

SEPTEMBER 2026
FREE

CHEERful
LIVING

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

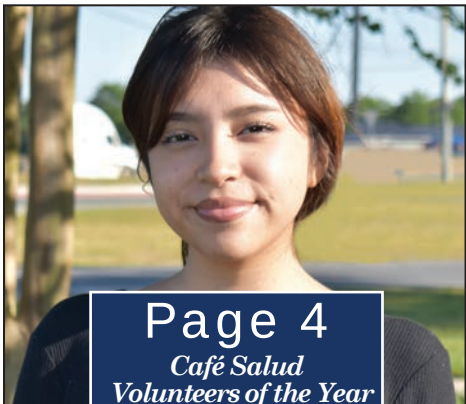


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CHEER MISSION STATEMENT

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



Beckett Wheatley, CEO

There was a time when we could count on television for drama and real life for a little more peace. Some where along the way, it seems the script has changed. Today, unnecessary drama has found its way into our workplaces, our senior centers, our neighborhoods, our families, and even our everyday conversations. It often begins with something small such as a misunderstanding, a careless comment, or a minor inconvenience, but before long, emotions take over, stories grow, and people are pulled into conflict that never needed to happen.

The question I find myself asking is simple: Why?

Life is challenging enough without creating problems that do not need to exist. We all face health concerns, financial pressures, family responsibilities, and the unexpected twists that come with life. Why would we willingly add more chaos to our days?

The truth is that drama survives only when people choose to participate in it.

Sometimes people are drawn toward the person creating the drama because they do not want to become the next target. Others join in simply to feel included. Some thrive on attention, turning ordinary inconveniences into major crises because it makes them feel important.

Each of us has another choice.

We can recognize unhealthy behavior and refuse to feed it. We can step away from conversations that gossip, criticize, or divide people, by choosing kindness and solutions instead.

That does not mean ignoring real problems. Genuine concerns deserve honest conversations and thoughtful solutions. The difference is that mature communication focuses on resolving issues, not creating bigger ones.

“Choose peace over drama.”

One of the greatest signs of emotional maturity is learning to control our own reactions. Drama feeds on emotional responses. It wants us to become angry, defensive, or offended. Instead, we can pause, listen carefully, speak respectfully, and respond with purpose rather than emotion. Calmness is often far more powerful than confrontation.

Just as importantly, we should look in the mirror. Are we ever adding to the noise without realizing it? Are our words encouraging understanding or creating division? Are we communicating directly or slipping into passive-aggressive comments that only make situations worse? Self-awareness is one of the greatest gifts we can give ourselves and those around us.

At CHEER, we strive to create welcoming places where people feel respected, valued, and supported. That does not happen by accident. It happens because people choose to be considerate. They greet one another with a smile, offer encouragement, extend grace, and treat others with dignity. Those simple choices

shape the culture of our senior centers and our organization every single day.

The same is true in our homes, churches, volunteer groups, and workplaces. Every interaction leaves something behind. We can leave encouragement or discouragement. We can spread hope or spread conflict.

Our time is precious. None of us knows how much of it we have. It seems a shame to spend even a moment surrounded by negativity when we could be building friendships, helping others, sharing laughter, or simply enjoying the gift of another day.

This month, I encourage all of us to choose peace over drama. Walk away from unnecessary conflict. Speak with kindness. Model the behavior you hope to see in others. Every one of us has the opportunity to make the world a little calmer today. The question is not whether we will encounter drama, it is whether we will contribute to it or choose something better.

Be remembered for bringing peace, not problems. ●

A Heartfelt Presence: Naydeline Aguilar-Lopez Honored at Café Salud

Each month, CHEERful Living will feature a Volunteer of the Year from each of our locations. This month, we celebrate Naydeline Aguilar-Lopez, who was selected by Café Salud as their Volunteer of the Year.



Naydeline Aguilar-Lopez

At the Café Salud CHEER center, Naydeline Aguilar-Lopez has become a beacon of positivity and engagement. Recognized as the center's Volunteer of the Year, Naydeline is celebrated for her infectious energy and her growth into a key member of the team.

A Journey of Growth and Connection

Naydeline began her journey with Café Salud about a year and a half ago. Since then, she has transitioned from a center assistant to an activity leader, even taking the initiative to create and lead her own arts and crafts events.

Nominator Megan Ventura-Lopez notes that Naydeline's impact on the center is immediate:

- She is always ready to help and engage with members.
- The moment she walks through the center doors, she puts a smile on everyone's face.
- It is a pleasure to have her at the center.



**Megan Ventura-Lopez, Director with
Naydeline Aguilar-Lopez**

Finding Purpose Through Service

For Naydeline, volunteering at Café Salud is her first volunteer experience and it has fundamentally changed her daily life. "Before I was a volunteer, I didn't do much. I just spent time at home trying to pass the time, but now I have a reason. That is to help people and make them smile and I love that," she shares.

Volunteering has provided her with several personal rewards:

- She has had the opportunity to meet wonderful people who she now considers her best friends.
- She feels she is doing something useful by helping and giving back.

- The work has helped her become more active and allowed her to share her love for arts and crafts, which makes her feel "calm and at peace".

A True Sense of Family

Naydeline was "shocked" and "grateful" to receive the Volunteer of the Year recognition, though she insists it is a recognition of the entire Café Salud community. For her, the center is more than a place to volunteer—it is family.

She recalls a particularly touching moment when the members sang for her birthday. "It felt like family and meant a lot to me to win the affection of the members of Café Salud," she says.

As she continues her service, Naydeline encourages others to step forward and get involved. "Don't be afraid to get involved or do something new," she advises. "You never know how much a smile, a conversation, or a little help can mean to someone else"

CHEER appreciates every day, the volunteers that 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. ●



Saturday, October 3
9 AM to 2 PM

Food Available for Sale

LOCATED AT



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CENTER**

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Warren L. & Charles C. Allen, Jr.

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Robin Greene, rgreene@cheerde.com or

call (302) 515-0001 ext. 1162

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A Legacy of Compassion and Leadership: Shirley Price Retires from the CHEER Board of Directors

Shirley Price Retirement

A Legacy of Compassion and Leadership: Shirley Price Retires from the CHEER Board of Directors.

After years of dedicated stewardship, long-time member of CHEER's Board of Directors, Shirley Price has announced her retirement. Her departure marks the conclusion of a remarkable chapter of advocacy, leadership, and unwavering commitment to the senior citizens of Sussex County.

As a lifelong resident of Delaware's coastal area, Price built an intimate, generational knowledge of the needs of the local people and communities. This deep connection gave her a unique and personal understanding of the challenges facing older adults in the region.

Through her own personal experiences with family and friends, Price came to know firsthand how frustrating it can be to find essential services for senior citizens. This insight revealed the vital role that non-profit agencies play in providing crucial support that state agencies simply could not cover.

Price's journey with CHEER began in 1997 when she accepted a volunteer position on the Board of Directors for Sussex County Senior Services, Inc./CHEER. Fittingly, she had just been elected the year before to the Delaware House of Representatives for the 38th District.



Over the years, she successfully translated her passion for helping Delaware senior citizens into decades of trusted guidance, establishing herself as an invaluable advisor both to CHEER and to the seniors of Sussex County.

As she steps down from her leadership role, Shirley Price leaves behind a profound legacy of service, compassion, and lasting impact on Sussex County, Delaware.

“It has been so rewarding working with so many caring people over the years to serve our community.”



Walter Koopman, Shirley Price and Beckett Wheatley, CEO



Dine & Donate Bethany Blues

Tuesday, October 6th, 2026

Bethany Blues

18385 Coastal Highway, Lewes, DE 19958

Dine In or Carry Out

15% of Your Check will be Donated to CHEER



***Present This Coupon or
Show Your Phone to Your Server!***



Welcome to



Over 50 Years Serving Sussex Seniors

Dine and Donate Featuring: CHEER on Tuesday October 6, 2026

Join us from 4pm- 9pm at the Lewes Location for Dine-In or Carry out and 15% of your check will help benefit the non-profit CHEER centers!

Bethany Blues Lewes - 302.644.2500- 18385 Coastal Hwy, Lewes, De 19958

Caregiver Resources

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, Delaware 19966

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



September is National Self-Care Awareness Month: Caring for the Caregiver

Every day, thousands of family caregivers in Delaware dedicate their time, energy, and love to help an aging parent, spouse, family member, or friend. While caregiving can be meaningful, it can also be physically, emotionally, and mentally demanding. During National Self-Care Awareness Month, we are

reminded that caring for yourself is just as important as caring for someone else.

Many caregivers put their own health and well-being on hold while focusing on the needs of others. Skipping medical appointments, losing sleep, and feeling isolated can lead to anxiety, burnout, declining health, and stress. Self-care doesn't have to be expensive or time-consuming. Small steps can make a big difference. Start by eating a balanced diet, getting adequate sleep, staying connected with family and friends, doing something you enjoy, and asking for help when you need it.

Remember, asking for help is not a sign of weakness, it is a sign of strength. Caregiving is not meant to be done alone. Community resources, support groups, memory cafés, respite services, and educational programs are available to help caregivers navigate challenges

and maintain their own well-being. Our Caregiver Resources program here at CHEER support, family caregivers by providing information, education, referrals, and connections to local services. Whether you're just beginning your caregiver journey or have been caring for a loved one for years, we're here to help you find the support you need.

This September, make a commitment to prioritize your own health, even a few moments of self-care each day can improve your energy, reduce stress, and help you continue providing compassionate care for those you love. ●

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 - 12:15 - 1:15 PM

Milton CHEER

Memory Café -
Every Thursday - 9:30-11:00 AM

Long Neck CHEER

Memory Café -
Every Tuesday - 1-3 PM
Caregiver Support Group -
1st and 3rd Tuesday from 1:00 to 3:00 PM
Partnered with Alzheimer's Assoc.

Ocean View CHEER

Memory Café -
Every Friday - 10:30 AM - 11:30 AM
Caregiver Support Groups -
Every 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: 1564

Building Stronger Communities: How Contractors for A Cause Steps Up for CHEER



From humble beginnings over a lunch at Cripple Creek Country Club in August 1998, Contractors For A Cause (CFAC) has grown into a powerful force for good in the local community. Founded by Jim Kyger and Mike Cummings, who simply wanted to find a way to give back, CFAC has spent decades identifying unmet needs and bringing people together with skill, generosity, and compassion. Today, through dedicated outreach programs like the Good Neighbor Program and the Helping Hands Program, CFAC continues to uplift disadvantaged community members by providing vital home construction, maintenance, and repair services.

That spirit of compassion and community partnership was recently put into action through a collaborative project supporting CHEER

Powering Up for Comfort: The CHEER Project

CFAC's Helping Hands initiative is designed to offer critical repair assistance for homeowners and community spaces supporting those who are elderly, disabled, or facing sudden hardship. Expanding this mission to local facilities, CFAC recently coordinated a vital electrical upgrade project for CHEER, bringing together skilled local professionals to get the job done.

Surveys were sent out to each CHEER Activity Center. Coastal Leisure members said there was no hot water in the restrooms due to the distance from the water heater and the kitchen using so much hot water. It took several minutes for the water to heat up to wash their hands. A remedy was needed for the men's and women's restrooms. The solution, instant hot water heaters.

The project kicked off when Bobby Rogers, CHEER Facilities Maintenance Director, met with Brian Stump from Critical Peake Electrical Services on June 24. After a quote was finalized on June 30, the work was officially scheduled for mid-July. Though the complex job ultimately required four days instead of the initially planned two—wrapping up on July 21—the meticulous work delivered lasting results. The team successfully installed a new sub-panel because the existing panel boxes were full, and subsequently ran four separate 30-amp, 120-volt lines dedicated to new heaters.



Kitty Cole enjoying the warm water at Coastal Leisure Center in Ocean View restroom.

Community Approval and Warm Appreciations

Working in an active center requires patience, professionalism, and care—qualities that the contracting crew demonstrated in abundance.

Yolanda Gallego, Coastal Leisure Center Director, praised the team's professionalism on-site, noting that the contractors were wonderful to work with and highly respectful of the members and center activities as they navigated working around them.

While center members are currently enjoying the summer heat and perhaps not thinking much about heating yet, Yolanda noted that the upgrades will be “very welcome and much appreciated” come winter. Team members are already fine-tuning the system to ensure optimal warmth, with minor adjustments underway to dial in the ideal temperature.

Through dedicated teamwork, skilled labor, and a deep-seated commitment to giving back, Contractors For A Cause continues to prove that when a community joins forces, the impact is both warm and lasting.

Contractors For A Cause encourages mid - low income seniors needing services to apply on their website: www.contractorsforacause.org.

CHEER appreciates the support provided by Contractors For A Cause to help resolve the need for immediately available warm water in the restrooms at our Coastal Leisure Center in Ocean View. We recognize the important role they play in making sure that seniors throughout our area who in need of support receive it. ●

Fall Semester

NO COST TO ATTEND

We are proud to celebrate another successful month of enriching programs at CHEER Academy. From movement and music to creativity and lifelong learning, our members are showing up, connecting, and thriving together.

CHEER

A C A D E M Y

**More Classes
More Connections
More CHEER –**



REGISTRATION WINDOW AUGUST 10 - SEPTEMBER 9

Fall Semester classes begin the week of September 14, 2026!



Tai Chi/Qigong

Gentle, mindful movement for balance and inner calm.



Square Dancing

Classic American fun -do•si•do your way to a great time!



Aero Pump/Cardio Drum

Rhythm-based fitness that gets hearts pumping and smiles going.



Line Dancing Made Easy

Whether you are brand new to line dancing or looking to build on the basics, this 90-minute class is designed to help you learn with confidence and have fun on the dance floor!



Contemporary Poetry Writing

Whether it's been a long time, or you want to try something new come out and enjoy a day of writing, learning and sharing.



Creative Arts & Crafts

Discover your creative side-no experience needed.



Chess lessons for All

Strategy, fun, and friendly competition for every skill level.



American Mah Jongg

The game is ideally a 4-player tile game similar to Rummy but more. rules. Beginner players learn tiles, hands, and etiquette.



Healthy Cooking

This class is for people who would like to cook healthy meals for themselves-and perhaps a partner-but do not want leftovers for a week.

SOME CLASSES HAVE LIMITED SEATING!

Free CHEER Membership for New Members!

**TO VIEW AND REGISTER FOR
OUR 10-WEEK FALL SEMESTER GO TO:**

NO COST TO ATTEND



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

ONLINE: cheerde.com/cheer-academy

**CONTACT: Jacquie Reilley • jreilley@cheerde.com
302-515-0001 Ext. 1167**

Finding Warmth and Support This Fall

Fall is a season of contrasts. It brings the comfort of a warm cup of tea on a chilly evening, the glow of a fire in the fireplace, the earthy scent of fallen leaves, and the joy of spending time outdoors with family. Yet, as the days grow shorter and the evenings become colder, fall can also feel lonely, especially for an older adult living alone.

That is where CHEER's (PASA) Personal Assistance Services Program can make a meaningful difference.

A PASA Direct Care Worker provides more than help with personal care, light housekeeping,

and everyday tasks. They bring companionship, reassurance, and a friendly smile into the home. Their presence can help an older adult feel safer, more comfortable, and less alone as the seasons change.

Preparing for fall means more than checking the heating system and finding the heavier blankets. It also means making sure the people we love have the support and human connection they need.

This autumn, let CHEER's PASA Program help make home feel a little warmer, not only because the heat is on, but because someone cares. ●



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Senior citizens in Delaware face major financial pressures in 2026 driven by rising property taxes, escalating healthcare costs, and general cost-of-living inflation.



Property Reassessments: Statewide property reassessments and local tax adjustments (such as proposed increases in New Castle County) have created anxiety for retirees on fixed incomes.

Relief Efforts: Lawmakers have advanced resolutions to study property tax freezes for seniors to help combat rising housing costs, though permanent relief measures remain under legislative debate.

Medicare Increases: Higher Medicare Part B premiums and inflation are consuming a larger portion of fixed monthly Social Security checks, even with the 2.8% cost-of-living adjustment.

Basic Needs: Reports from groups like United Way show that single older adults struggle to meet basic survival budgets amid high food and energy prices.

Cryptocurrency Cons: Consumer advocates warn that older Delawareans are increasingly targeted by scammers using fake government or bank alerts tied to cryptocurrency kiosks.

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Stand By Me is not affiliated with CHEER.*

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Medicare Assistance Bureau (DMAB)

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.



CHEER Café Salud

Disfruta de
deliciosas comidas
hispanas, loteria
bingo, artes y
manualidades

Enjoy delicious
hispanic foods,
loteria, bingo,
arts and crafts



Cena Incluida

\$4 60 años y mas
\$5 menores de 60

Dinner Served

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\$5 under 60

CHEER Community Center

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Martes & Miercoles 4PM - 8PM

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 SEPTEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lemon Pepper Fish Steamed Or Baked Rice Capri Blend Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	2 Mushroom Pork Chop Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Fresh Banana Skim Milk	3 Honey Mustard Chicken Twice Baked Potato Casserole Turnip Greens Whole Wheat Roll/Bread Assorted Cookies Skim Milk	4 ACTIVITY CENTERS CLOSED TRAP POND
7 CLOSED LABOR DAY	8 Ratatouille Wild Rice Blend Buttered Spinach Whole Wheat Roll/Bread Applesauce Skim Milk	9 Shrimp Creole Grits Shredded Cheese Steamed Broccoli Fresh Fruit Whole Wheat Roll/Bread Skim Milk	10 Chicken and Dumplings Peas and Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	11 Crab Soup Chef Salad Fig Cookie Bar Saltine Crackers Skim Milk
14 Rigatoni Bolognese Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	15 Turkey Divan Baked Mashed Potatoes Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	16 Baked Fish Florentine Mushroom Risotto Stewed Tomatoes Whole Wheat Roll/Bread Brownie Skim Milk	17 Chicken Cacciatore Garlic Herb Gnocchi Whole Wheat Roll/Bread Fresh Fruit Skim Milk	18 Minestrone Soup Cheese Pizza Cucumber Dill Salad Ice Cream Skim Milk
21 Hot Dog On Bun Baked Beans Vegetarian Cole Slaw Applesauce Skim Milk	22 Vegetable Frittata Breakfast Potatoes Spinach Mushroom Fresh Orange Whole Wheat Roll/Bread Skim Milk	23 Beef and Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Pie Skim Milk	24 Honey BBQ Chicken Baked Sweet Potato Half Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk	25 Hamburger Barley Soup Tuna Pasta Salad Fruit Of The Day Saltine Crackers Skim Milk
28 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	29 BBQ Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Diced Peach Fluff Skim Milk	30 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup 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.

55

YEARS

1971-2026



CHEER
Celebrating 55 Years of Serving Sussex Seniors



VISIT US AT WWW.CHEERDE.COM AND LIKE US ON FACEBOOK

Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



Hispanic Heritage Month, September October 15th, a time to celebrate the rich cultures, traditions, and contributions of Hispanic and Latino communities. It honors the history, resilience, and achievements that have shaped our communities. As we celebrate, we recognize the importance of diversity, embrace the stories that connect us, and appreciate the lasting impact of Hispanic heritage.

This month, join Ruthy Calloway for a fun sewing workshop where you'll create a unique plush fabric frog. From the Rehoboth art league, Maria will also join us this month to guide us through an evening of arts and crafts.



Sewing Craft Fans at the center



Making Craft Fans at the center

We're also excited to welcome guest speakers Chad Robinson from the Food Bank of Delaware and Logan Jarrell, BSN, RN, Senior Wellness and Resource Coordinator. They will share valuable information and resources, and attendees will have the opportunity to ask questions and learn more about programs that support our community. Café Salud welcomes everyone, whether you are a current member or visiting for the first time—no membership is required. Stay tuned for updates and additional events posted on our Facebook page at Café Salud. ●

WEEKLY

Arts and Crafts, Bingocize

BI-WEEKLY: Guest Speakers

REPEATS MONTHLY

Rehoboth Art League, Paint Night, Zumba, Spanish Class

ACTIVITIES

September 1st:

4:00 p.m.- Decorative fairy light lanterns,
5:30 p.m. La cena (dinner),
7-8:00 p.m. Memory game, Socialize

September 2nd:

4:00 p.m. Sewing workshop w/
Ruthy: fabric frogs, 5:30 p.m.
La cena (dinner), 6:15-8 p.m.
BINGOCIZE, Socialize

September 8th:

4:00 p.m. The Food Bank of Delaware
Guest Speaker: Chad Robinson
5:30 p.m. La cena
6:15-7 p.m. Spanish Class
7-8:00 p.m. Loteria, Socialize

September 9th:

4:00 p.m. God's Eye craft
5:30 p.m. La cena (dinner)
6:15-8:00 p.m.
Game: Yo Tengo Quien Tiene,
BINGOCIZE, Socialize

September 15th:

4:00 p.m. Hispanic Heritage
Month Celebration
5:30 p.m. La cena (dinner)
7-8:00 p.m. Cactus crafts, Loteria, Socialize

September 16th:

4:00 p.m. Arts and crafts w/
Maria Rehoboth Art League
5:30 p.m. La cena (dinner)
6:15-7:00 p.m. BINGOCIZE
7-8:00 p.m. Socialize

September 22nd:

4:00 p.m. ZUMBA!
5:30 p.m. La cena (dinner)
6:15-8:00 p.m. Rock painting, Socialize

September 23rd:

4:00 p.m. Piñata making
5:30 p.m. La cena (dinner)
6:15-8:00 p.m. Games: Trivia,
BINGOCIZE, Socialize

September 29th:

4:00 p.m. Paint Night!
5:30 p.m. La cena (dinner)
6:15-8:00 p.m. Loteria, Socialize

September 30th:

4:00 p.m. Senior Wellness and Resource
Guest Speaker: Logan Jarrell, BSN & RN,
5:30 p.m. La cena (dinner)
6:15-8:00 p.m. Arts and crafts: coffee and
bread felts, BINGOCIZE, Socialize.

Georgetown Activity Center

20520 Sand Hill Road
Georgetown, DE 19947

Debbie Landon, Director
(302) 515-0001, Ext. 1961



Happenings

Fall is here and our center is thrilled to welcome September 2026 with exciting community gatherings including the CHEER Trap Pond Fall Festival, CHEER Patriot Day, and weekly Georgetown Prize Bingo sessions.

We warmly invite you to join our popular once-a-month Evening Dinner with Prize Bingo, offering a wonderful chance to enjoy a great meal and fun games with friends. Be sure to check our monthly calendar for exact dates and times to reserve your spot at these festive autumn activities.

WEEKLY

Monday – Friday:

Coffee and Social Hour 9 – 10 a.m.



Students from the Sussex Academy Kindergarten and First grades presented Georgetown Senior Center members with flowers planted in pots that they had painted, and cards that they made themselves. Members pictured from l to r: Gary Miller, Ruth Dorsey and Priscilla Gaines.

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.

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

September 4:

Trap Pond Fall Festival:

Friday, 10:00 a.m. to 2:00 p.m. at Trap Pond State Park near Laurel, DE. Tickets cost \$7 for seniors 60 and older and \$9 for those under 60, with a traditional picnic lunch served at 12:00 p.m. Activities feature music, dancing, door prizes, a white elephant table, horseshoes, nature walks, and optional hiking (by reservation).

September 17:

Patriot Day:

A special public gathering hosted by CHEER to mark the 25th anniversary of 9/11, held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown. It is free to attend.

Weekly Prize Bingo & Activities:

Members can also utilize daily center access from 8:00 a.m. to 4:30 p.m. for exercise programs, heart-healthy midday meals (ages 60+), and local transportation.



Students from the Sussex Academy Kindergarten and First grades presented Georgetown Senior Center Members L to R: Michelle Witman, Nancy Emplit, Pat Kemp, Julie Ruehling and Theresa Towers.



Greenwood Activity Center

41 Schulze Road
Greenwood, DE 19950

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



Happenings

September is Alzheimer’s Awareness Month, a reminder to care for your brain health. Staying active, eating nutritious foods, getting enough sleep, keeping your mind engaged, and spending time with family and friends all support healthy aging.

We’re also excited to introduce Mid-day Connections to our monthly calendar! Held Monday, Wednesday, Thursday, and Friday during lunch (approximately 12:15–12:45 p.m.), this relaxed social time gives members the opportunity to visit with friends, enjoy cards, dominoes, puzzles, and other table games, schedule transportation, speak privately with the Center Director, and connect with one another. ●

WEEKLY

Monday – Friday

Fitness Center Open 8:00 a.m.– 4:00 p.m.
Morning Café 8:30 a.m.

Mondays

Tai Chi with Gary Tompkins 9:30 a.m.
Bible Study 10:15 a.m.
Midday Connections 12:15 p.m. -12:45 p.m.
Card Club 1 p.m.

Tuesdays – Prize Bingo 10:30 a.m.
Full Card Bingo 12:15 p.m.

Thursdays –

Midday Connections 12:15 p.m. –12:45 p.m.
Memory Café 1 p.m.– 3 p.m.

Fridays –

Breakfast 8:30 a.m. – 9:30 a.m.
\$2.50 for age 60 and older
\$5.00 if under the age of 60
Penny Bingo 10 a.m., 12:10 p.m.
Midday Connections 12:30 p.m.–12:45 p.m.
Card Club 1 p.m.



Greenwood Card Club celebrates Marjorie’s 88th birthday!
L to R Fran, Mary, Miffy, Shirley, Tanis, Denise, and LaVern Front L to R Marjorie (Birthday Celebration) and Jamie

MONTHLY

- Veteran’s Outreach Program – visit from Mike from People’s Place (1st Wednesday of the month)
- 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.)
- Music Ministry with Pastor Dan & Betsy Taylor (2nd Monday of the month)
- Greenwood Library Program – Visit from Yvonne (3rd Wednesday of the month)
- Positive Music Time with Randy (check calendar for specific date)
- 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

**Check monthly calendar for exact dates and time*

Monthly Shopping or Educational/ Entertainment Trip and Lunch out.

Thursday, September 10th:
Cape May Lewes Ferry Trip
**See flyer for details*

Thursday, September 17th:

PATRIOT DAY at CHEER Community Center 10:00 a.m.
To ride the bus from Greenwood to Georgetown, please see Center Director

**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

September 3rd: Thursday at 10 a.m.
Beckett’s Bulletin

September 4th:
Friday ALL CENTERS CLOSED –
Trap Pond Festival
10:00 a.m.– 2:00 p.m.
See Director for Tickets

September 7th:
Monday ALL CENTERS CLOSED –
Labor Day

September 16th: Wednesday at 11:30 a.m. Nutrition Education with Lisa Harkins - Topic: Marvelous Mushrooms

September 23rd: Wednesday at 12 p.m.
Lunch & Learn with Anne from PT Works

Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

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



Happenings

As September arrives, it brings a gentle reminder that every season has its own beauty. Just as the leaves begin to change, we, too, continue to grow through our experiences, memories, and the moments we share with one another.

Remember that your kindness, wisdom, and life experiences continue to inspire those around you. Every smile you share, every story you tell, and every act of encouragement makes a difference.

May September bring you good health, peaceful days, joyful moments, and many reasons to smile.

September Guest Speakers

We're excited to welcome a wonderful lineup of guest speakers this September, each bringing valuable information to help support your health, wellness, and independence.

On September 1, Dr. George from PT Works will share helpful insights on physical health and wellness. On September 16, Lisa Harkins will present an informative session on nutritional education, offering practical tips for healthy eating and overall well-being. On September 18, a WellCare representative will discuss fall prevention, providing important information and strategies to help



Dot Spicer and Diane Palmer at the Harbour Lights Center Gym

reduce the risk of falls and stay safe at home. Rounding out the month, on September 25, Anthony from the Delaware Assistive Technology Initiative will introduce the many services and resources available to Delawareans with disabilities. He will explain how assistive technology provides the tools people need to learn, play, work, and participate in community life safely, independently, and effectively.

Dinner and Prize Bingo

Join us on Tuesday, September 22, at 5:00 p.m. for an evening of great food, fun, and fellowship at our Dinner and Prize Bingo event! Enjoy a delicious meal featuring meatloaf with gravy, mashed potatoes, peas and carrots, a dinner roll, and brownies served with ice cream for dessert. Following dinner, stay for an exciting game of Prize Bingo, where you'll have the chance to win great prizes while spending time with friends and fellow participants.

Please be sure to sign up for dinner no later than Thursday, September 17, so we can plan accordingly. We look forward to sharing a wonderful evening with you!

A Special Community Luncheon & Prize Bingo

Join us for a special day of fellowship, fun, and community as the Harbour Lights CHEER Center and Village Volunteers come together for a combined luncheon and Prize Bingo!

Both organizations share a common mission of supporting older adults and helping them remain independent and safely in their own homes for as long as possible. We are excited to bring our participants together to celebrate the partnerships that strengthen our community while enjoying an afternoon of friendship and fun.

For this special event, lunch will feature a delicious menu of beef pot roast, mashed garlic potatoes, and asparagus. Please note that the regularly scheduled menu has been changed for this occasion.

After lunch, everyone is invited to stay for Prize Bingo, where there will be plenty of laughter, great company, and opportunities

to win wonderful prizes. We look forward to celebrating this special day with you and sharing the joy of community, connection, and independence. ●

WEEKLY

Monday: Memory Café and Mahjongg

Tuesday: Bible Study

Wednesday: Nickel Bingo

Friday: Prize Bingo

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 4th Wednesday:
AARP Defensive Driving

SPECIAL HAPPENINGS

September 1st: 11:45 a.m.
Dr. George from PT Works

September 4th:
Friday ALL CENTERS CLOSED –
Trap Pond Festival 10:00 a.m.– 2:00 p.m.
See Director for Tickets

September 7th:
Monday ALL CENTERS CLOSED –
Labor Day

September 11th: 10:00 a.m. Crafts with Suzy and Blood Pressure Checks

September 16th:
11:30 a.m. Nutrition Education

September 17th:
10:00 a.m. CHEER Patriot Day

September 18th:
10:30 a.m. Pet Therapy 11:45 a.m.
WellCare presentation on Fall Prevention

September 22nd:
5:00 p.m. Dinner and Prize Bingo

September 23rd: 12:30 p.m. Defensive Driving Refresher Course

September 25th: 11:45 a.m. Delaware Assistive Technology Initiative presentation

September 30th: 11:30 a.m. Community Luncheon with Village Volunteers and Harbour Lights.

Long Neck Activity Center

Pelican Cove
26089 Shoppes at Long Neck
Millsboro, DE 19966
Samantha Harper, Director
(302) 515-0001. Ext. 1561



Happenings

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

Thursday

8:30 Chair Yoga
9:00 Zumba
10:15 Tai Chi
12:00 Nickel Poker (Back Room)
12:30 Nickel Poker (Dining Room)



Judy Jones, Sharon Childress, Gina Jacobs, Theresa Holloway, Pat Wert, Judi Scheely, Greg Cannon, and Sharen Beatie Sanchez playing Mingo

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

September 1: Tuesday at 9:15 a.m.
Trip to Boscov's with bag lunch available

September 4th:

Friday ALL CENTERS CLOSED –
Trap Pond Festival
10:00 a.m.– 2:00 p.m.
See Director for Tickets



James McDonald and Warren Vetter enjoying Music and Memories

September 7th:

Monday ALL CENTERS CLOSED –
Labor Day

September 8: Tuesday at 10:00 a.m.
Dr. George from PT Works

September 9: Wednesday at 12:00 p.m.
Membership Meeting
Wednesday at 4:00 p.m. Penny Bingo
and Dinner

September 10: Thursday at 9:15 a.m.
Trip to Super Walmart/ Chick Fil A

September 15: Tuesday at 9:15 a.m.
Rehoboth Boardwalk

September 16: Wednesday at
10:00 a.m. Music by Tyler Greene

September 17: Thursday at 9:15 a.m.
Patriot Day at Community Center

September 29: Tuesday at 9:15 a.m.
Trip to Parsons



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Pat Smidt, George Hess, and Jim Singel

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Milton Activity Center

24855 Broadkill Road
Milton, DE 19968

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



Happenings

Where did the time go?

It's hard to believe how quickly this year has flown by. Together, we've learned so much, shared countless experiences, and created many wonderful memories.

September is Senior Center Month and it's the perfect time to celebrate what makes our center so special. Here in Milton our center is built on inclusion, welcoming people of all backgrounds, abilities, and interests. Whether you're actively participating in classes, volunteering, or simply looking for a friendly place to socialize and connect, there is a place for everyone here.

For many, our center is more than just a building. It's a bridge to new friendships, renewed confidence, and brighter days. It can be a place where someone begins to heal after the loss of a loved one, rediscovers a passion, or simply finds a sense of belonging.

This month, I encourage you to do one simple thing: say hello to someone you haven't met before. Start a conversation. Share a smile. Invite them to join you. That small act of kindness could make all the difference—and could be the very reason someone feels welcomed enough to come back again.

Thank you for being part of what makes our center such a caring and supportive community. ●

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



Happy to announce our lovely winner of the Quilt Raffle, Maria Webb, Member of Milton!

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.
Yahtzee 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 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

September 4th:

Friday ALL CENTERS CLOSED – Trap Pond Festival 10:00 a.m. – 2:00 p.m. See Director for Tickets

SEPTEMBER 7th: LABOR DAY CENTER CLOSED

September 10th: Thursday at 12:00 p.m. Anthony Kokoszka MS, OTR/L, CAPS, CDP from Delaware Assistive Technology Initiative (DATI) is excited to present to the members of Milton CHEER on September 17th at 12 p.m. Anthony is the Senior Assistive Technology Manager for DATI and oversees the operations of the Kent/Sussex Resource center in Milford, DE. DATI is housed under the University of Delaware's Center for Disability Studies and functions as Delaware's State Assistive Technology Act Program. In this presentation, DATI will provide an overview of services and resources available to Delawareans and provide you with hands-on opportunities to explore some popular Assistive Technology.

September 11th: Friday at 12:00 p.m. Arts and Crafts with Cindy/ Stephanie and Erin!

September 16th:

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

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. as we finish up with the summer traffic and take care with the heat.

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

Reminder that we now offer SIX Instructor Led Exercise Classes Weekly with three Amazing Instructors: Susan Maddox with Floor Yoga and Move or Rust; Chair Yoga with Lori Roe; and, Ellen Provost with Tai Chi! All are available at \$5/hour to the instructor.

The Alzheimer's Caregiver Support Group 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 Caregiver Resource Specialist, Crystal Selby, facilitating this group now!

Refer to our monthly Calendar for all our regularly scheduled activities! We also encourage our members and friends to join us for Lunch in our Center to support what we do!

WEEKLY

September 3rd: Local Ice Cream after Lunch, 12:15 p.m.

September 4th: Annual TRAP POND FALL FESTIVAL! Bus leaves our Parking Lot at 9 a.m., bring your ticket.



WGAC (Who Gives a Crap, eco-friendly company) Coloring box mural to hang in Center.

Center is CLOSED today so join us at the Celebration! Event is 10 a.m. – 2 p.m. – you can also drive yourself, bring your ticket!

September 10th: Fort Miles Museum Tour, \$, 9:30 a.m. Waiting on confirmation of tour – or we'll go on our own. Return to Center for Lunch.

September 11th: Beach Day at Bethany Beach, 9:15 a.m.! Our Bus will drop you off at the Bandstand and pick you up back there at 11:30, to return to Center for lunch.

September 17th: Patriot Day – 25 Years at Georgetown Community Center, 9 a.m. Return to Center for lunch.

September 18th: Walmart Super Center in Berlin, MD and The Shrimp Boat, West Ocean City, 9:30 a.m.

September 24th: Produce Junction and Mission BBQ, Dover, 9:30 a.m.



Ruth's 96th Birthday with son Guy.



L to R: Bernie Siano, Elaine Carey, Debbie Ewart, Ruth Rickards and Duane DeLeon

September 25th: Trap Pond Fall Pontoon Ride and Picnic Lunch, 9:30 a.m., \$11 – all inclusive!

SPECIAL HAPPENINGS

September 1st: Tuesday, 11:30 a.m. – Lisa Miller kicks off our celebratory month with Entertainment over lunch – be sure to invite a friend!

September 3rd: Thursday, 10:30 a.m. – Virtual Beckett's Bulletin, join us to find out what is going on around all of the CHEER Centers!

September 4th:
Friday ALL CENTERS CLOSED – Trap Pond Festival 10:00 a.m.– 2:00 p.m. See Director for Tickets

SEPTEMBER 7th: LABOR DAY CENTER CLOSED

September 15th – Tuesday, 11:30 a.m. – Lunch 'n Learn with Erin of PAM Rehab. today.

September 22nd: Tuesday, 12:30 p.m. – Parking Lot Concert with Tony Sciuto!!! Bring your Lawn Chair, Hat, Reusable Water Bottle and join the Fun! Bring a Friend...Invite a Neighbor!

September 29th: Tuesday, 3 – 5 p.m. – ART SHOW & APPETIZERS! Free and open to the public, we will showcase our creative OV Members and Volunteers!

September 30th:
Wednesday, 11:45 a.m. to 12:30 p.m. – Lunch 'n Learn with Logan of Beebe's NICHE program for Falls Prevention and Home Safety – invite a friend!

**Roxana
Activity Center**

34314 Pyle Center Road
Frankford, DE 19945

(302) 515-0001, Ext. 1861

Happenings

As summer transitions into the crisp, golden days of early autumn, the Roxana CHEER Center is ready for an exciting and active month. Open on weekdays from 8:00 a.m. to 4:30 p.m., our center remains a vibrant hub for friendship, wellness, and community connection for adults aged 50 and older. This month, we look forward to gathering for our wonderful community outing to the Trap Pond Fall Festival and a day of remembrance at CHEER Community Center for Patriot Day.

WEEKLY

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

Monday:
Music Inspiration
Discussion Group
Virtual Entertainment



Roxana CHEER Center

Tuesday:
Music Jam
Prize Bingo
Trivia

Wednesday:
Music Jam

Thursday:
Breakfast
Wordsearch Puzzles
Garden Therapy

Friday:
Meditation and Mind Relaxation
Memory Café



MONTHLY:

Monday:
Shopping Trips Dollar General and Grocery Store Choice

SPECIAL HAPPENINGS:

September 4th: Friday ALL CENTERS CLOSED – Trap Pond Festival 10:00 a.m.– 2:00 p.m. See Director for Tickets

SEPTEMBER 7th: LABOR DAY CENTER CLOSED

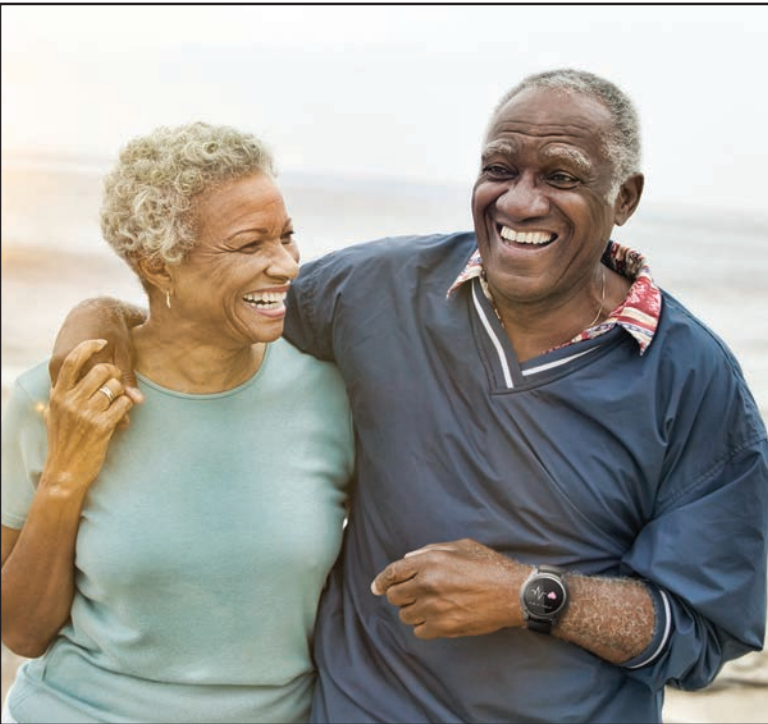
September 9th: Wednesday, Trip to Bethany Farmers Market

September 10th: Thursday, Movie Day

September 16th: Wednesday, Nutrition Ed with Lisa Harkins

September 17th: Thursday, Trip to CCC for Patriot Day Program

September 24th: Thursday, All Day Trip Walmart and Teen Challenge



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20520 Sand Hill Road
Georgetown, DE 19947

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



Dementia Patients can Benefit from Service Dogs.

While I was on vacation my project was to help my husband get his dog signed up to be his service dog. I just came back to work and happened to wonder if Dementia patients can benefit from Service Dogs.



Home Helpers Home Care says:

To be defined as a service dog under the Americans with Disabilities Act (ADA), a dog must be trained to specifically perform tasks to aid a person with a disability. Dementia service dogs are being trained to perform several tasks, such as:

- Taking a person home when they become lost. The person issues the command “home” and the dog leads them. If the person is too confused to issue the command, worried caregivers can trigger a GPS device on the dog’s collar to locate them.
- Leading the person through their daily routine. For example, the dog may be trained to lead the senior to a cupboard that contains dog food, and a note from their family caregiver that gives them instructions for the day.
- Responding to sound triggers. The dog can be trained to respond to a sound, such as an alarm, to bring a bag containing medicine to the older adult, reminding them that it is time to take them.

A dementia dog can make life for a dementia sufferer and their family caregivers easier and more enjoyable. During the early stages of the disease, a dementia dog can allow the older adult to remain more independent, allowing them to continue leaving the house with confidence, knowing the dog can lead them home should they become lost.



Physical Therapy at CHEER

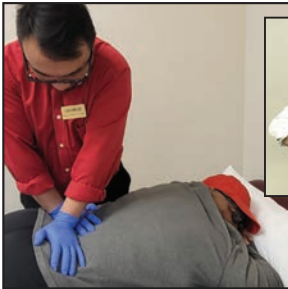
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Greenwood, Lewes, Milton, Long Neck

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.)

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Robotic surgery helps Joan O'Day stay active and enjoy time with family



Joan O'Day has spent a lifetime staying active, from teaching health and physical education to walking Bethany Beach at sunrise to take photos for homebound seniors.

But after years of abdominal surgeries and recurring hernias, those walks became increasingly difficult. O'Day, now in her 80s, often felt short of breath and exhausted by the time she returned home.

She sought care from Mindy Lane, MD, at TidalHealth General Surgery in Salisbury. Dr. Lane recommended robotic-assisted bilateral inguinal hernia repair, an approach designed to repair O'Day's hernias while minimizing trauma to her weakened abdominal wall.

O'Day noticed a difference almost immediately.

"It was the easiest intestinal surgery I've ever had," she said. "I was home within a few hours, and I was back to walking the next day."

Today, O'Day is feeling well and once again able to enjoy summer activities at the beach with her children and grandchildren.

"It's such a blessing that I'm still able to join in," she said. "That's what matters most to me."

Learn more about advanced robotic surgery at tidalhealth.org/advancedsurgery.

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

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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
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CHEER

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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

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CHEER

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Enjoy Breakfast at CHEER!



Georgetown Activity Center
Every Friday 8 - 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

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Experience The Magic of Christmas in New York City with The CHEER Travel Club!



Experience the magic, excitement, and holiday sparkle of New York City this Christmas season with the CHEER Travel Club's Christmas in New York City getaway, scheduled for **Saturday through Monday, December 5-7, 2026**. Travelers will depart from the Milton CHEER Center for this



festive holiday adventure filled with iconic sights, Christmas traditions, and unforgettable memories.

This three-day holiday getaway includes motorcoach transportation, two nights' lodging in a New York City area hotel, and four meals — two breakfasts and two dinners. Travelers will enjoy a guided tour featuring famous attractions such as Central

Park, Times Square, and One World Observatory. The itinerary also includes free time in New York's renowned Theater District, where guests may purchase tickets in advance for an optional Broadway show or explore the city at their leisure.

During free time, travelers can visit the world-famous Rockefeller Center Christmas Tree, admire festive holiday decorations, browse beautifully decorated department store windows, enjoy seasonal shopping, and experience the magic that makes New York City one of America's most popular Christmas destinations.

On the return trip, the group will stop in either Chinatown or Little Italy, where travelers can enjoy lunch on their own and expe-

rience two of New York's most historic neighborhoods.

Reserve Your Seat Today

The cost of the trip is \$479 per person based on double occupancy. A single occupancy rate of \$618 is also available.

Reservations must be received by September 21, 2026.

For reservations and additional information, contact the CHEER Travel Club at 302-515-0001, extension 1100. Trip information is also available on the CHEER website at <https://cheerde.com/christmas-in-newyork-2026>. Travelers may also stop by any CHEER Center to pick up a trip flyer and reservation information. Space is limited, so reserve your seat by September 21, 2026, and join the CHEER Travel Club for an unforgettable holiday getaway to the heart of New York City.

Celebrate the Season with the CHEER Travel Club at Longwood Gardens

The magic of the holiday season comes alive each year at Longwood Gardens, and the CHEER Travel Club is inviting local residents to join an unforgettable Christmas excursion on **Monday, December 14, 2026**, filled with dazzling lights, festive displays, and holiday cheer.

Renowned as one of the premier holiday attractions in the country, Longwood Gardens transforms into a breathtaking winter wonderland during the Christmas season. Visitors can stroll through enchanting gardens illuminated by thousands of twinkling lights, marvel at beautifully decorated Christmas trees, and experience the warmth and beauty of the season throughout the spectacular conservatory and outdoor displays.

Traveling with the CHEER Travel Club means leaving the planning and driving to someone else while enjoying a fun-filled

day with friends, family, and fellow travelers. Whether it's your first visit or an annual tradition, Christmas at Longwood Gardens offers unforgettable memories for guests of all ages.

"The holiday season is a wonderful time to gather with friends and enjoy special experiences together," said a CHEER Travel Club representative. "Longwood Gardens is truly magical at Christmas, and we're excited to share this festive tradition with our travelers."

In addition to the stunning holiday décor, visitors can enjoy seasonal music, festive ambiance, and the camaraderie that has made CHEER Travel Club excursions a



favorite throughout Sussex County.

The trip will take place on **Monday, December 14, 2026**, and seats are expected to fill quickly for this popular holiday excursion. Travelers are encouraged to reserve their spot as soon as possible.

Reserve Your Seat Today

The cost of the trip is \$101 per person, which includes the Eventbrite service fee.

Reservations must be made by November 13, 2026.

For ticket reservations and complete trip details, contact the CHEER Travel Club at 302-515-0001, extension 1100. Additional information is available at cheerde.com/longwood-gardens-2026. Travelers may also stop by any CHEER Center to pick up a trip flyer and reservation information.



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 \$1,000 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

*Must be 18 years old to enter

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



2026-2027 TRIPS



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: 09/21/2026

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)



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OCTOBER 2027

Tuesday – Saturday

OCT 19, 2027 to OCT 30, 2027

PRICE: \$1410 - \$3136

11-DAY CANADA & NEW ENGLAND

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Amenity Package Choice A or B

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(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.





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By Lisa Harkins,
RD, LDN,
CHEER Dietitian



September is Healthy Aging Month!

September signals fresh starts, back to school, cooler temps, and is also a time to recognize and celebrate healthy aging. In May’s *CHEERful Living*, I had written about foods recommended for seniors to promote longevity and well-being as part of Older Americans month. So let’s flip the script this month and talk about the foods and beverages that may actually cause aging. While no single food or drink magically “ages” you overnight, diets that are consistently high in certain foods and drinks are associated with faster biological aging, increased inflammation, oxidative stress, and greater risk of age-related disease.

First up: Sugary foods and sweets. Candy, cookies, doughnuts, pastries, and other high-sugar foods in excess have been shown to promote the formation of compounds called advanced glycation end products (AGEs), which can damage our supportive collagen and contribute to skin aging, resulting in epidermal damage and wrinkles. Regular intake of sugar-sweetened beverages like regular soda, sweet tea, energy drinks, and heavily sweetened coffee drinks has been linked to accelerated cellular and biological aging. Items such as packaged snacks, instant noodles, many ready-to-eat meals, and heavily processed convenience foods have been associated with faster biological aging resulting in cognitive decline.

Skip the drive through! Fast food and fried foods such as french fries, fried chicken, and similar items are often high in saturated fat, and compounds formed during their high-heat cooking that may promote inflammation and aging-related damage. So that means use caution with our favorite summer time foods and the way we prepare them; processed and red meats such as bacon, sausage, hot dogs, and beef, especially if they have been cooked until blackened or charred can contain higher levels of potentially harmful compounds associated with aging processes. Celebrate all the summer has to offer, but it’s recommended to keep the BBQs for special occasions! Last, but not least, heavy or regular alcohol consumption can damage DNA, increase stress hormones, and worsen visible signs of aging in the skin. This includes all type of alcohol in excess, beer, wine and spirits, although red wine in moderation (1 5oz glass per day for women, 2 5oz glasses per day for men) may have some neuroprotective effects. ●

Note: Be sure to wash your raw greens thoroughly before eating. Purchase local produce if possible due to the current cyclospora outbreak.



Tuna-Bean Salad – Heart Healthy and Brain Boosting!

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

Makes 2 servings

Ingredients:

- 1 clove garlic, crushed and peeled (or tsp of minced garlic in the jar is fine)
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon crushed red pepper
- 1 15-ounce can great northern beans, rinsed
- 1 3-ounce can tuna packed in water, drained and flaked
- 1 cup arugula leaves, coarsely chopped
- Freshly ground pepper, to taste
- 4 cups romaine lettuce
- 1/4 cup thinly sliced red onion

Directions:

1. With a chef’s knife, mash garlic and salt into a paste. Transfer to a bowl. Whisk in lemon juice, oil and crushed red pepper. Add beans, tuna and arugula; toss to mix. Season with pepper.
2. Spoon tuna and bean mixture over romaine lettuce leaves, top with red onion.

Nutrition Information per cup:

Calories 254	Carbohydrates 32g	Fiber 12g
Total Fat 10g	Protein 29g	Sodium 382mg
Sat Fat 2g		

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9/11/2001

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

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