenwood CHEER

Caregiver Support Group -
1st Thursday of the month, 1 PM
Memory Café -
Every Thursday - 1-3 PM

Lewes/Harbour Lights CHEER

Memory Café -
Every Monday - Starting
August 10 - 12:15 - 1:15 PM

Milton CHEER

Memory Café -
Every Thursday - 9:30-11:30 AM

Long Neck CHEER

Memory Café -
Every Tuesday - 1-3 PM
Caregiver Support Group - 1:00 PM
1st Tuesday of the month
Partnered with Alzheimer's Assoc.

Ocean View CHEER

Memory Café -
Every Friday - 10:30 AM - 11:30 AM
Caregiver Support Groups -
1st & 3rd Thursday of the month - 1:00 PM
Partnered with Alzheimer's Assoc.
Parkinson's Caregivers 3rd Wednesday
of the month - 2:30 PM

Roxana CHEER

Memory Café -
Every Friday - 12:30 PM - 1:30 PM



One-on-One Support Group
available by calling Crystal Selby
(302) 515-0001 ext: 1061



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

CHEER

A C A D E M Y

CHEER Academy is Back This Fall!

We're thrilled to announce that CHEER Academy will continue this fall for a 10-week semester. Class selections are underway right now. Whether you've been with us from the start or are just discovering CHEER Academy, there's never been a better time to get involved.

Old Favorites, Back by Popular Demand

We're bringing back the classes you've told us you love most, including Arts and Crafts, Tai Chi/Qigong, and Square Dancing. These classes have built a loyal following and we're excited to offer them again this fall.

New Classes on the Way

In addition to returning favorites, we're rolling out new class offerings this season. Keep an eye on our website: <https://www.cheerde.com/cheer-academy> as we continue to add new classes — you won't want to miss what's coming.

Mark Your Calendar

Registration opens August 10th and runs through September 9th. Fall classes will officially begin the week of September 14th.

CHEER Membership

Classes are offered for FREE to our members. Never a member? Join a CHEER Academy class and receive a free membership to CHEER for the remainder of 2026.

Don't wait — visit <https://www.cheerde.com/cheer-academy> today to explore class options and get registered for a fall semester full of learning, connection, and fun!



NO COST TO ATTEND
SOME CLASSES HAVE LIMITED SEATING!

Free CHEER Membership for New Members!

Contact CHEER Academy today to learn more!

302-515-0001 ext. 1167 | jreilley@cheerde.com | cheerde.com

CHEER Academy is Back!

Fall Semester Registration
August 10 – September 9
Classes Start September 14
CHEERDE.COM/CHEER-ACADEMY



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

TRAP POND – Fall Festival –

Trap Pond State Park - Laurel, Delaware



Friday, September 4, 2026

Time: 10 am – 2 pm

Lunch Served at 12 noon



Ticket Prices:

\$7 for Seniors 60+ • \$9 under 60

- Cornhole Tournaments with 1st, 2nd, and 3rd place prizes!
- White Elephant Table
- Trap Pond Nature Walk
- Prize Bingo 50/50 Drawing
- Horseshoes
- Free Park Admission!!



**Music and Fun
Entertainment
with Sky Brady**



For more information contact:

Robin Greene (302) 515-0001 ext:1162

or email rgreene@cheerde.com

All proceeds go to benefit the CHEER Meal Program.



CHEER
Celebrating 55 Years of Serving Sussex Seniors



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."

Top Elder Fraud Scams



According to the FBI, the top reported elder fraud scams include the following:

1. Tech support scams: This happens when scammers pose as technical support professionals to deceive victims into believing their computers or devices have problems that need urgent fixing. Scammers may call individuals claiming to be from reputable companies or may send fake error messages or alerts to the victim's computer screens. Phishing emails appearing to be from legitimate tech companies may also occur.

The scammers persuade victims to grant remote access to their computers and then demand payment for their services (usually in the form of wire transfers, credit card payments, or gift cards). They may also install malware to steal personal information or financial details.

2. Confidence and romance scams: These

occur when scammers exploit the trust and emotional vulnerabilities of individuals to steal money or personal information. Scammers may befriend or begin a romantic relationship with individuals through social media, online dating sites, or online forums, or pose as someone in a position of authority or expertise. They may create elaborate stories about personal crises or emergencies that require financial assistance, encouraging the victims to send money to help someone they "care about."

3. Non-payment and non-delivery scams: These scams are forms of fraud where individuals are deceived into making purchases or providing services but do not receive the goods/services or payment. For example, scammers may pose as buyers in online marketplaces or classified ads, agreeing to purchase items but never sending payments. Or they may convince victims to

invest resources into fraudulent business opportunities with the promise of future payment that never materializes.

In other cases, scammers may create fake websites or for-sale product listings, collect payment, but never ship the purchase. Or victims may sign up and pay for a subscription service they never receive or unknowingly donate to a fake charity.

4. Investment scams: Scammers may convince individuals to invest money in fraudulent or non-existent ventures, such as an investment promising high returns with little or no risk, recruiting participants for pyramid schemes, or artificially inflating the price of a stock they own then selling it at the peak, leaving investors with worthless shares. *Concerned you may be the target of a scam?*

Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today! Call 211 or visit STANDBYMEDE.ORG to schedule an appointment. Stand By Me is not affiliated with CHEER.

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302-674-7364

we provide **FREE**,
unbiased & confidential counseling

Trinidad Navarro, Insurance Commissioner
www.insurance.delaware.gov/DMAB



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.

Staying Cool, Staying Connected

Hot summer days can be dangerous, especially for older adults and individuals with health concerns. As temperatures rise, it is important to stay cool, drink plenty of water, and avoid strenuous activity during the hottest part of the day. Fans may help, but air conditioning provides the best protection during extreme heat.

Please take time to check on family members, friends, and neighbors. A brief phone call or visit can make a meaningful difference. Watch for signs of heat-related illness, including dizziness, headache, nausea, confusion, weakness, rapid heartbeat, or skin that feels unusually hot. Move the person to a cooler location, offer water if they are alert, and call 911

if symptoms are severe, the person becomes confused, loses consciousness, or does not improve quickly.

CHEER's program (PASA) Personal Assistance Services provides supportive in-home services that help older adults remain safe, comfortable, and independent. PASA caregivers can assist with personal care, light housekeeping, and other daily needs while also providing valuable companionship and an extra set of caring eyes.

During hot weather, staying connected is just as important as staying cool. Together, we can help ensure that no older adult faces extreme heat alone. ●



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AUGUST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	4 Ratatouille Wild Rice Blend Buttered Spinach Whole Wheat Roll/Bread Applesauce Skim Milk	5 Shrimp Creole Grits Shredded Cheese Steamed Broccoli Fresh Fruit Whole Wheat Roll/Bread Skim Milk	6 Chicken and Dumplings Peas and Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	7 Crab Soup Chef Salad Fig Cookie Bar Saltine Crackers Skim Milk
10 Rigatoni Bolognese Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	11 Turkey Divan Baked Mashed Potatoes Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	12 Baked Fish Florentine Mushroom Risotto Stewed Tomatoes Whole Wheat Roll/Bread Brownie Skim Milk	13 Chicken Cacciatore Garlic Herb Gnocchi Whole Wheat Roll/Bread Fresh Fruit Skim Milk	14 Minestrone Soup Cheese Pizza Cucumber Dill Salad Ice Cream Skim Milk
17 Hot Dog On Bun Baked Beans Vegetarian Cole Slaw Applesauce Skim Milk	18 Vegetable Frittata Breakfast Potatoes Spinach Mushroom Fresh Orange Whole Wheat Roll/Bread Skim Milk	19 Beef and Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Pie Skim Milk	20 Honey BBQ Chicken Baked Sweet Potato Half Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk	21 Hamburger Barley Soup Tuna Pasta Salad Fruit Of The Day Saltine Crackers Skim Milk
24 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	25 BBQ Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Diced Peach Fluff Skim Milk	26 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup Skim Milk	27 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Ice Cream Skim Milk	28 Shrimp Salad Dill Havarti Sandwich Vegetable Pasta Salad Lettuce And Tomato Rice Crispy Bar Skim Milk
31 Swedish Meatballs Buttered Noodles Steamed Carrots Whole Wheat Roll/Bread Sponge Cake 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.



CHEER

Celebrating 55 Years of Serving Sussex Seniors



Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



Join us at Café Salud this August for a month filled with free classes, creative activities, and guest speakers! Café Salud is open every Tuesday and Wednesday from 4:00 to 8:00 p.m.

Enjoy a delicious dinner served at 5:30 p.m. for just \$4 for guests ages 60 and over and \$5 for guests under 60. No membership is required—everyone is welcome! Come participate in activities, meet new friends, and enjoy a warm atmosphere. Can't make it at 4:00 PM? No problem—come whenever you can between 4PM-8PM.

Don't miss our Guest Speakers, Meghan Palazzo from the Georgetown Public Library, with a demonstration to the Northstar Digital Literacy program –

the program defines the basic skills needed to use a computer and the internet in daily life.

Timothy Cooper from the Delaware Emergency Management Agency with a weather preparedness presentation, providing practical guidance on what to expect during severe weather and how to prepare in advance. Stay informed and be ready this August!

Want to learn sign language? Café Salud will host its first free introductory sign language course instructed by Renee Cooper who shares her love of sign language – no membership required – everyone is welcome!

Stay active and have fun every Wednesday with Bingocize, a unique program that combines light exercise with bingo for a chance to win prizes. If Wednesdays don't fit your schedule. Join Jessica Haro on Tuesday for a fun and energetic Zumba class. Whether you prefer to participate sitting or standing, everyone is welcome. ●



Arts and crafts night making beach themed suncatchers



Sewing workshop with Rosemarie, left to right Vanessa and Rosemarie



Beach paint night with Maria from the Rehoboth Art League

WEEKLY

Arts and Crafts, Bingocize

REPEATS MONTHLY

Zumba and Spanish Class

ACTIVITIES

August 4th: Tuesday

4:00 p.m. PAINT NIGHT!
5:30 p.m. La cena (dinner)
7-8:00 p.m. Jeopardy: Themes, Spanish and Riddles, Socialize

August 5th: Wednesday

4:00 p.m. Café Salud Scrapbook
5:30 p.m. La cena (dinner)
7-8:00 p.m. BINGOCIZE, Socialize

August 11th: Tuesday

4:00 p.m. ZUMBA!
5:30 p.m. La cena (dinner)
6:15-7 p.m. Napkin Flower Decorations w/ Jean
7-8:00 p.m. Socialize

August 12th Wednesday

4:00 p.m. Guest Speaker: North Star Digital Literacy Program w/ Georgetown Public Library
5:30 p.m. La cena (dinner)
6:15-8 p.m. BINGOCIZE, Socialize

August 18th: Tuesday

4:00 p.m. Scrappy Greeting Card w/ Ruthy
5:30 p.m. La cena (dinner)
7-8 p.m. Loteria, Socialize

August 19th: Wednesday

4:00 p.m. Introductory Sign Language Class w/ Renee Cooper
5:30 p.m. La cena (dinner)
6:15-7 p.m. BINGOCIZE
7-8:00 p.m. Socialize

August 25th: Tuesday

4:00 p.m. Guest Speaker: Delaware Emergency Management Agency
5:30 p.m. La Cena (dinner)
6:15-8:00 p.m. Board Games, Socialize

August 26th: Wednesday

4:00 p.m. Loom Knitting Kit Beginners Class
5:30 p.m. La Cena (dinner)
6:15-8:00 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.



Georgetown Senior Center members enjoyed a day on the Cape May-Lewes Ferry
l to r: Marie Doran, Yvette Harris, Lynne Francis, Larry Nuse, Ruth Dorsey, Julie Ruehling,
John Kinsler, Don Kellicutt and Gary Turner.

Friday:
Breakfast in the Café: 7 – 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

August 5: Arts and Crafts
August 6: National Root Beer Float Day
August 20:
Arm Chair Travels
Revive Sound Productions – 12:00 p.m.
Dinner/Bingo – 4-6 p.m.

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



Happenings

August is World Cancer Support Month; a time to show care, encouragement, and support for those affected by cancer. A kind word, a card, or simply checking in can make a meaningful difference. Together, we can lift one another up with compassion, hope, and community support. ●

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.

MONTHLY

Wednesday Coffee & Conversation with Sabrina 9:45 a.m.

Each Friday – CHEERful Morning Café with Full Breakfast 8:30 – 9:30 a.m.

- Alzheimer’s Support Group (1st Thursday of the month 1-3 p.m.)
- Greenwood Library Program – Games and/or Trips to the Library (3rd 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)



Crafts with Queenena, Jerry, Nora, and Miffy



Crafting at Greenwood Joe, Violet, and John

Monthly Shopping or Educational/ Entertainment Trip and Lunch out.

August 20th: Thursday Bus Departs at 9:30 a.m. for a Trip to Bridgeville Sr. Center for Bingo and Lunch

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

WEEKLY/BI-WEEKLY

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

Thursdays: 9:45 a.m. Bus Riders to Food Lion/Dollar General

**Check monthly calendar for exact dates*

SPECIAL HAPPENINGS

August 5th: Wednesday at 10 a.m. – Cornhole

August 6th: Thursday at 10:30 a.m. – Dan Feth Music & Memories followed by Lunch and August Birthday Celebration!

August 11th: Tuesday Bridgeville visits Greenwood for Prize Bingo and Lunch

August 12th: Wednesday at 10:30 a.m. - Chair Yoga

August 13th: Thursday at 10 a.m. – Arts & Crafts: Card Making

August 19th: Wednesday at 11:30 a.m. Nutrition Education on Food Safety with Lisa

August 26th: Wednesday at 10:30 a.m. – Bingocize 11:30 a.m. Lunch & Learn w/Anne from PT Works

August 27th: Thursday 4 p.m. - 6 p.m. Luau Dinner. Entertainment by Dan Feth



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Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

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



Happenings

Have you heard the latest? Kindness never goes out of style! Sometimes it's tempting to share a little "did you hear...?" but the best conversations are the ones that leave everyone smiling. If you're not sure whether something should be repeated, it might be best to let it stay where you heard it.

With busy summer days in full swing, don't forget that Grab & Go Meals are always available! They're a convenient and nutritious option to keep you fueled while you're out and about enjoying the season.

Chair Yoga Update

Please note that Chair Yoga will be suspended for the month of August. Classes will resume in September. We appreciate your understanding and look forward to welcoming everyone back for Chair Yoga in September!

Introducing Tech Hour!

Need a little help with your smartphone, tablet, laptop, or other electronic device? Join us for our new Tech Hour every Wednesday at 10:00 a.m. Whether you have questions about email, apps, photos, passwords, or just want to learn something new, we're here to help.

Introducing Memory Café

Beginning Monday, August 10, at 12:15 p.m.,

we are excited to offer our new Memory Café program. The Memory Café is designed to provide a welcoming, supportive, and engaging environment for individuals experiencing memory loss and their caregivers. Each session will feature activities that encourage social connection, cognitive engagement, meaningful conversations, and opportunities to build friendships with others who share similar experiences.

Whether enjoying a fun activity, sharing stories, or simply spending time together, participants and caregivers will find a safe, comfortable space where everyone is valued and supported. We invite you to join us each Monday as we learn, laugh, connect, and create meaningful moments together.

Join Us for Breakfast!

Start your morning with a delicious breakfast and great company! Join us from 8:30 a.m. to 9:30 a.m. on the following dates:

Thursday, August 13 – Bacon, scrambled eggs, hash brown patty, and pancakes.

Thursday, August 27 – Scrapple, egg, and cheese sandwich served on a croissant with hash brown patty.

The cost is just \$2.50 for adults aged 60 and older and \$5.00 for guests under age 60.

Come enjoy a tasty meal, friendly conversation, and a wonderful way to start your day. We look forward to seeing you at breakfast!

Join Us for Our Monthly Dinner!

Gather with friends and neighbors for an evening of great food, fellowship, and fun on Tuesday, August 25. Dinner will begin at 5:00 p.m. and will feature pork chops smothered in gravy, dressing, French-style green beans, a dinner roll, and apple pie à la mode for dessert. The cost is \$8 for members and

\$10 for non-members. Please sign up no later than Thursday, August 20, to reserve your spot. After dinner, stick around for Prize Bingo and enjoy an evening filled with laughter, friendly competition, and the chance to win some great prizes. We hope you'll join us for a wonderful night of delicious food and good company! ●

WEEKLY

Monday: Memory Café and Mahjongg

Tuesday: Bible Study

Wednesday: Nickel Bingo

Friday: Prize Bingo

Every Monday: Memory Café

Every Wednesday: Grocery Store, Bank, Post Office and Drug Store, and Tech Hour

Every 1st Tuesday: PT Works Presentation

Every 1st Friday: Blood Pressure Checks

Every 2nd Tuesday: Chair Exercise with Pace Your Life

Every 4th Wednesday: AARP Defensive Driving

SPECIAL HAPPENINGS

August 4th: 11:45 a.m. PT Works Presentation

August 5th: 10:00 a.m. Tech Hour

August 10th: 12:15 p.m. Memory Café with Crystal

August 12th: 11:30 a.m. Nutrition Education

August 13th: 10:30 a.m. Pet Therapy with Paris the Standard American Poodle

August 14th: 10:00 a.m. Crafts with Suzy

August 21st: 12:15 p.m. Well Care sponsoring Bingo

August 25th: 5:00 p.m. Monthly Dinner

August 26th: 12:30 p.m. Defensive Driving and Dover trip and lunch on your own



Crafting at Harbour Lights: making flip flop magnet



Pam Health: crafting floral arrangements

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

WEEKLY

Monday

8:30 Weight Watchers
10:00 Chair Yoga
12:00 Nickel Poker
12:00 Knitting and Crocheting
12:30 Penny Bingo
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



Left to right: Jo Reedy, Shirley Herndon, Tom Herndon, Roger Cox, and Barb Painter.

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

August 6th: Thursday at 9:15 a.m.
Trip to Spence's Bazaar (lunch there)

August 11th: Tuesday at 9:15 a.m. Trip
to Nanticoke Indian Museum \$5 (return
for lunch)

August 12th: Wednesday at 12 p.m.
Membership meeting

August 12th: Wednesday at 4 p.m. Prize
Bingo and Dinner

August 18th: Tuesday at 9:15 a.m. Trip
to Target and IHop

August 20th: Thursday at 9:15 a.m.
Trip to Christian Storehouse (return
for lunch)

August 27th: Thursday at 9:15 a.m.
Trap Pond boat tour and Picnic \$10.50



Joann Michaels, Melanie Mill, and Fran Deptula at Game Night

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**Milton
Activity Center**

24855 Broadkill Road
Milton, DE 19968

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



Happenings

This month, we would like to recognize and express our sincere appreciation for our wonderful volunteer, John King of Milton, Delaware. John has been a dedicated part of the Milton CHEER family since 2019 and has become an invaluable asset to our kitchen team.

Throughout the years, John has consistently stepped up whenever help was needed, especially during challenging times when staffing was limited. Always willing to lend a hand, he embodies the true spirit of teamwork, reliability, and service. His positive attitude, strong work ethic, and commitment to supporting both staff and members have made a lasting impact on our center.

John's dedication behind the scenes helps ensure that daily operations run smoothly and his kindness and willingness to help others never go unnoticed. We are grateful for the countless hours he has given to Milton CHEER and for the difference he makes in the lives of those whom we serve.



Thank you, John, for years of dedication, generosity, and unwavering support. We are fortunate to have you as part of the Milton CHEER family and no words can truly express how much you mean to us! ●



Knot 2 Bee, a Quilting Group part of the Ocean Waves Quilt Guild, Lewes DE presenting the "Potato Chip" Quilt to the Director of the Milton Cheer Center, Ashlyn Elliott
Pictured left to right - Dottie Vuono, Group Leader, Sandy Blake, Ginny Watson, Marie Jacobs, Adeline Hart, Debbie Edgerly and not present Sandy Muir.

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
11:00 a.m. 12:15 p.m. Chair Yoga
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.
Chair Yoga 11:15 a.m. – 12:30 p.m.
Mahjong 12:30 p.m.

Tuesdays and Fridays:

Bingo check calendars for times

Second Monday:

Drum Circle and Rhythm Dance 1:00 p.m.

Fourth Monday:

Bingocize at 12:00 p.m. with Lyndsie from PACE Your Life

First Tuesday:

-Blood Pressure Checks with PAM Health at 10:00 a.m.

Wednesday:

Trip to Bank, Post Office and Drug Store 12:30 p.m.

Thursdays:

Computer and Smartphone clinic 12:00 p.m. – 2:00 p.m.,
Call center to set your appointment.

Fridays:

9:00 – 10:00 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

August 5th: Depart from Center 8:00 a.m. Parson's Farm!! Please Sign up in Center

August 13th: 12:00 p.m. Birthday Celebrations, enjoy ice cream with us and celebrate your birthday!

August 14th: Card-making Class at 1 p.m., Limited spots, please register and call to sign up.

August 21st: Senior Citizen Day Celebration 12:00 p.m. – 1:00 p.m. Music and refreshments for seniors! Celebrating with you!

August 28th: Card-making Class at 1 p.m., Limited spots, please register and call to sign up.

**CHEER Coastal
Leisure Center**



30637 Cedar Neck Road
Ocean View, DE 19970

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

Happenings

Remember to leave Early and have more Patience to get to the Center on time for Trips, Classes, Events, etc. due to the summer traffic and take care with the heat.

Calling ALL 90+ Members – we want to interview YOU and get a Fun Picture to update our Wall of Inspiration by September! Please see Yolanda.

Members are enjoying our new Chair Exercise Class that meets 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 every Thursday at 1 p.m. – open to the public.

Our Parkinson’s Support Group meets the 3rd Wednesday monthly at 2:30 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, facilitating this group now!

Refer to our monthly Calendar for all our regularly scheduled activities!

WEEKLY

August 6th: Trap Pond State Park Pontoon Ride and Picnic Lunch, \$11 (all inclusive), 9:30 a.m.! Pay at time of sign up.

August 7th: Lunch with a View at our local VFW, 11:45 a.m.!



Celebrating Juneteenth & 4th of July! Great time for everyone! About 75 of us including staff, volunteers & entertainers.



August 13th: Tentative - Sunflower Meander at Ritter Family Farms in Harbeson, \$5, 9 a.m. – tentative. Lunch back at Center.

August 14th: Ba Roos Ice Cream, Market Place, Bethany Beach, following lunch, 12:15 p.m. or so.

August 18th: Tuesday – Cape Water Tours, Dolphin Watch, \$25 – Pay at Time of Sign Up! Leave 8:45 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 (think 20%).

August 21st: Local Ice Cream spot after lunch, 12:15 p.m., group choice.

August 27th: Indian River Lifesaving Station Museum Tour with Guide, \$6 and The Big Chill Beach Club afterwards, 9:30 a.m.

August 28th: Agape Creamery at Millville Boardwalk, after lunch, for ice cream, 12:15 p.m. or so.

SPECIAL HAPPENINGS

August 5th: Wednesday, 11:30 a.m. – Tom & Dave entertain us over lunch today!

August 19th: Wednesday, 11:30 a.m. – Lunch ‘n Learn, Virtual Nutrition Education with Lisa H.

August 25th: Tuesday, 5p.m. – Polynesian themed Dinner and Pacific Island Dance Show! \$10/Members and \$15/Guests-Pay to Reserve your Spot please.

**Roxana
Activity Center**

34314 Pyle Center Road
Frankford, DE 19945

(302) 515-0001, Ext. 1861

Happenings

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

WEEKLY

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

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: Memory Café with Crystal

BI-WEEKLY:

August 4: Annabell Birthday Celebration

August 5: American Heart Association- Yinka

August 17: Pastor Dan and Betsy: Bible Study

August 12: Nutrition ED “Powerful Probiotics” with Lisa Harkins

August 19: Discover Senior Wellness- Logan

August 31: Pastor Dan and Betsy: Bible Study



Roxana CHEER Center- Rocking Our New “I Love CHEER” shirts!!!

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

August 3: 12:00-1 p.m. Dollar Tree and Grocery Store

August 10: 12:00-1 p.m. Dollar Tree and Grocery Store

August 17: 12:00-1 p.m. Dollar Tree and Grocery Store

August 24: 12:00-1 p.m. Dollar Tree and Grocery Store

August 31: 12-1 p.m. Dollar Tree and Grocery Store

SPECIAL HAPPENINGS:

August 3: Parsons Farm

August 6: Walmart

August 13, 20 and 27: TRIP DAY TBD

Sometime in August we will also have:
World Cancer Support Month –
Encourages support for cancer patients and fundraising for research
Summer Sun Safety Month!
Birthday Celebration

Upcoming Birthdays/ Birthday Celebration: August 4: Annabell



Trip Day – Four Acres Living Alpaca Farm

Sand Hill Adult Day Program

20520 Sand Hill Road
Georgetown, DE 19947

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



Thrift Stores

Thrift stores are vital for older adults because they provide essential budget-stretching, unique high-quality goods not found in modern retail, and opportunities for social engagement. Many of these shops also support important charities, making them a hub for both money and giving back.

General tips for thrift store shopping:

- Watch for discount days for seniors.
- Make a list of what you're looking for so you're not tempted to buy things you don't need.
- Measure your space at home before hitting the thrift store.
- Verify if an item will fit in your in your vehicle.
- Test electrical items
- Familiarize yourself with designer and furniture makers.
- Plan ahead for the next visit.
- Take some of your own unused items to the store.

The Sand Hill Adult Day Program is very fortunate to have its own in-house thrift store. SHADP gets regular donations of Depends, walkers, wheelchairs, porta potties, etc. We also get some nice donations of women's and men's clothing and shoes. The members look forward to shopping every Friday for 1 - 2 items. Some of the members will even go in the bathroom and change their clothes so they can wear their new clothes.

If you are in need, feel free to call me at 302-212-4482. Cindy Mitchell





Physical Therapy at CHEER

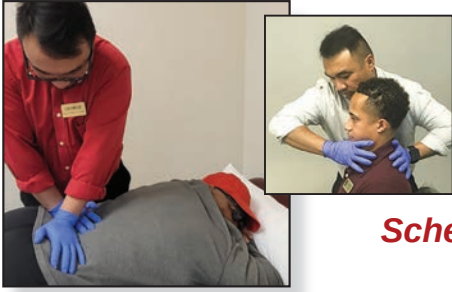
Over 50 Years Serving Sussex Seniors

Located in the CHEER Centers
Greenwood, Lewes, Milton, Long Neck

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.)

OUT PATIENT CLINIC NOW OPEN

Harrington and Milford
Monday to Friday





Newest Office in Harrington

COMPREHENSIVE PHYSICAL THERAPY SERVICES

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- Lower Back Pain
- Arm and Leg Pain
- Dry Needling
- Parkinsons
- Balance and Fall
- Prevention
- Lymphedema
- Pelvic Floor
- Treatments



Schedule Your Appointment!
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- Smart Doorbells
- Keyless Entry
- Smoke Detectors
- Bidet Installation
- Dementia Safety
- Outdoor Lights

A New Era in Orthopedic Care



The TidalHealth Peninsula Orthopedic Institute launched in July and reflects a unified approach to orthopaedic and musculoskeletal care across the Delmarva Peninsula.

The Institute brought together former Peninsula Orthopaedic Associates locations — which remain independent, physician-owned practices — with TidalHealth orthopedic clinics, imaging, inpatient and trauma services, and rehabilitation to provide a comprehensive care experience. While under a new name, patients will receive seamless care from initial evaluation and imaging through surgery, rehabilitation and long-term follow-up, regardless of where they enter the system.

The Institute brings specialized orthopedic care close to home through a multidisciplinary team of fellowship-trained orthopedic surgeons, physician assistants, nurse practitioners and rehabilitation specialists. With same-day appointments and orthopedic urgent care services available to address injuries and acute concerns, patients can avoid unnecessary emergency department visits and return to normal activities sooner.

To learn more or schedule an appointment, visit tidalhealth.org/movebetter

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

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



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

For more information:

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

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



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 2nd & 4th 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!





Discover the Magic of 11-night Canada & New England Round-Trip Philadelphia Cruise aboard Norwegian Pearl!

Philadelphia, PA — Travelers seeking a memorable fall getaway are invited to set sail with the CHEER Travel Club on an exciting 12-day Canada & New England cruise departing October 19 and returning October 30, 2027. This round-trip voyage leaves from Philadelphia aboard the elegant Norwegian Pearl, offering guests a perfect blend of relaxation, coastal charm, and vibrant culture.

The carefully curated itinerary features seven stunning ports across the northeastern United States and eastern Canada, timed perfectly to showcase the region's breathtaking autumn scenery.

Passengers will embark in Philadelphia on Day 1 before enjoying a full Day 2 at sea, allowing time to explore the ship's amenities and settle into cruise life. The adventure continues with a stop in historic Boston, Massachusetts, on Day 3, followed by a visit to the picturesque coastal town of Eastport, Maine, on Day 4.

Day 5 brings guests to Saint John, located on the Bay of Fundy, home to some of the world's highest tides. The journey



**12 Days,
from \$1,410
Aboard NCL
Norwegian Pearl**

continues through Canada's maritime treasures, including Halifax, Nova Scotia (Day 6), and Sydney, Nova Scotia (Day 7), where rich heritage and stunning ocean views await. On Day 8, travelers will explore charming Charlottetown on Prince Edward Island.

atmosphere. A final Day 11 at sea allows guests to unwind before returning to Philadelphia on Day 12.

Throughout the voyage, guests aboard the Norwegian Pearl can enjoy world-class dining, entertainment, and onboard activities, all while building

After a relaxing Day 9 at sea, the cruise returns state-side with a stop in Portland, Maine, on Day 10, offering fresh seafood, scenic harbors, and a welcoming New England

lasting friendships as part of the CHEER Travel Club experience.

This unique journey offers the perfect combination of exploration and leisure, making it an ideal choice for travelers looking to experience the beauty of New England and Canada in one unforgettable trip.

For those ready to embrace the spirit of adventure and camaraderie, the CHEER Travel Club's 2027 fall cruise promises memories that will last a lifetime.

Contact CHEER Travel Club for more details 302-515-0001 ext. 1100, visit our website at cheerde.com/New-England-Cruise or stop by any of our CHEER Centers to pick up a copy of the flyer/form

ITINERARY:

Day 1: Philadelphia, PA
Day 2: At Sea
Day 3: Boston, MA
Day 4: Eastport, Maine
Day 5: Saint John, Bay of Fundy
Day 6: Halifax, Nova Scotia
Day 7: Sydney, Nova Scotia
Day 8: Charlottetown, P.E. Island
Day 9: At Sea
Day 10: Portland, Maine
Day 11: At Sea
Day 12: Philadelphia, PA
Cruise Dates: 10/19-10/30 2027



**CHEER BINGO IS NOW
BIGGER AND BETTER
THAN EVER!
HAVE FUN AND WIN BIG!**

Join us at the CHEER Community Center
in Georgetown, DE second Tuesday of the month
for our monthly BINGO where we'll
award \$1000 in cash prizes!

PLUS Become a CHEER BINGO VIP!

Pick up your punch card at the next Bingo -
every time you come, we will punch the card.
Get 3 punches and we'll give you
2 free Bingo specials to play that night!



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 - 7:30 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

CHEER
Over 50 Years Serving Sussex Seniors



*Must be 18 years old to enter

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Looking for the perfect venue to host your private party or celebration?
Our event space is the ideal location for weddings, birthdays,
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for up to 325 Guests, round or rectangle tables with chairs set up
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- Centrally located in Sussex County with ample parking



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



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
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By Lisa Harkins,
RD, LDN,
CHEER Dietitian



Can Diet Help My Psoriasis?

August is Psoriasis Awareness Month, so what better time to focus on this condition and talk about how nutrition can help! But, first, what is Psoriasis? Psoriasis is a chronic inflammatory skin condition that affects the immune system and can cause uncomfortable, visible changes on the skin. It often appears on the elbows, knees, scalp, lower back, hands, feet, and nails, but it can occur anywhere on the body. Some people also develop psoriatic arthritis, which causes joint pain, stiffness, and swelling. Because psoriasis is linked with body-wide inflammation, people with psoriasis may also have a higher risk of conditions such as heart disease, diabetes, and obesity.

While food does not cause psoriasis and diet alone cannot cure it, eating in a way that supports lower inflammation may help some people manage flare-ups, improve overall health, and make medical treatments work better. Medical organizations commonly recommend a balanced, anti-inflammatory eating pattern, like the Mediterranean diet, as a supportive approach for people with psoriasis.

A Mediterranean-style diet focuses on vegetables, fruits, whole grains, legumes, nuts, seeds, fish, and olive oil, with smaller amounts of poultry, eggs, and dairy. It limits highly processed foods, sugary drinks, refined carbohydrates, and large amounts of red or processed meat. This pattern is not a quick fix, but it is one of the most practical and well-studied ways to support lower inflammation and better long-term health.

Some people report that gluten, dairy, or nightshade vegetables such as tomatoes, peppers, eggplant, and potatoes worsen their symptoms. Research does not show that everyone with psoriasis needs to avoid these foods. Gluten-free eating is most important for people with celiac disease or confirmed gluten sensitivity. If you suspect a food trigger, it is better to track symptoms and try a structured elimination-and-reintroduction diet. But before starting a restrictive diet, taking supplements, or stopping medications, ask your physician or a Registered Dietitian for guidance. Nutrition can be a helpful part of psoriasis management, but it works best within a holistic approach: appropriate medical care, stress management, regular movement, good sleep, and avoiding smoking. ●



Watermelon Salad

So refreshing! And a great way to get two servings of fruit and veggies!

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

Makes Eight 1-Cup servings

Salad Ingredients:

- 1 cup sliced sweet onions
- 2 Cups watermelon, cut into 1-inch chunks
- 30 cherry tomatoes, cut in half (about 2 Cups)
- 1 large cucumber, cut into ½ inch chunks (about 2 Cups)
- 1 cup sliced green bell pepper
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup extra-virgin olive oil
- 5 teaspoons balsamic vinegar
- 1/3 cup very thinly sliced fresh basil
(dried is fine as well – use 1 tsp)

Directions:

1. Place onions, melon, cherry tomatoes, cucumber and peppers in a large bowl.
2. Drizzle veggies with oil and vinegar. Sprinkle with salt, pepper and basil. Toss to coat. Serve immediately or refrigerate until ready to eat.

Nutrition Information per cup:

102 Calories;
7g Total Fat; 9g

Carbohydrates; 1g
Protein; 2g Fiber;

13mg Sodium;
348mg Potassium



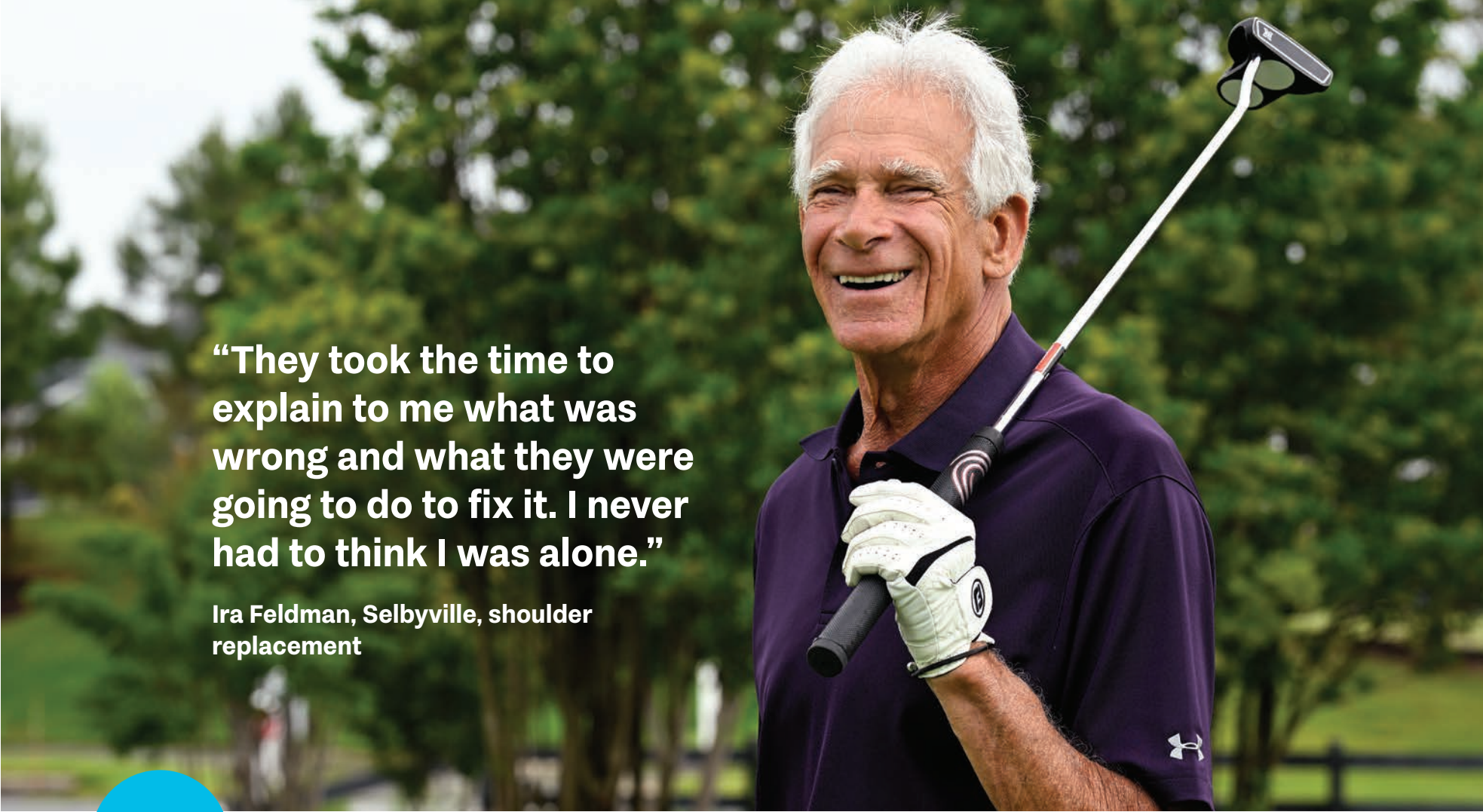
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