

CHEER Coastal Leisure Center
OCTOBER 2026



30637 Cedar Neck Road
Ocean View, DE 19970

Mon

Tue

Wed

Thu

Fri



1 8-4:30 Fitness / Puzzles
8:30 **Pickleball**
9:45 *Guided Forest Bathing, James Farm, \$10, Limit 12!*
10 **Chair Yoga w/Lori, \$5**
11:30 Lunch, \$
12 **Hand and Foot / CHESS**
1 **MahJongg/Alz. CG SGrp**

2
8-4:30 Fitness/Puzzles
9/9:30 **Tai Chi w/Ellen**
10:30 **Memory Café with Crystal!**
11:30 Lunch, \$
11:30 **Dominoes**
12 **Poker / Mahjongg**
12:15 *ACTS Thrift Store after Lunch*

5
8-4:30 Fitness/Puzzle
9 **Yoga with Susan, \$5**
9:15 **Corn Hole, P. Lot**
10 **Walking Club**
11:30 Lunch, \$;
12 **MahJongg**
12:15 **Shopping/Quilting**
12:30 **BIBLE STUDY / DOODLE CLUB**

6
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 The Night Watchmen!!!*
11:30 **MJ / Dominoes**
12:15 **Pinochle**
12:30/2 **Beg. MJ Lessons!**

7
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**

8
8-4:30 Fitness/Puzzles
8:30 **Pickleball**
9:30 *Boscov's and Mission BBQ, Dover*
10 **Chair Yoga w/Lori, \$5**
11:30 Lunch, \$
12 **Hand and Foot / CHESS**
1 **MahJongg**
1 **Alz's Caregiver Sup Grp**
4-9 *Dine to Donate BBlues!*

9
8-4:30 Fitness/Puzzles
9/9:30 **Tai Chi w/Ellen**
9:15 *DE Botanic Gardens, Pay there—return lunch*
10:30 **Memory Café with Crystal!**
11:30 Lunch, \$
11:30 **Dominoes**
12 **Poker / Mahjongg**
12:30 **Water Color Social**

12
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**

13
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, \$ - *Women's Health with Chris B., PA!*
11:30 **MJ / Dom's**
12:15 **Pinochle**
12:30 **Acrylic Painting RAL**

14
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 **TZ Play Practice**

15
8-4:30 Fitness/Puzzles
8:30 **Pickleball**
10 **Chair Yoga w/Lori, \$5**
11:30 Lunch, \$
12 **Hand and Foot / CHESS**
12:15 *FREE Magic Show at DPT! Sign up Bus/Drive*
1 **MahJongg**
1 **Alzheimer's Caregiver Support Group**

16
8-4:30 Fitness/Puzzles
9/9:30 **Tai Chi w/Ellen**
10:30 **Memory Café with Crystal!**
11:30 Lunch, \$
11:30 **Dominoes**
12 **Poker / Mahjongg**
12ish *Parson's Farmers Market following Lunch*
12:30 **Water Color Social**

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Mon	Tue	Wed	Thu	Fri
19 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping + / Quilting Club 12:30 BIBLE STUDY with Carlos F.	20 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 Mah Jongg / Dominoes 12:15 Pinochle 12:30/2 Beg. MJ Lessons!	21 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 11:30 Lunch, \$ - DE Assistive Technology Talk! 12 Poker/Knitting/C'ing 2:30 TZ Play Practice 2:30 Parkinsons Support	22 8-4:30 Fitness/Puzzles 8:30 Pickleball 9:30 Spence's Bazaar and McGlynn's Pub, Dover 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot/CHESS 1 MahJongg 1 Alzheimer's Caregiver Support Group	23 8-4:30 Fitness / Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 SUNFEST, OC MD! 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social
26 8-4:30 Fitness / Puzzle 9 Yoga with Susan, \$5 9:15 Corn Hole, P. Lot 10 Walking Club 11:30 Lunch, \$ 12 MahJongg 12:15 Shopping + / Quilting Club 12:30 BIBLE STUDY with Carlos F. 2:30 TZ Dress Rehearsal	27 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 12:30/2 Beg. MJ Lessons! 5 Twilight Zone's The Old Man in the Cave by The OV Players & Dinner! \$10/ Members, \$15/Guests	28 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	29 8-4:30 Fitness/Puzzles 8:30 Pickleball 9:30 Final Trap Pond Pontoon Ride / Picnic Lunch this year, \$11! 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ 12 Hand and Foot/CHESS 1 MahJongg 1 Alzheimer's Caregiver Support Group	30 8-4:30 Fitness / Puzzles 9 Beginner Tai Chi, \$3 9:30 Tai Chi w/Ellen, \$5 9:30 Scenic Leaf Drive thru CHSP—return to Center for Lunch 10:30 Memory Café with Crystal! 11:30 Lunch, \$ 11:30 Dominoes 12 Poker / Mahjongg 12:30 Water Color Social

Check out Coastal Leisure Center's website page:

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