

CHEER Coastal Leisure Center
AUGUST 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
3 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping+/Quilt 12:30 BIBLE STUDY with Carlos / Doodle Club	4 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	5 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 Tom and Dave Entertain us! 12 Poker / Knitting/C'ing	6 8-4:30 Fitness / Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 9:30 Trap Pond Pontoon Ride / Picnic Lunch, \$11 11:30 Lunch, \$ 12 Hand and Foot / MJ / CHESS Club 1 Alzheimer's Caregiver Support Group	7 8-4:30 Fitness/Puzzles 9/9:30 Tai Chi w/Ellen 10:30 Memory Café w/ Crystal! 11:30 Lunch, \$ 11:45 Lunch w/a View, VFW Post 7234! 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social
10 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+/Quilt 12:30 BIBLE STUDY	11 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 12:30 Acrylic Painting, with David of the Rehoboth	12 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	13 8-4:30 Fitness/Puzzles 8:30 Pickleball 9 Sunflower Meander, Harbeson, \$5 tentative 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ / CHESS Club 1 Alz's Caregiver Sup Grp	14 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
17 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 11:30 Lunch, \$; The Night Watchmen Perform over Lunch! 12 MahJongg 12:15 Shopping/Quilting 12:30 BIBLE STUDY	18 8-4:30 Fitness/Puzzles 8:30 Pickleball 8:45 <u>Cape Water Tours, Dolphin Watch, \$25!</u> 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 A&C	19 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	20 8-4:30 Fitness/Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / MJ / CHESS Club 1 Alzheimer's Caregiver Support Group No Trip today— See Tuesday 18th!	21 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 Local Ice Cream 12:30 Water Color Social

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August 2026



Phone: 302.515.0001 x1760
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
24 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!	25 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 / Dom's 12:15 Pinochle 5 Polynesian themed Dinner and Pacific Island Dance Show with Cez and Family, \$10 / \$15!!!	26 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	27 8-4:30 Fitness/Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 9:30 Indian River Lifesaving Station Tour w/Guide, \$6; Big Chill Beach Club 11:30 Lunch, \$ 12 Hand and Foot / MJ / CHESS Club 1 Alzheimer's Caregiver Support Group	28 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 after Lunch 12:30 Water Color Social
31 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!				

Check out our own

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 **CHEER**
Over 50 Years Serving Sussex Seniors

Website at:

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