OCTOBER 2026
FREE

CHEERful LIVING

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

55 YEARS CHEER 1971-2026

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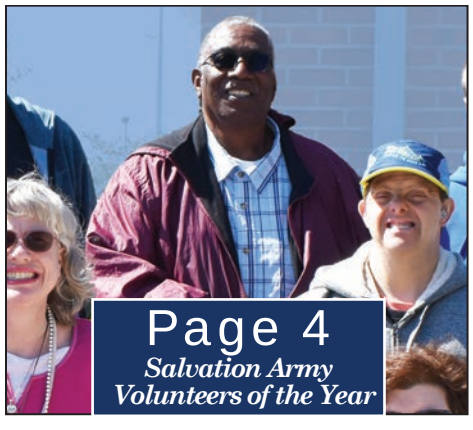
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CHEERful *Living*
magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

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Welcome Autumn



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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."

CHEER MINI-MARKET

Over 100 Staple and Paper Products Available-Perishables Available by Special Order

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WE ACCEPT:

- **Debit and Credit Cards, Cash and Checks**
- **Delivery is on a 2-Week Schedule**
- **Non-Perishable items on the Mini-Market Van**
- **Perishable items upon request!**

FOR MORE INFORMATION OR TO SIGN UP

CALL 302-856-5187

CEO Perspective



Beckett Wheatley, CEO

A Day of Goodbye and Hello

Sometimes life has a way of reminding us, all at once, just how precious it really is. Recently, I experienced one of those days.

On the same day that friends, family, and coworkers gathered to say goodbye to a beloved member of our CHEER family, I welcomed a new grandson into the world. There was sadness and there was incredible joy. There were tears for a life that had ended and tears of happiness for a life that was just beginning. It was, in every sense, a bittersweet day. It reminded me of something we all know but sometimes forget: life is short and we never really know how much time we have.

That realization has caused me to think differently about some of the things that occupy our time and our thoughts.

How much of what we stress about today will really matter a year or a month from now? Maybe even tomorrow?

Sometimes we need to step back and ask ourselves, "Is this really worth getting upset about?" If the answer is no, perhaps we should let it go. If the answer is yes, perhaps we should ask, "What can I do to make it better?" We also need to remember that everyone around us is carrying something we may know nothing about.

The person who seems short-tempered may be worried about a spouse. The coworker who seems distracted may have something happening at home. The friend who has not called may simply be having a difficult week. We do not always know what someone else is going through.

That is why kindness and grace matter.

A little patience can go a long way. A phone call to check on someone can mean more than we realize. A smile, a kind word, or simply asking, "Are you doing okay?" can make a difference.

> *"Make Today Count"*

Also, we should not forget to take care of ourselves, too. Sometimes, we are so busy taking care of everyone else that we put ourselves last. Taking time to rest, laugh, enjoy family and friends, pursue something we love, or simply slow down is not selfish. It is necessary.

Welcoming a new life into my family also made me think about the world we are leaving for the next generation. I want it to be a better place, not just because of the big things we accomplish, but because of the small ways we treat one another every day.

Most importantly, we should remember that what we do affects other people. Our words matter. Our tone of voice matters. Our facial expressions and body language matter. We may think we are simply having a bad moment, but someone else may carry that moment with them for the rest of the day. Before we react, perhaps we should pause and ask: "Is my response appropriate for this situation? Is it necessary? Is there a kinder way to say this?"

We will all have difficult days. We will all become frustrated. We will all make mistakes. That is part of being human, but we get to choose what we do with those moments.

So, as we move into October, I encourage you to check on someone. Give a little grace. Let go of something that is not worth the stress. Take care of yourself and, whenever possible, choose kindness.

We do not know what tomorrow will bring, but we do have today.

Make today count and make sure the people around you are a little better for having crossed your path.

Georgetown Activity Center: Salvation Army, CHEER Meals on Wheels Delivery

Each month, CHEERful Living will feature Volunteers of the Year from each of our locations. This month, we celebrate Salvation Army which was selected by Georgetown as their Volunteers of the Year.



Salvation Army Day Program, this team is very reliable and always friendly to our Meals on Wheels clients.

Delivering Hope and Meals: The Salvation Army Partnership with the Georgetown CHEER Center

For the clients of the Georgetown CHEER Center, the arrival of the Meals On Wheels delivery is much more than just a nutritious lunch—it is a moment of connection, care, and community. That vital connection is brought to life each week thanks to a dedicated and dependable partnership with the Salvation Army.

At the heart of this collaborative effort is Fred Vincent, the man in charge of bringing the Salvation Army group to deliver meals for Meals On Wheels. With an impressive 34 years of service to the Salvation Army—including 27 years with the group home and 6 years with the day program—Fred's leadership anchors the entire initiative. He personally drives both participating groups to the CHEER center to pick up and deliver the meals to clients.

A Reliable Weekly Rhythm

The partnership features two distinct Salvation Army groups, each consisting of five or six members dedicated to the mission. Their schedule provides steady, dependable support throughout the month:

- One group faithfully delivers meals every Tuesday.
- The second group steps in to handle deliveries every Wednesday.

More Than Just a Meal

Beyond the food itself, the volunteers bring an uplifting energy to every stop. They are always coming in with a smile and they genuinely enjoy delivering meals for Meals On Wheels. Their compassionate approach sometimes goes the making handmade greeting cards to give out to the clients, brightening their days even further.

Michelle Gibbs, CHEER Outreach Worker, deeply appreciates the impact of their dedication, sharing:

"They are an awesome team to have and I'm so glad that they chose to be a part of the Meals On Wheels team."

Through decades of experience, dependable weekly routes, and a consistent display of genuine care, the Salvation Army volunteers under Fred Vincent's guidance continue to be a shining example of community spirit at the Georgetown CHEER Center.

Hispanic Heritage Month

Hispanic Heritage Month continues into October and Café Salud continues to celebrate! Join us for a month filled with creativity, learning, and, best of all, delicious foods to honor the rich traditions of Latin America. Stay up to date on activities on Facebook @Cafe Salud or on our website at cheerde.com/cafe-salud

El Mes de la Herencia Hispana continúa durante octubre, ¡y Café Salud continúa celebrando! Únase a nosotros para disfrutar de un mes lleno de creatividad, aprendizaje y, lo mejor de todo, ¡deliciosa comida para honrar las ricas tradiciones de Latinoamérica! Manténgase al día con las actividades en Facebook @Cafe Salud o en nuestro sitio web cheerde.com/cafe-salud/

Zumba with Jessica Haro, October 6th & 20th at 4:00 p.m. Get moving with an invigorating Zumba class led by Jessica Haro! With the rhythm of an upbeat playlist, you will be moving, dancing, and stretching, whether you prefer to participate sitting or standing.

Mini Sombreros & Paper Dolls, October 7th at 4:00 p.m. Create traditional mini sombreros and paper dolls inspired by the beautiful designs and colors of the típico culture. Loteria and Prizes, October 13th at 4:00 p.m. Latin Bingo "Loteria", for some cool prizes. Spanish Class with Nancy Burkett, October 14th at 4:00 p.m. & 28th at 6:00 p.m. Want to brush up on your Spanish or enjoy a bilingual conversation? Whether learning something new or practicing what you already know, everyone is welcome.

Café Salud is embracing the flavors of Latin America with delicious dinners every Tuesday and Wednesday at 5:30 p.m. (between our program of 4:00 – 8:00 p.m.) at $4 for 60 and over and $5 under 60. Come join us, share a meal, and the wonderful tastes of Latin American cuisine!

Cenas latinoamericanas todos los martes y miércoles a las 5:30 p.m.. Café Salud celebra los sabores de América Latina con deliciosas cenas los martes y miércoles a las 5:30 p.m.. (dentro de nuestro horario de actividades de 4:00 – 8:00 p.m.) el costo es de $4 para mayores de 60 años y de $5 para menores de 60. ¡Venga a acompañarnos, comparta una comida y disfrute de los maravillosos sabores de la cocina latinoamericana!

Café Salud will also be participating in the Hispanic Heritage Event at the Milton Public Library, on Saturday, October 3, 2026, from 12:00 – 4:00 p.m. We hope to see you.

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Trap Pond Fall Festival





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50/50 Winner









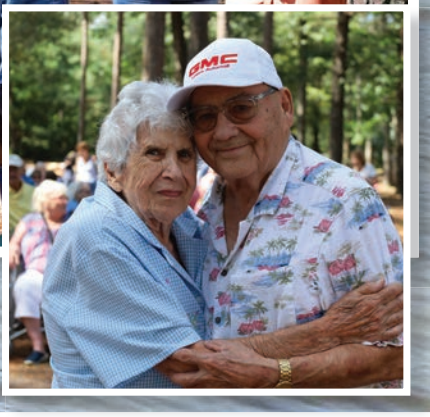




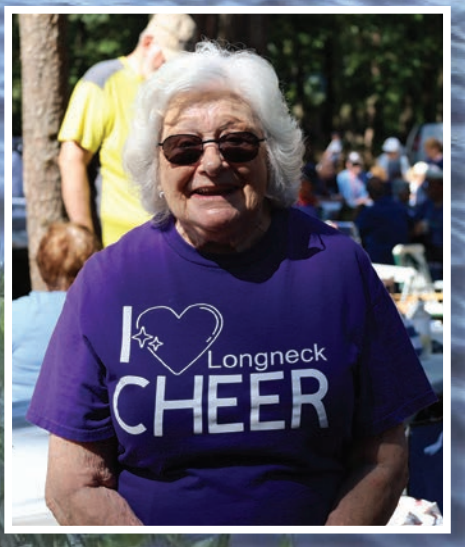














Caregiver Resources



Pelican Cove
26089 Shoppes at Long Neck
Millsboro, Delaware 19966

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

Make Health Literacy Part of Your Caregiving Routine

October is Health Literacy Month, a time to recognize the importance of understanding health information and knowing how to use it to make informed decisions. For caregivers, health literacy is especially important because they often help loved ones navigate diagnoses, healthcare services, insurance, medications, and medical appointments.

For older adults and their caregivers, health literacy can include understanding a physician's instructions, knowing how and when to take medications, recognizing warning signs, completing medical forms, understanding test results, and knowing where to go for help.

Caregivers often serve as an important connection between an older adult and the healthcare system. When health information is confusing or difficult to understand, caregivers may help their loved ones with communicating changes in health to healthcare providers, prepare for medical appointments, and connect with community resources and support services. Being an informed caregiver means knowing what questions to ask and where to find trustworthy information.

Simple ways to improve health literacy are to ask questions and not be afraid to ask a healthcare provider to explain something again in a way that is easier for you to understand. After receiving instructions, use the Teach-Back method and repeat them back in your own words. Keep health information organized by updating lists of allergies, emergency contacts, healthcare providers, medical conditions, and medications. Use reliable sources of health information from trusted established community organizations, government agencies, healthcare providers, and hospitals.

Knowledge is an important part of caregiving. When caregivers and older adults understand their health information, they are better prepared to make informed health decisions. For more information contact the Health Literacy Council of Delaware at healthliteracyde.org

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 Tuesdays 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

55 YEARS 1971-2026 CHEER
Celebrating 55 Years of Serving Sussex Seniors

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



Delivering Groceries to Sussex Seniors with the CHEER Mini Market



John Gregory is the person continuing to drive CHEER's new grocery store on wheels around Sussex County to deliver groceries to homebound seniors. Starting in 1993, the delivery service van is stocked with a variety of staples and dry goods. It visits seniors on a rotating schedule.

The only cost for CHEER members is the price of the groceries. He started with our non-profit agency as a volunteer before becoming an employee in late 2019.

The mobile mini market is stocked with over 100 varieties of non-perishable food and household supplies. Seniors 50 years and over can preorder groceries and be placed on a delivery schedule to receive groceries.

There is no application fee or delivery fee. The only fee is a slight markup on the price of the groceries to cover costs.

Pre-orders are taken for perishable products such as meat, milk products, or fresh vegetables. John goes to the grocery store each morning and purchases those items, especially for the seniors. They are then kept in a temperature regulated refrigerator until delivery that has been specially mounted inside the van. For more information about CHEER's Mini Market or to sign up for delivery, call (302) 856-5187.

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Fall Semester CHEER ACADEMY

Our Fall Semester Is In Full Swing!

More Classes
More Connections
More CHEER –

KEEP A LOOK OUT FOR OUR WINTER SEMESTER!

New classes to keep you connected, growing, and thriving.

Classes to Look For —
What class would you like to attend for our Winter Semester?



Crocheting



Tai Chi / Qigong



Intro to Genealogy



Watercolor Basics



Yoga



Building a Safe Retirement

Registration Begins in December
Winter classes start the week of January 11th, 2027.
All classes are FREE for CHEER Members.
For more information, visit www.cheerde.com/cheer-academy

Sussex County's Free Classes for Adults 50+

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

NO COST TO ATTEND

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."

ONLINE: cheerde.com/cheer-academy

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

VETERANS DAY
Dinner Dance

Friday, November 6th

CHEER Community Center

20520 Sand Hill Road, Georgetown, DE

5 to 9 p.m.

MENU: Ham, Sweet & Sour Meatballs, Fried Chicken, Green Beans, Mashed Potatoes, Dinner Rolls, Fruit, Vegetable, and Cheese Trays, Iced Tea and Water
Dine in Buffet!

– Music by Sky Brady –

FREE to All Veterans

Spouse and Guest $10

No tickets at the door, reservations required.

For tickets call your local CHEER Center or contact
(302) 515-0001 ext: 1162
rgreene@cheerde.com

55 YEARS 1971-2026 CHEER
Celebrating 55 Years of Serving Sussex Seniors



You are invited to CHEER's

Holiday Feast

CHEER Community Center
20520 Sand Hill Road • Georgetown, DE

Tuesday November 24th
10 a.m. - 2 p.m.

Traditional Thanksgiving Turkey Dinner
- Entertainment
- Contests
- Prizes

TICKETS:
$6 for Seniors over age 60
$8 for under age 60

55 YEARS 1971-2026 CHEER
Celebrating 55 Years of Serving Sussex Seniors

More Information:
Contact any CHEER Activity Center
(302) 515-0001 ext. 1162
email: rgreene@cheerde.com

MEALS ON WHEELS AMERICA

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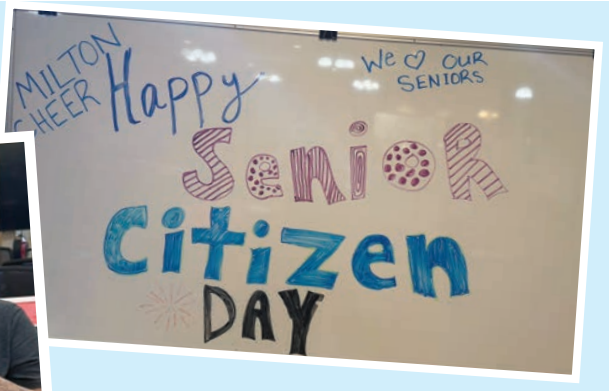
Happy Senior Citizen Day!













SCRAPBOOKING AND CRAFT SUPPLIES YARD SALE

Don't miss out on awesome deals ... 70 tables of bargains

Saturday, October 24, 2026

9 AM to 1 PM

CHEER Community Center,
20520 Sand Hill Road,
Georgetown, Delaware

(Fundraiser for Milford High School Soccer Team)

Admission $3 per person



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www.insurance.delaware.gov/DMAB

Insurance Commissioner of the State of Delaware

DMAB Delaware Medicare Assistance Bureau

SHIP State Health Insurance Assistance Program
Navigating Medicare

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Ice Cream Skim Milk	2 Shrimp Salad Dill Havarti Sandwich Vegetable Pasta Salad Lettuce And Tomato Rice Crispy Skim Milk
5 Polish Sausage Potato & Cheese Pierogies Crisp Red Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	6 Egg Sandwich W/Cheese American Fried Potatoes Steamed Spinach Chilled Fruit Cup Skim Milk	7 Beef Tips w/Mushrooms Buttered Noodles Peas And Carrots Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk	8 Honey Glazed Chicken Baked Sweet Potato Half Steamed Broccoli Whole Wheat Roll/Bread Pudding Cup Skim Milk	9 Cream of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
12 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Skim Milk Fruited Gelatin	13 Turkey Croquettes French Style Green Beans Cranberry Sauce Fresh Banana Skim Milk	14 Ground Beef Stew Roasted Root Vegetables Biscuit or Toast Chilled Pears Skim Milk	15 Chicken Breast W/Apple Curry Yellow Rice Broccoli Cauliflower Whole Wheat Roll/Bread Assorted Cream Pie Skim Milk	16 Broccoli Cheese Soup Seafood Salad Crackers Mixed Green Salad Fresh Orange Skim Milk
19 Beef Pepper Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	20 White Bean Chili Steamed Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk	21 Pork Tenderloin Diane Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Baked Apple Slices Skim Milk	22 Chicken Teriyaki Brown Rice Pilaf Steamed Asian Blend Vegetables Whole Wheat Roll/Bread Pineapple Tidbits Skim Milk	23 Fish Nuggets Macaroni & Cheese Cole Slaw Whole Wheat Roll/Bread Assorted Cookies Skim Milk
26 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	27 Italian Baked Fish Pesto Pasta Green Beans & Tomatoes Chilled Fruit Cup Whole Wheat roll/ Bread/Marg Skim Milk	28 Pulled Bbq Pork on Bun Baked Sweet Potato Fries Cole Slaw Apple Crisp Skim Milk	29 Hawaiian Chicken Coconut Jasmine Rice Chef Cut Spring Vegetables Whole Wheat Roll/Bread Tropical Fruit Skim Milk	30 Garden Vegetable Soup Egg Salad Sandwich Fig Cookie Bar Pickled Beets 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

MEALS on WHEELS AMERICA 2026 Member

Café Salud



20520 Sand Hill Road
Georgetown, DE 19947

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

Join us this October for a fun-filled lineup of creative workshops!

On October 20th, Raquel will guide us in a workshop on sewing cozy fleece hats, perfect for the colder weather this fall. On October 27th, Ruthy will help us create cute and spooky ghost pillows just in time for Halloween. Then, on October 28th, Maria from the Rehoboth Art League will join us for a special day of unique arts and crafts. Come get creative, have fun, and enjoy making something special!

Enjoy a delicious dinner served at 5:30 p.m. for just $4 for seniors 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.

We hope to see you soon at Café Salud! Stay tuned for updates and additional events posted on our Facebook page Café Salud, or our website: cheerde.com/cafe-salud/

¡Únete a nosotros este mes de octubre para disfrutar de una divertida programación de talleres creativos!

El 20 de octubre, Raquel nos guiará en un taller de costura de gorros de forro polar, ideales para el clima más fresco de este otoño. El 27 de octubre, Ruthy nos ayudará a crear unas almohadas con forma de fantasma, tan adorables como espeluznantes, justo a tiempo para-Halloween. Finalmente, el 28 de octubre, María, de la Rehoboth Art League, nos acompañará en una jornada especial dedicada a actividades artísticas y manualidades únicas. ¡Ven a dar rienda suelta a tu creatividad, diviértete y disfruta creando algo especial!

Disfrute de una deliciosa cena servida a las 5:30 p.m. por solo $4 para personas mayores de 60 y $5 para menores de 60 años. No se requiere membresía: ¡todos son bienvenidos! Venga a participar en actividades, conocer nuevas amistades y disfrutar de un ambiente agradable.



Friendship Bracelets with Maria from the Rehoboth Art League



Esperamos verte pronto en Café Salud! Mantente al tanto de las actualizaciones y eventos adicionales que publicaremos en nuestra página de Facebook Café Salud, o en nuestro sitio web: cheerde.com/cafe-salud/

WEEKLY

Artes y manualidades/Arts and crafts, Bingocize, Socializar/Socialize

BI-WEEKLY: ZUMBA! Clase Bilingue/ Spanish Class

REPEATS MONTHLY

Noche de Pintura/ Paint Night, Taller de Costura/Sewing Workshop

ACTIVITIES

October 6th: 4:00 p.m.: ZUMBA! 5:30 p.m. La cena (Dinner), 6:15 p.m. Mini fantasmas de retazos de tela - Mini Scrap Fabric Ghosts, 7:30 – 8 p.m. Socializar / Socialize

October 7th: 4:00 p.m. Mini sombreros y muñecas de papel-paper dolls, 5:30 p.m. La cena (Dinner), 6:15 p.m. BINGOCIZE, 7:30 – 8 p.m. Socializar/ Socialize

October 13th: 4:00 p.m. Noche de pintura/Paint night, 5:30 p.m. La cena (Dinner), 6:15 p.m. Loteria (Spanish bingo), 7:30 – 8 p.m. Socializar/ Socialize

October 14th: 4:00 p.m. Clase Bilingue-Spanish Class w/ Nancy, 5:30 p.m. La cena (Dinner), 6:15 p.m. Games/ Juegos: Yo Tengo Quien Tiene, 7:30 – 8 p.m. Socializar/ Socialize

October 20th: 4:00 p.m. ZUMBA! 5:30 p.m. La cena (Dinner), 6:15 p.m. Taller de Costura: Gorros de forro polar- Sewing Workshop: fleece hats w/ Raquel 7:30 – 8 p.m. Socializar/ Socialize

October 21st: 4:00 p.m. Farolillos de otoño- Autumn Leaf Mason Jar Lanterns 5:30 p.m. La cena (Dinner), 6:15 p.m. BINGOCIZE, 7:30 – 8 p.m. Socializar/ Socialize

October 27th: 4:00 p.m. almohadas de fantasma-Ghost Pillows w/ Ruthy, 5:30 p.m. La cena (Dinner), 6:15 p.m. Games/ Juegos: Jeopardy Theme/Tema: Octubre-October, 7:30 – 8 p.m. Socializar/ Socialize

October 28th: 4:00 p.m. Maria de/from The Rehoboth Art League, 5:30 p.m. La cena (Dinner), 6:15 p.m. Clase Bilingue-Spanish Class Tema/Theme: Dia de los Muertos, Day of the dead, 7:30 – 8 p.m. Socializar/ Socialize

Georgetown Activity Center



20520 Sand Hill Road
Georgetown, DE 19947

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

Happenings

October brings cooler autumn weather, the beauty of changing leaves, and the joyous harvest season. Friends at the Georgetown CHEER Senior Center can celebrate this traditional harvest month with crafts for Fall and the Halloween season. As summer heat fades, crisp autumn air arrives during this time known in Old England as Harvest-month. The best fresh crops to gather now include apples, onions, raspberries, and tomatoes. October crafts for the Georgetown CHEER Senior Center include Fall and Halloween ideas. ●

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.

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

October 3rd:
Fall Crafts & Hobby Show:
Saturday, October 3, 2026, from 9:00 a.m. to 2:00 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

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. ●



Greenwood Activity Center



41 Schulze Road
Greenwood, DE 19950

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

Happenings

As we head into October, I just want to take a moment to say thank you to everyone who has welcomed me so warmly to Greenwood over the past few months.

It has been wonderful getting to know so many of you, hearing your stories, learning about the things you enjoy, and becoming a part of the Greenwood CHEER community. I'm still learning, still meeting new faces, and probably still asking plenty of questions along the way.

What I am most looking forward to is getting to know not only more of our members, but also Greenwood and surrounding communities. I would love for our center to continue growing, welcoming new people through our doors, and building connections with the wonderful community around us.

Thank you for your patience, your kindness, your ideas, and for making me feel at home here. I'm excited to see what the coming months bring and, most importantly, to continue sharing them with all of you.

WEEKLY

Monday – Friday
Fitness Center Open 8:00 a.m. – 4:00 p.m.
Morning Cafe 8:30 a.m.

Mondays
Tai Chi with Gary Tompkins 9:30 a.m.
Bible Study 10:15 a.m.
Midday Connections 12:15 – 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 – 12:45 p.m.
Memory Café 1 – 3 p.m.



Susan King & Gary Cleveland at Luau, Greenwood Center



Sharon Spencer & Jimmy Joseph at Luau, Greenwood Center

Fridays –
Breakfast 8:30 – 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 – 12:45 p.m.
Card Club 1 p.m.
**Don't forget to consult the monthly calendar for specific dates!*

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)



Violet Moore & Joe Czajkowski at Luau, Greenwood Center

- 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, October 8th
Shopping at Dover Boscov's and lunch at Olive Garden
*Bus departs center at 9:30 a.m.

Monthly – DATES TBD
Monday at 12:30 pm Bus Riders to Bank/Post Office
Thursday at 12:00 pm Bus Riders to Food Lion/Dollar General
**Don't forget to consult the monthly calendar for specific dates!*

SPECIAL HAPPENINGS

October 14th: Wednesday at 11:30 a.m. Nutrition Education with Lisa Harkins

October 21st: Wednesday at 11:30 a.m. Lunch & Learn with Anne from PT Works

October 15th: Thursday at 4 – 6 p.m. Halloween Costumer Dinner Party with musical entertainment, 50/50, and best costume prizes!

Harbour Lights Activity Center



34211 Woods Edge Drive
Lewes, DE

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

Happenings

It seems like every other month I have to put out a reminder about the importance of being respectful toward one another.

We are all adults and we are each experiencing different things in our personal lives. Everyone may be dealing with challenges that others know nothing about, which is why it's important that we treat each other with kindness, patience, and understanding.

Being disrespectful, rude, dismissive, or confrontational toward fellow members is not acceptable. We may not always agree with one another, and that's okay. Differences in opinions, personalities, and perspectives are a normal part of any group. However, disagreements should never become an excuse to belittle, insult, embarrass, or mistreat someone else.

Please remember that respect goes both ways. Think before you speak or respond, give others the same consideration you would expect for yourself, and address issues maturely and appropriately.

Bingocize is Returning!!!

You asked, I listened!!! Bingocize is back!!! Bingocize combines the fun and excitement of bingo with simple exercises and physical activity. Whether you participated before or this will be your first time, everyone is welcome! We're so happy to bring back a class that our members enjoyed so much. The first class will be Wednesday, October 7, 2026.

Cooking Demonstration Class

We're excited to introduce a new Cooking Demonstration Class at the Center! Our first class will be held on October 14th at 2:00 p.m. The cost is $5 per person to help cover the cost of food, and payment is due by October 12th. Come learn new recipes, pick up some helpful cooking tips, and enjoy a fun afternoon with fellow members. Be sure to sign up and join us!

Costume Party

Join us for a fun Costume Party on October 30th! Come dressed in your favorite costume for a chance to win a prize for the best costume. We'll also have entertainment at 10:30 a.m., so be sure to bring your favorite snacks and get ready for a fun-filled day with fellow members!

Another great craft class in the books! Our members had a wonderful time creating, sharing a few laughs, and showing off their creativity. Take a look at the finished projects... we think they turned out beautifully!



Left to Right ~ Carol Parkhurst, Diane Palmer, Michael Sciallo, Reggie Bundick, Karen Hoyt, and Barbara McGowan



Left to Right ~ Melody Jordan, Eriko Shimo Betty Guyton (Seated) and Jean Forry



Left to Right ~ Sharon Cherry, George Stefan, Catherine Penta (Seated) and Evelyn DeLazzaro



Left side ~ Reggie Bundick, Betty Guyton, Diane Palmer, Karen Hoyt, Catherine Penta (End of Table)

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

October 2nd: Friday at 10:30 a.m.
Blood Pressure Checks

October 6th: Tuesday at 11:45 a.m.
PT Works Presentation

October 7th: Wednesday at 12:15 p.m.
Bingocize

October 8th: Thursday at 12:15 p.m.
Crafts with Pace your Life

October 14th: Wednesday at 2:00 p.m.
Cooking Demonstration

October 16th: Friday at 12:15 p.m.
WellCare Presentation

October 21st: Wednesday at 12:15 p.m.
Bingocize

October 23rd: Friday at 10:30 a.m.
Pet Therapy with Paris

October 28th: Wednesday at 12:30 p.m.
AARP Defensive Driving Course

October 30th: Friday at 10:30 a.m.
Costume Party with Entertainment

Long Neck Activity Center



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

Happenings



Texercise class at Long Neck. Donna Reynolds is the teacher and plans on doing it again in the Spring. They gave a cash donation towards CHEER's pet food program.

The weather is getting cooler, but we are not getting ready to hibernate at Long Neck. We are looking forward to a wonderful autumn season with activities, trips, great meals, friendships, and plenty of laughter. Come join us!

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
8:15 Chair Yoga
9:00 Zumba
10:00 Spades
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



Long Neck ladies of mahjongg



Eleanor Travis, James McDonald, and Mary Snead doing the twist during Music & Memories



Pontoon boat ride at Trap Pond

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

October 6: Tuesday at 9:15 a.m.
Trip to Ollie's and Chick-fil-A in Milford

October 13: Tuesday at 12:00 p.m.
Dr. George from PT Works

October 14: Wednesday at 12:00 p.m.
Membership Meeting

October 15: Thursday at 9:15 a.m.
Teen Challenge and Smith's Cafe

October 20: Tuesday at 9:15 a.m.
Trip to Conley's Thrift Shop

October 27: Tuesday at 9:15 a.m.
Trip to American Veterans Thrift Shop

October 28: Wednesday at 12:00 p.m.
Birthday Celebration

October 30: Friday at 10:00 a.m.
Halloween Party

Milton Activity Center



24855 Broadkill Road
Milton, DE 19968

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

Happenings

A Little Spooky, A Lot of Fun!

October is a wonderful time of year! The cooler temperatures, colorful leaves, pumpkin decorations, and Halloween spirit make this season one to enjoy with friends and family. There is something special about watching the world change around us and finding new ways to celebrate the season.

At Milton CHEER, we believe that getting older should never mean slowing down on the fun! October is a great opportunity to get out of the house, try something new, enjoy a favorite activity, and spend time with friends.

Be sure to join us for our Trunk or Treat on October 21, 2026. Bring your family and friends for an evening filled with hot dogs, games, candy, costumes, and Halloween fun. Everyone is welcome!

As the leaves begin to fall, remember to take time to enjoy the simple things—laugh with a friend, share a good story, try a new activity, or simply spend a little time enjoying the beautiful fall season. Happy Fall!

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.
Bible Study w/ David at 9:30 a.m.
Mingo with Dan Feth Check Calendar



Birdhouse craft at center with Charles McCray and Denny Jacobs



Anne Martin with her Birdhouse

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 – 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

October 6th: Tuesday at 11:00 a.m. Trip with CHEER to Lunch at Bethany Blues! Bring your coupons so 15% of proceeds goes to Milton CHEER!! Also 4 p.m.– 9 p.m. go with family and friends to Bethany Blues, dine in or Carry Out and make sure to show your coupon and eat great food!

October 14th: God's Way Thrift Store Trip Departure from Center at 9:00 a.m., Please sign up at the Center!

October 21st:
Trunk or Treat
Wednesday 4 p.m. – 7 p.m.
We will have Hot Dog Platters, games and candy!! Bring the whole family out for a night of fun and sweet treats! Open to the public! If you are interested in signing up for a Trunk call (302) 515-0001 ext. 1461 or email aelliott@cheerde.com

CHEER Coastal Leisure Center



30637 Cedar Neck Road
Ocean View, DE 19970

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

Happenings

Nurturing the natural world and taking care of your own mental and physical health go hand in hand. According to the American Psychological Association "spending time outdoors helps lower stress, improves your mood and boosts your overall well-being." October is a lovely time of year to get out in nature! You're invited to join our Monday morning Walking Club, as we enjoy the great outdoors and get a little exercise. For some of our trips this month, we'll enjoy a guided nature stroll, visit Delaware Botanic Gardens, shop at a Farmer's Market, enjoy Sunfest, go for a final Pontoon Ride of the year, and enjoy a scenic Leaf Drive through Cape Henlopen State Park! As we spend more time outdoors we tend to care more for our natural world!

Calling ALL OV Members 90 years of age and older – 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 with Crystal Selby meets every Friday at 10:30 a.m. and is also open to the public.



Pacific Island Night

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

October 1st: Nature Stroll, location to be determined, 10 a.m.

October 2nd: Lunch at Center followed by ACTS Thrift Store, 12:15 p.m.

October 8th: Boscov's and Mission BBQ in Dover, 9:30 a.m.

October 9th: Delaware Botanic Gardens! Pay on site ($15/each by credit card) or get a free pass in advance from the S. C. Library! You can join the free Welcome Walk at 10 a.m. or wander the Gardens on your own for approx. one hour. Golf cart available for several (3) at an additional $5 each. Leave OV at 9:15 a.m.

October 15th: FREE MAGIC SHOW at Dickens Parlour Theatre provided by the Theatre's Foundation!!! You must sign up in advance for the bus or on the Driving Sheet. If you sign up and cannot make it, you must cancel in advance or be charged! Lunch at our Center then we'll leave at 12:15 p.m. Doors open at 12:30 p.m., show begins at 1 p.m. How Exciting!

October 16th: Lunch at Center followed by shopping at Parson's Farmer's Market, Noonish.

October 22nd: Spence's Bazaar and McGlynn's Pub in Dover, 9:30 a.m.

October 23rd: Sunfest, Ocean City, MD, 9:30 a.m.

October 29th: Trap Pond Fall Pontoon Ride and Picnic Lunch, 9:30 a.m., $11 – all inclusive! Dress for the weather.

October 30th: Scenic Leaf Drive through Cape Henlopen State Park, lunch back at Center, 9:30 a.m.

SPECIAL HAPPENINGS

October 6th: Tuesday, 11:30 a.m. The Night Watchmen will entertain us over lunch – be sure to invite a friend!

October 8th: Thursday, 4 – 9 p.m. Support your Coastal Leisure Center for our Dine to Donate event at Bethany Blues in Bethany Beach. Bring your friends and family and I will meet you there!

October 13th: Tuesday, 11:45 a.m. P.A. Chris Bruce will offer a program on Women's Health/Breast Cancer Awareness!

October 14th: Wednesday, 11:30 a.m. Virtual Nutrition Education.

October 21st: Wednesday, 11:45 a.m. Lunch 'n Learn with Anthony Kokoszka of Delaware Assistive Technology!

October 27th: Tuesday, 5 p.m. – Twilight Zone Play and Dinner!!! Sign up and pay at the Reception Desk, $10 Members / $15 Guests.

Roxana Activity Center



34314 Pyle Center Road
Frankford, DE 19945

Rachel Stohr, Director
(302) 515-0001, Ext. 1861

Happenings

As autumn settles in, the Roxana CHEER Center is looking forward to a fun and active October! Open weekdays from 8:30 a.m. to 4:30 p.m., our center continues to be a welcoming place for friendship, wellness, and community connection for adults aged 50 and older. This month, enjoy our regular weekly activities along with special events including Stump the DJ with Dan Feth, a Thrifting Adventure, a Magic Show at Dickens Parlour Theatre, Fall Prevention Education, and our Spooktacular Halloween Party and October Birthday Celebration!



Having fun at Trap Pond Greg and Bonnie Simms



Back Row (L to R) Debbie Jones and Mary Leak Front row (L to R) Marie Shrack and Hilda Aviles

WEEKLY

Monday:
Coffee and Conversation
Puzzles and Play: Games, Word Search, Trivia & More!
Out and About Shopping Trip
(grocery store, bank, post office, etc.)

Tuesday:
Music Jam
Prize Bingo
Let's Play Cards Card Group
(meets Tues. & Fri.)

Wednesday:
Walking Club
Enrichment Hour: Guest speakers, educational videos, community resources, and more.

Thursday:
Weekly Breakfast
Trivia Time!
Garden Therapy
Adventure Awaits! Weekly Trip

Friday:
Chair Yoga
Memory Café with Crystal

Tuesday & Friday:
Let's Play Cards Card Group

SPECIAL HAPPENINGS:

October 2nd: Friday at 10:30 a.m.
Stump the DJ with Dan Feth

October 8th: Thursday at 10:00 a.m.
Thrifting Adventure

October 15th: Thursday at 12:30 p.m. Magic Show at Dickens Parlour Theatre

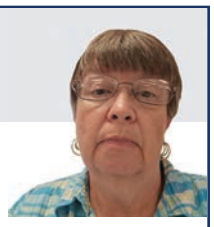
October 28th: Wednesday at 10:00 a.m. Fall Prevention Education

October 29th: Thursday at 11:00 a.m.
Spooktacular Halloween Party and October Birthday Celebration!





Sand Hill Adult Day Program



20520 Sand Hill Road
Georgetown, DE 19947

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

More Flexible Hours at Sand Hill Adult Day Program!

We know that every family's schedule is different. That's why the Sand Hill Adult Day Program is adding more flexibility to our day, giving members and caregivers additional options when the traditional schedule doesn't quite work.



Adult Day clients made a Delaware poster with help from Rehoboth Art League.

Our regular program day continues to offer arrival between 8:00–9:00 a.m. and departure between 2:00–3:00 p.m., with DART transportation available for our normal schedule.

Need a later start? Members who have a morning medical appointment, prefer a slower morning, or simply need some additional flexibility may now arrive as late as 11:30 a.m. and remain with us until 4:00 p.m.

We are also making the 4:00 p.m. pickup option available to all Sand Hill members, giving caregivers a little more breathing room at the end of the day.

During the extended afternoon, members will enjoy a quieter transition to the end of the day with opportunities to relax, visit with friends, listen to music, and enjoy comfortable activities in a familiar and supportive environment.

Because DART transportation is not available for the extended schedule, families will need to arrange transportation for the 4:00 p.m. pickup. We simply ask that extended-day arrangements be made with our staff in advance and that we have the name and telephone number of the person who will be picking up the member. ●

To make arrangements or learn more, call the Sand Hill Adult Day Program at (302) 212-4482.

PT WORKS DE, LLC

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.)



Newest Office in Harrington

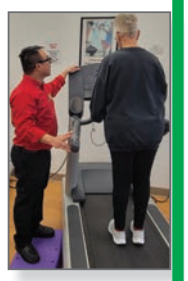
OUT PATIENT CLINIC NOW OPEN

Harrington and Milford
Monday to Friday



COMPREHENSIVE PHYSICAL THERAPY SERVICES

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



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Each Office is Independently Owned and Operated

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 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.)

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



CHEER

Drop donations off at the CHEER Community Center, or any CHEER Senior Activity Center

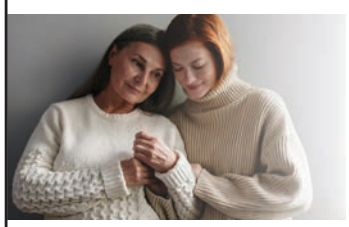
www.cheerde.com

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
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- Noon meal and snacks provided

We understand how difficult it can be.
Monday thru Friday, 9 AM to 3 PM

CHEER
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

CHEER Week at Bethany Blues

Dine & Donate

Two Locations / Two Dates!

100% of Proceeds Go to CHEER's Senior Activity Centers

Lewes

Tuesday,
October 6th, 2026

Bethany Blues
18385 Coastal Highway
Lewes, DE 19958

Dine In or Carry Out

Welcome to

Bethany BLUES

CHEER
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

Bethany Beach

Thursday,
October 8th, 2026

Bethany Blues
6 N Pennsylvania Ave
Bethany Beach, DE 19930

Dine In or Carry Out

CHEER
Over 50 Years Serving Sussex Seniors

DINE & DONATE
CHEER Center

Bethany BLUES BETHANY

Thursday October 8th, 2026

Join us from 4:00-close at Bethany Blues and 15% of your check will be donated to the CHEER Centers of DE!

Bethany Blues | (302) 537-1500 | 6 N. Pennsylvania Ave | Bethany Beach, DE 19930

Bethany BLUES will Donate 15% of Your Check to CHEER!

CHEER
Over 50 Years Serving Sussex Seniors

For More Information:
cheerde.com/dine-to-donate
or (302) 515-0001

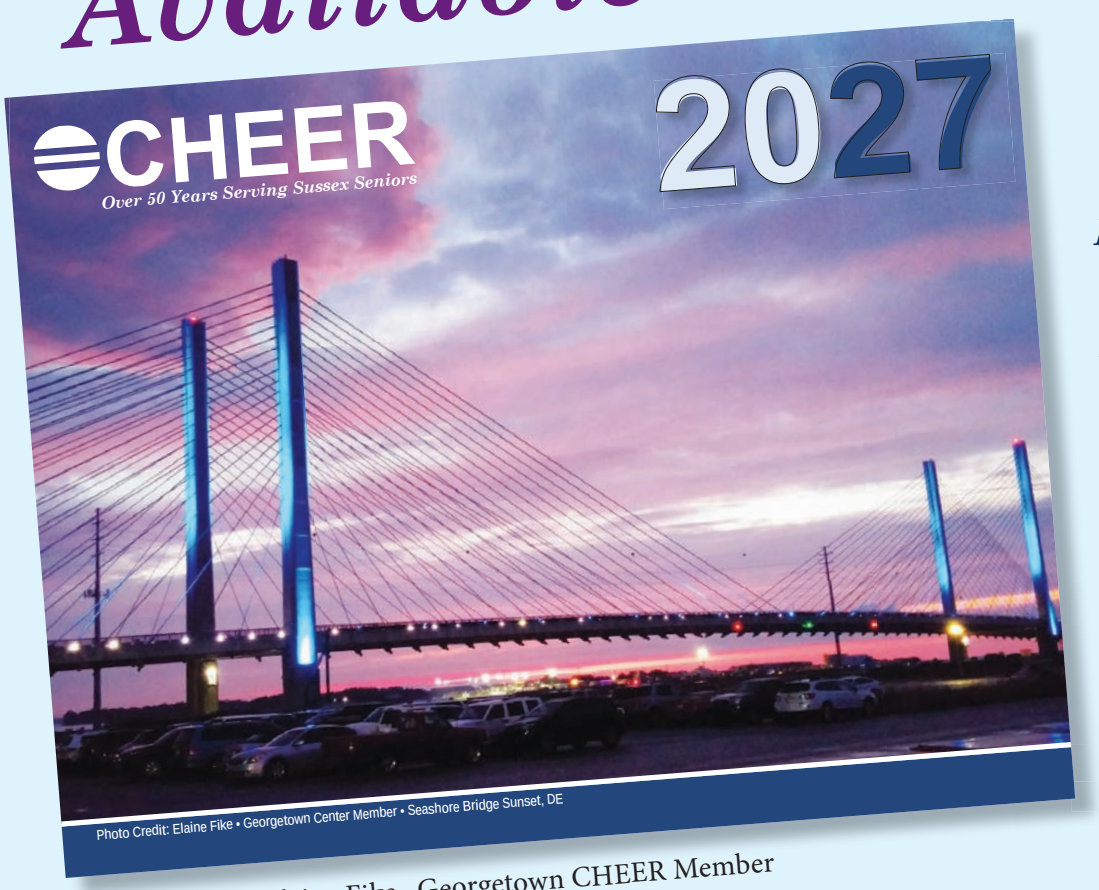
CHEER Dine to Donate

Present This Flyer or Show Your Phone to Your Server!

CHEER 2027 Calendar!

Featuring Images from Across Sussex County

Available Now!



Cover Photo by Elaine Fike, Georgetown CHEER Member
Indian River Inlet Bridge, DE

For this year's photo contest, CHEER received numerous outstanding entries featuring scenes and seasons from across Sussex County. Each of the top 13 submissions are featured in the 2027 CHEER calendar. Because of the abundance of high-quality entries, ten photos will receive honorable mention and appear in the calendar as well. CHEER would like to thank everyone who entered the contest so we can share the best photos available.

CHEER is also grateful to have had a panel of judges representing a variety of organizations serving Sussex Countians, such as chambers of commerce, county government, state government, and tourism. All judges expressed that because the photos were of such high quality, the selection of winners was not easy!

2027 CHEER Calendars are FREE and available for pick up at:

- All CHEER locations starting October 1.
- CHEER events starting with the Fall Craft Show on October 3.
- The 55+ Expo at Cape Henlopen High School on November 7.

It's time to start collecting photos for the 2028 calendar!

Next year's photo contest will run from May through July.

- **Who:** Photos may be submitted by members, volunteers and staff (no more than two winners can be from staff)
- **What:** We are particularly interested in photos that are seasonal in nature, so start capturing photos of sights such as pumpkin patches, geese in flight, snowy roads, spring flowers and our abundant wildlife. Of course, we still love those summer water scenes! Does anyone have a photo of the night sky?
- **Where:** Photos must be taken in Sussex County
- **How:** Photos need to be unedited (no filters or touch-ups).
- **When:** It does not matter when photos were taken, so feel free to send in your favorites from the past.

For more information on next year's contest, follow CHEER on Facebook or check CHEERful Living or our website in May.



5 TIPS TO HELP YOU STAY MOTIVATED TO EXERCISE

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age.

1. **Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.



2. **Do activities you enjoy to make it more fun.** Be creative and try something new!

3. **Make it social.** Find a virtual "exercise buddy" to help keep you going and provide emotional support.



4. **If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.

5. **Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

Visit www.nia.nih.gov/exercise to learn more.
National Institute on Aging

PAM HEALTH

The difference between an Acute Rehabilitation Hospital and a Sub- Acute Rehabilitation Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the postacute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisciplinary approach which includes : Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

To make a referral or ask a question about acute rehab please call 302-672- 5789 to speak to an admissions coordinator.



2026-2027 TRIPS

CHEER Travel Club



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)



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
Cruising to 7 Ports
Amenity Package Choice A or B

ROUND-TRIP PHILADELPHIA
(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.*



We seek and rely on caring, committed, and qualified team members to support our seniors...

Featured Jobs!

ADMINISTRATION
Information & Communications Technology (ICT) Technician

KITCHEN MANAGER
Regular Full-Time / Georgetown

CENTER SUPPORT MANAGER
Regular Full-Time / Various locations

FACILITIES MAINTENANCE TECH
Regular Full-Time / Various Locations

FOOD VAN DRIVER
Regular Part-Time / Various Locations

PT BUS DRIVER (CDL -Passenger Endorsement)
Regular Part-Time / Georgetown

DIRECT CARE WORKER
Casual, Part-Time Shifts Available / Various Locations

BENEFIT ELIGIBILITY:
Regular full-time eligibility includes subsidized employee health insurance and a free primary healthcare program. 403(b) retirement plan with company match. Paid time off (PTO), based on hours worked and years of service. 11 paid holidays. Optional coverage available: dental, vision, AFLAC insurance, short-term disability insurance, and legal shield insurance at cost.



By Lisa Harkins, RD, LDN, CHEER Dietitian



The Best Foods to Beat Breast Cancer

Breast cancer remains one of the most prevalent types of cancer affecting individuals nationally, with over 300,000 new cases reported in 2024 alone. One in 8 women will be diagnosed with breast cancer in the US, and 1 in 43 will unfortunately die from the disease. Lifestyle and dietary patterns have been increasingly recognized as vital factors influencing its risk. In recent years, scientific research has expanded our understanding of how certain foods and nutrients may play a role in preventing breast cancer. Let's take a look at some of the best foods to beat breast cancer risk and recurrence:

Cruciferous vegetables, such as broccoli, cauliflower, kale, Brussels sprouts, and cabbage, have gained considerable attention for their cancer-fighting potential. These vegetables are rich in *glucosinolates*, sulfur-containing compounds that, when broken down during digestion, produce biologically active metabolites that have been shown to inhibit the growth of breast cancer cells and which also limit estrogen metabolism, potentially reducing hormone-driven cancer risk.

Berries, including blueberries, strawberries, raspberries, and blackberries, are rich in flavonoids and other compounds recognized for their antioxidant and anti-inflammatory properties. New research has demonstrated promising evidence that berries may slow the growth of breast cancer cells and inhibit tumor formation.

Consuming **whole grains** such as oats, brown rice, quinoa, barley, and whole wheat provides a robust source of dietary fiber. Fiber promotes a healthy gut microbiome and helps regulate hormones, especially estrogen, which is an influence on breast cancer risk.

Fatty fish such as salmon, sardines, mackerel, and trout are excellent sources of omega-3 fatty acids, which hold anti-inflammatory properties and support cellular health.

Recent clinical studies suggest that regular consumption of fatty fish may lower the risk of breast cancer by inhibiting tumor growth. Omega-3s also help counteract chronic inflammation, a known risk factor for many cancers.

Decades of human studies have established that diet is a manageable risk factor in the development of many cancers, including breast cancer. Foods rich in antioxidants, fiber, phytonutrients, and healthy fats have been associated with reduced risk, while diets high in saturated fats, processed meats, and sugary beverages are often linked to increased risk. Although genetics and environmental factors also contribute substantially, dietary choices present a practical means of exerting control over one's cancer risk probability. ●



Cauliflower & Couscous Pilaf

Serves: 6 servings, generous 3/4 cup each

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 4 cups finely chopped cauliflower florets, (about 1 medium head)
- 1/2 teaspoon salt
- 3/4 cup reduced-sodium chicken broth
- 1 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 1/4 cup craisins
- 2/3 cup whole-wheat couscous
- 1/2 cup sliced scallion greens

Directions:

1. Heat oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring, until softened, about 3 minutes.
2. Add broth, orange zest, juice and craisins; bring to a boil over high heat.
3. Stir in couscous and scallions. Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork.

Nutrition Information per cup:

Calories 163
Total Fat 3g
Sat Fat 0g
Carbohydrates 31g
Protein 6g
Fiber 6g
Sodium 239mg



CHEER

Save the Date!

2027 TRAVEL SHOW

Saturday, March 20, 2027 • 10 am – 2 pm

We expect 25 Travel Supplier Vendors with show specials, brochures, flyers for cruises, resort trips, bus tours for day and multi-day trips, international travel, train trips and more! They are available to help you plan your dream vacations for 2027 and beyond!

Enter a drawing for a chance to win a 2027 trip for TWO to Cape Cod and Martha's Vineyard!



CHEER

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!

CASH PRIZES

RAFFLE 50/50

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

$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

CHEER
Over 50 Years Serving Sussex Seniors



What matters most is getting back to this

A walk on the beach. Time with family. The everyday moments that mean everything.

At TidalHealth, our surgeons use advanced robotic-assisted technology to support precise, personalized surgical care close to home.

Because the technology matters — but what it helps make possible matters even more.

Advanced surgical care. Close to home. Focused on what matters most.

Learn more at tidalhealth.org/advancedsurgery or scan the QR code.

TidalHealth®