

CHEER Coastal Leisure Center
SEPTEMBER 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<i>National Senior Center Month - "Happier Birthdays Happen Here"</i>  <i>Come check out our Wall of Inspiration!</i>	1 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, \$ and Lunch Entertainment with Lisa Miller! 11:30 MJ / Dominoes	2 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 / Knitting & C'ing 2:30 TZ Play Practice	3 8-4:30 Fitness / Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 10:30 V. Beckett's Bulletin 11:30 Lunch, \$ 12 Hand and Foot / CHESS 12:15 Local Ice Cream 1 MahJongg 1 Alzheimer's Caregiver Support Group	4 TRAP POND FALL FESTIVAL 10 am—2 pm <i>Our buses leave the Parking Lot at 9 am!</i> Center is CLOSED Today!
7 Center is CLOSED TODAY 	8 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, w/ David of the Rehoboth Art L.	9 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 / Knitting & C'ing 2:30 TZ Play Practice	10 8-4:30 Fitness/Puzzles 8:30 Pickleball 9:30 Fort Miles Museum Tour, \$6, CHSP 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / CHESS 1 MahJongg 1 Alz's Caregiver Sup Grp	11 8-4:30 Fitness/Puzzles 9/9:30 Tai Chi w/Ellen 9:15 Beach Day at Bethany Beach! 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social
14 8-4:30 Fitness/Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 9:45 Walking Club 10:45 Joyful Living 11:30 Lunch, \$; 12 MahJongg 12:15 Shopping/Quilting 12:30 BIBLE STUDY 12:30 DOODLE CLUB	15 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, \$ and Lunch 'n Learn with Erin of PAM Rehab. 11:30 MJ / Dom's 12:15 Pinochle	16 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 / Knitting & C'ing 2:30 Parkinsons Support 2:30 TZ Play Practice	17 8-4:30 Fitness/Puzzles 8:30 Pickleball 9 Patriot Day at G'town Community Center! 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot / CHESS 1 MahJongg 1 Alzheimer's Caregiver Support Group	18 8-4:30 Fitness/Puzzles 9/9:30 Tai Chi w/Ellen 9:30 Walmart Super Ctr, Berlin/The Shrimp Boat 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social



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21 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!	22 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 12:30 Parking Lot Concert w/ Tony Sciuto!!! <i>Bring your Lawn Chair, ...</i>	23 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 2:30 TZ Play Practice	24 8-4:30 Fitness/Puzzles 8:30 Pickleball 10 Chair Yoga w/Lori, \$5 11ish The Landing, Millsboro for Lunch 11:30 Lunch, \$ 12 Hand and Foot/CHESS 1 MahJongg 1 Alzheimer's Caregiver Support Group	25 8-4:30 Fitness / Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Trap Pond Pontoon Ride / Picnic Lunch, \$11 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social
28 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 w/ CARLOS!	29 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 3—5 OV CHEER'S ART SHOW OPEN HOUSE W/ APPETIZERS! <i>Invite your Friends and Neighbors!!!</i>	30 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, w/ Susan 11:30 Lunch, \$/Falls Prev. and Home Safety w/ Beebe 12 Poker / Knitting & C'ing 2:30 TZ Play Practice		