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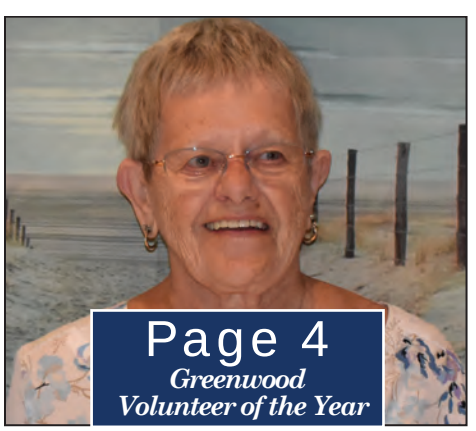
CHEERful *Living*
magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

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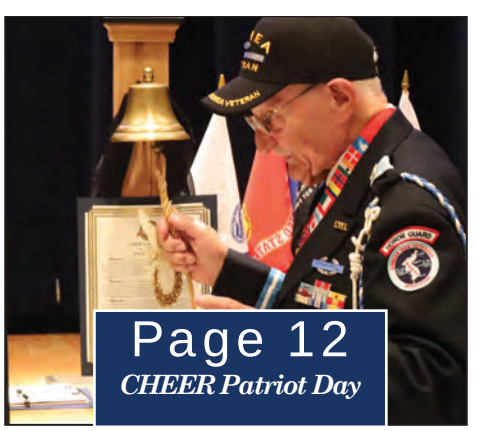
A Trip to the Great Outdoors



CHEER Coastal Leisure Center Members



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Greenwood Volunteer of the Year



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CHEER Patriot Day

CHEER Travel Club



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Travel Club

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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

Building for the Future

If you have driven past the CHEER Community Center on Sand Hill Road in Georgetown recently, you may have noticed something exciting: Gateway East Project is beginning to look like the vision we have talked about for so long.

Construction on both the new Administrative & Support Services Building and Gateway East Apartments I began in June and the progress over the past several months has been remarkable.

The Administrative Building is taking shape quickly, with framing and roofing work well underway. This new facility will eventually bring many of CHEER's administrative and support functions together in one location, providing a more efficient and supportive environment for the staff who work every day to serve our community. USDA is overseeing the project, ensuring construction milestones are completed. The project has a 365-day schedule for substantial completion.

Just next door, Gateway East Apartments I is also progressing rapidly. This 59-unit affordable senior housing community is the second of what we envision as a much larger Gateway East development. The building's second-floor walls and third-floor framing are already giving us a much better sense of what these homes will look like. By the time you read this in November, even more of the third floor should be visible. DSHA is overseeing the Apartments I project and has a 425-day schedule for substantial completion.

> *"Creating a Stronger Future for CHEER and for the Seniors We Serve"*

While these are two separate construction projects, they are really part of one larger vision:

Gateway East will allow us to expand affordable housing opportunities while also strengthening the facilities and infrastructure that support CHEER's growing programs and services. Because the development is adjacent to our existing CHEER Apartments and Community Center, it creates opportunities for seniors to live, participate, connect, and receive services within a familiar community.

For me, watching Gateway East become reality is especially meaningful. What began as a vision many years ago is now rising from the ground, one wall and one floor at a time.

There is still a lot of work ahead, but every day brings us closer to something that will serve Sussex County seniors for generations.

We aren't simply building buildings. We are building for the future.



New Administrative & Support Services Building



Gateway East Apartments

Greenwood Activity Center: A Warm Welcome: Meet Greenwood Volunteer of the Year Ella "Miffy" Kiback



Each month, CHEERful Living will feature Volunteers of the Year from each of our locations. This month, we celebrate Ella "Miffy" Kiback who was selected by Greeenwood as their Volunteers of the Year.

For Ella "Miffy" Kiback, the Greenwood CHEER Center is far more than just a place to visit—it is a second home. Since relocating to Delaware to be with her family, Miffy has become a vital thread in the fabric of the Greenwood center, earning her the title of Volunteer of the Year.

A Dedicated Presence

Miffy's journey with CHEER began seven years ago and she stepped into her volunteer role just eight months after her first visit. Nominated for the award by Marion Poole Greenwood Outreach Worker, Miffy is celebrated for her bubbly, friendly personality and her unwavering dedication to the center.

Her contributions are as diverse as they are appreciated:

- She is always ready to assist wherever needed, including filling in at the front desk on Mondays and Wednesdays.
- As a regular player of the "Hand and Foot" card game, she takes charge of the group and ensures the dining room is perfectly organized once the game concludes.
- She proactively works to solve problems whenever they arise.

"Miffy is just a great all-around person, and we are privileged to have her at our center," says Marion Poole.

From Career to Community

Before finding her community at CHEER, Miffy spent her professional life as a Certified Nursing Assistant in Connecticut. Her life has always been defined by activity and family; before retiring, she frequently traveled to states like Texas, Colorado, and even Hawaii to support her granddaughters' gymnastics competitions.



Ella "Miffy" Kiback with Sabrina Oswell, Director, Greenwood Activity Center

Today, her passions remain vibrant. When she isn't volunteering, she enjoys reading, crocheting, and keeping up with her favorite sports teams, which include the WNBA's The Fever, as well as the Eagles, Steelers, Chiefs, and Penn State football.

The Heart of Volunteering

Miffy admits she was "shocked, but very appreciative" to be named Volunteer of the Year. For her, the impact of volunteering has been transformative, helping her feel more confident and finding genuine joy in being surrounded by people.

She finds her greatest reward in helping others get involved, particularly in recruiting new members for the Hand and Foot card game and encouraging participation in center activities. Her advice to others is simple: "It gives you a chance to meet and get to know the members and can be very rewarding."

Looking ahead, Miffy expresses deep gratitude for the role CHEER plays in the lives of seniors in Sussex County. "I'm thankful that Sussex County has CHEER centers that the elderly can come and participate in all the activities," she says.

Honorary Board Members



Walt Koopman and Beckett Wheatley presented Nick Varrato and Arlene Littleton (seated) as lifetime Honorary Board Member status.



Beckett Wheatley and Walt Koopman presented Maggie Smith Honorary Board Member for 1 year (thru 12/31/2027).

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FALL CRAFT FAIR





































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Thursday, November 12th • 10 am till 9 pm



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Caregiver Resources



Pelican Cove
26089 Shoppes at Long Neck
Millsboro, Delaware 19966

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

Honoring the Dedication of Family Caregivers

November is National Family Caregivers Month, a time to recognize the millions of family members and friends who provide care and support to loved ones who are aging, living with disabilities, managing health conditions, or experiencing memory loss.

Family caregivers often step into their roles because they love someone and want to help. Caregiving is an important job, but it can also be challenging. Caregivers may balance appointments, medications, meals, transportation, household responsibilities, employment, and other personal needs.

One of the most important things caregivers can remember is that taking care of yourself is not selfish; it is part of being a successful caregiver. Consider your wellness by taking a break, accepting help, staying connected, knowing your resources, and making time for yourself.

If you are caring for a loved one, remember that you matter too. Your work may not always receive recognition, but your time, patience, advocacy, and compassion make a meaningful difference in someone's life.

Take a moment to acknowledge the important role you play, reach out for support when you need it, and remember that you do not have to navigate the caregiving journey alone.

This November, CHEER celebrates YOU-the family caregiver. Contact our Caregiver Resource Coordinator for caregiver assistance, information, and local resources.

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



No Bubble Wrap Required

We could wrap ourselves in bubble wrap before leaving the house. Of course, getting behind the steering wheel would be a challenge, and every turn would sound like someone making popcorn.

Or we could buckle our seat belts, clean the windshield, and keep clean sunglasses handy for bright afternoons.

Sometimes, safety is surprisingly simple.

At work, safety gets meetings, training sessions, inspections, committees, and signs. At home, we step over the same electrical cord for six years and think, "Somebody ought to move that."

Perhaps somebody is us.

As we grow older, taking a fresh look at our surroundings can help protect something we value deeply: our independence. A few thoughtful changes can help us keep doing the things we enjoy, in the places we love.

You don't need padded walls. Start with the rug.

Covering every surface in foam rubber would certainly make an interesting decorating statement. But before ordering enough padding to upholster the living room, look down.

Loose throw rugs, curled carpet edges, clutter, and cords can turn familiar paths into tripping hazards. Remove loose rugs, secure carpeting, and keep walkways clear. Add night-lights along the route from the bedroom to the bathroom. Install proper grab bars near the toilet and shower, and use nonslip surfaces where floors get wet. A towel rack is useful, but it never applied for the job of supporting a person.

We become so accustomed to our homes that we stop noticing their little hazards. A trusted friend or family member may spot something we have stepped around for years.

The good dishes can wait.

There is no casserole dish worth climbing onto a dining room chair to retrieve.

Keep frequently used items within easy reach. Ask for help with high shelves, awkward loads, and tasks that require climbing. Clear the stairs instead of using them as temporary storage, "I'll take that up later" has furnished many a staircase.

These are small adjustments, but they make everyday routines safer. Asking for a hand is simply good judgment.

A fire extinguisher is not a throwing device.

Having a fire extinguisher is a good start. Assuming you will figure it out while the kitchen fills with smoke is considerably less reassuring.

An extinguisher requires knowledge, proper maintenance, and the ability to operate it safely. Contact your local fire department with questions about equipment and training. For older adults, the U.S. Fire Administration advises prioritizing escape over using an extinguisher. If a fire occurs, alert others, get out, stay out, and call 911 from safety. Possessions can be replaced. You cannot.

What would you do if the alarm sounded tonight?

Imagine you are upstairs when the smoke alarm sounds. How would you get outside? What if your usual route were blocked? Could you manage the exit you have in mind?

Those questions deserve answers before an emergency.

Plan and practice your escape. Identify two ways out of each room where possible, keep exits clear, and choose an outside meeting place. If stairs or limited mobility make escape difficult, discuss a realistic plan with your family and local fire department now. A plan must fit your abilities and your home.

Make sure you can hear the smoke alarm from your bedroom. If hearing loss is a concern, ask about alarms with features such as bed shakers or strobe lights. An alarm needs to do more than work, it needs to alert you.

Give yourself a ten-minute safety tour.

This week, walk through your home with fresh eyes. Better yet, invite someone to join you. Look for one tripping hazard to remove, one dark area to brighten, and one everyday task you could make easier. Then talk through your emergency plan.

You do not have to solve everything in an afternoon. Start with one improvement and keep going.

At CHEER, we want our neighbors to enjoy full, active, connected lives. Making safety a daily habit helps protect the freedom to visit friends, spend time with family, and keep doing what brings us joy.

Save the bubble wrap for mailing packages. Or for the grandchildren. They'll know what to do with it.

CHEER ACADEMY

Fall Semester 2026

Learning, laughter, and friendship! Our students have been enjoying a wonderful variety of classes this fall. Here are just a few!



What Is That Bird?

Binoculars up! Students learn to spot and identify local birds in the great outdoors.



Chair Yoga

Gentle, seated yoga to build strength, balance, and flexibility at any fitness level.



Line Dancing

Step, turn, and shuffle to great music. No experience needed!





Healthy Cooking

Hands-on lessons in our kitchen: chop, cook, and taste fresh, nutritious dishes together.



Jac's Arts & Crafts

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❄ Coming Soon: Winter Semester 2027 ❄

Registration: December 1, 2026 – January 6, 2027

10-week semester begins: Week of January 11, 2027

REGISTER at **cheerde.com/cheer-academy-2026**

or call **302-515-0001, ext. 1167**

Scan to register

CHEER, Inc. Meals on Wheels Volunteer of the Year Nominee



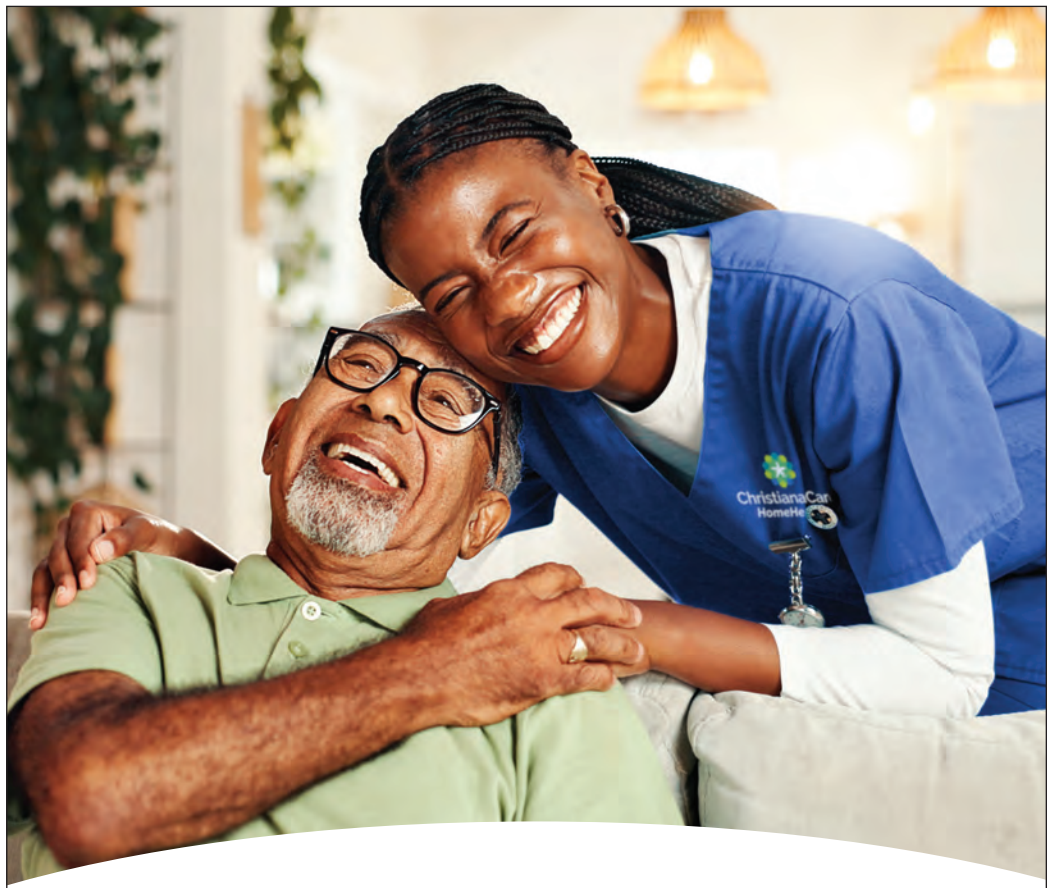
Ashlyn Elliott & Marion Poole represented CHEER along with our Homebound Volunteer of the Year, Milton's Rick Rinderle

CHEER nominateed Rick Rinderle for MOW Delaware Volunteer of the Year. Rick has been a Meals on Wheels Driver volunteer for almost 3 years now at Milton CHEER Senior Center. Through his years of service at CHEER, he continues to consistently demonstrate exceptional dedication to his Meals on Wheels clients and takes great pride in ensuring that each person receives their meal with a warm smile and genuine kindness.

Rick is a dependable and compassionate volunteer who goes above and beyond the expectations of his role. He is always willing to assist Marion, our Milton Outreach Worker, with last-minute route coverage when a volunteer is unexpectedly absent due to illness or other circumstances. His willingness to step in and help ensures that our clients continue to receive their meals without interruption.

What truly sets Rick apart is the sincerity he brings to volunteering. He understands that Meals on Wheels is about much more than delivering a meal—it is about providing connection, compassion, and a friendly face to individuals who may look forward to seeing their volunteer each day. Rick takes his responsibility seriously and understands the meaningful difference he makes in the lives of the people he serves.

Rick is an incredibly kind, reliable, and dedicated volunteer, and we are grateful for everything he does for our Meals on Wheels program and our clients. His commitment, positive attitude, and willingness to help others make him truly deserving of recognition as MOW Delaware Volunteer of the Year. Rick, thank you for making a difference in your community and be the constant in many of these clients lives.



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CHEER Honors 25th Anniversary of 9/11 with Emotional Patriot Day Remembrance Ceremony

On Thursday, September 17, 2026, CHEER, Inc. marked the 25th anniversary of September 11, 2001, with a poignant Patriot Day remembrance ceremony at the CHEER Community Center in Georgetown. The free public event brought local residents, first responders, and community leaders together to honor the victims, survivors, and heroes of that tragic day.

Upon arrival, attendees were greeted by a striking tribute display: a large American flag suspended over the entryway of the CHEER Community Center by Indian River Fire Company's ladder truck.

The morning's program commenced with opening remarks from CHEER leadership, followed by presentations and deeply personal reflections from those who experienced September 11 firsthand. Debra Burlingame's remarks reflected on her brother, Captain Charles F. "Chic" Burlingame III, who was the pilot of American Airlines Flight 77 when it was hijacked and flown into the Pentagon. Claudia Matteo, a survivor who was working as an IBM Project Manager for American Express on the 25th floor of 3 World Financial Center—a building connected directly to the World Trade Center's South Tower. Tom Lombardo, a veteran American Airlines pilot of 39 years and close personal friend of Captain Burlingame, provided heartfelt remarks.

In addition to community members, distinguished guests, and dignitaries in attendance to pay their respects were those representing first responders, such as the Delaware Fire Marshal's office, Delaware State Police, Millsboro Police, Laurel Police, Georgetown Fire Company, and Indian River Fire Company. The event was also attended by Delaware Representative Valerie Jones Giltner, Director of Delaware Emergency Management A.J. Schall and representatives from the offices of U.S. Senator Lisa Blunt Rochester and U.S. Congresswoman Sarah McBride.

"September 11 remains a defining moment in American history," noted CHEER, Inc. Board President and event organizer Walter Koopman. "Twenty-five years later, CHEER is proud to bring our community together to honor the strength, unity, and courage that emerged in the face of tragedy." For more than ten years, CHEER has held an annual Patriot Day event each September to honor members of the armed services and first responders.



Walter Koopman, CHEER board president, rings a bell in honor of those who died in the 9/11 attack. A display in honor of Capt. Charles "Chic" Burlingame, the pilot of Flight 77, the plane that was hijacked and crashed into the Pentagon, is at left.



Debra Burlingame talks about her brother Capt. Charles "Chic" Burlingame.



Claudia Matteo, a survivor who was working as an IBM Project Manager for American Express on the 25th floor of 3 World Financial Center.



Beckett Wheatley, CEO, Claudia Matteo, Walter Koopman, Debra Burlingame and Valerie Jones Giltner, Delaware House of Representatives

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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
2 4 Cheese Baked Ziti Tossed Garden Salad Chilled Peaches Whole Wheat Roll/Bread Skim Milk	**3** Shrimp Tacos Spanish Rice Chuckwagon Corn Pudding Skim Milk	**4** Turkey Tetrazzini Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	**5** Chicken Fried Chicken Gravy Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Skim Milk	**6** Cheeseburger on Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
9 Polish Sausage Potato & Cheese Pierogies Crisp Red Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	**10** Egg Sandwich w/Cheese American Fried Potatoes Steamed Spinach Chilled Fruit Cup Skim Milk	**11** Beef Tips w/Mushrooms Buttered Noodles Peas And Carrots Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk	**12** Honey Glazed Chicken Baked Sweet Potato Half Steamed Broccoli Whole Wheat Roll/Bread Pudding Cup Skim Milk	**13** Cream of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
16 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Fruited Gelatin Skim Milk	**17** Turkey Croquettes French Style Green Beans Cranberry Sauce Fresh Banana Skim Milk	**18** Ground Beef Stew Roasted Root Vegetables Biscuit or Toast Chilled Pears Skim Milk	**19** Chicken Breast w/Apple Curry Yellow Rice Broccoli Cauliflower Whole Wheat Roll/Bread Assorted Cream Pie Skim Milk	**20** Broccoli Cheese Soup Seafood Salad Crackers Mixed Green Salad Fresh Orange Skim Milk
23 Beef Pepper Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	**24** **ALL CENTERS CLOSED** **Holiday Feast at Community Center**	**25** Fish Nuggets Mac & Cheese Coleslaw Roll/Bread Assorted Cookies Skim Milk	**26**	**27**
30 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk				





DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

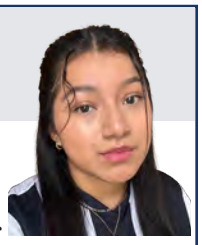
"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities"

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

November is a month of gratitude and harvest! Café Salud is thankful for everyone who has joined us at Café Salud or any of the CHEER activity centers. Join us and bring a friend for a special Thanksgiving celebration on November 25th!

Stay warm and join us for our biweekly Zumba sessions—no membership required, and participate sitting or standing, your choice!

Relax at our monthly Paint Night—no experience needed! Choose from predesigned canvases and enjoy a fun, relaxing evening with delicious hot and cold beverages.

Bring a friend and enjoy our arts & crafts activities, including decoupage ornament making with Jean and creating autumn fabric pumpkins with Ruthy

Share Café Salud with your friends and family! No membership is required, and workshops are free. Enjoy a delicious dinner every Tuesday and Wednesday: $4 for ages 60+ and $5 for under 60.

We look forward to seeing you this month! Stay tuned for updates and additional events on our Facebook page, Café Salud, or visit cheerde.com/cafe-salud/.

¡Noviembre es un mes de gratitud y celebración de la cosecha! En Café Salud estamos agradecidos con todas las personas que nos han acompañado en Café Salud o en cualquiera de los centros de actividades de CHEER. ¡Acompáñenos con un amigo o amiga en nuestra celebración especial de Acción de Gracias el 25 de noviembre!

Manténgase abrigado y acompáñenos en nuestras sesiones de Zumba. ¡No se necesita membresía! Puede participar sentado o de pie, ¡usted decide!



Hispanic Heritage Month celebration, wearing mini sombreros and making mini cacti

Relájese en nuestra Noche de Pintura. ¡No se necesita experiencia! Elija entre una variedad de lienzos prediseñados y disfrute de una tarde relajante con deliciosas bebidas frías y calientes.

¡Traiga a un amigo o amiga y disfrute de nuestras actividades de arte y manualidades! Elaboración de adornos con decoupage con Jean y creando calabazas de tela otoñales con Ruthy

¡Comparta Café Salud con sus amigos y familiares! No se requiere membresía y los talleres son gratuitos. Disfrute de una deliciosa cena todos los martes y miércoles: $4 para personas de 60 años o más y $5 para menores de 60 años.

¡Esperamos verle este mes! Manténgase atento a nuestras novedades y eventos adicionales en nuestra página de Facebook, Café Salud, o visite 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

ACTIVITIES

November 3, Tuesday: 4:00 p.m.: ZUMBA! 5:30 p.m.: La cena (Dinner), 6:15: Calabazas de tela con Ruthy, Fabric Pumpkins w/ Ruthy, 7:30-8 p.m.: Socializar / Socialize

November 4, Wednesday: 4:00 p.m.: Noche de Pintura,
Paint Night, 5:30 p.m.: La cena (Dinner), 6:15 p.m.: Bingocize
7:30-8 p.m.: Socializar, Socialize

November 10, Tuesday: 4:00 p.m.: Artes y manualidades,
Arts and Crafts, 5:30 p.m.: La cena (Dinner), 6:15 p.m.: Loteria, Spanish Bingo, 7:30-8 p.m.: Socializar, Socialize

November 11, Wednesday: 4:00 p.m.: Crea un album de recortes, scrapbooking 5:30 p.m.: La cena (Dinner) 6:15 p.m.: Bingocize 7:30-8 p.m.: Socializar, Socialize

November 17, Tuesday: 4:00PM: ZUMBA! 5:30 p.m.: La cena (Dinner) 6:15 p.m.: Crea un album de recortes, scrapbooking 7:30-8 p.m.: Socializar, Socialize

November 18, Wednesday: 4:00 p.m: Manualidades de rompecabezas de calabaza, Pumpkin Puzzle Craft 5:30 p.m.: La cena (Dinner) 6:15 p.m.: Bingocize 7:30-8 p.m.: Socializar, Socialize

November 24, Tuesday: 4:00 p.m.: Decoupage Ornament Making with Jean 5:30 p.m.: La cena (Dinner) 6:15 p.m.: Loteria, Spanish Bingo

November 25, Wednesday:
4:00 p.m.: Celebración de Acción de Gracias, Thanksgiving Celebration 5:30 p.m.: La cena (Dinner) 6:15 p.m.: Bingocize 7:30-8 p.m.: Socializar, Socialize
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

November 2026 brings a meaningful season of gratitude and community connection. It is a time for taking a moment each day to appreciate the people, opportunities, and small joys that fill our lives. This appreciation is the theme for the entire month, especially on Veterans Day, when we honor the men and women who sacrificed to keep our country safe and free.

The month ends in the tradition of Thanksgiving. Families and friends gather around tables filled with favorites like turkey, stuffing, and pumpkin pie. This serves to remind us to be thankful.



Georgetown members decorate a Halloween themed wooden craft. Pictured left to right: Marion Smith, Marie Doran and Yvette Harris.

The autumn air signals that the trees are shedding the last of their golden leaves to prepare for a long winter sleep. The days grow noticeably shorter, bringing an early, cozy darkness before dinnertime.

For many people, the end of November marks the exciting kickoff to the winter holiday shopping and decorating season.

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: 8 – 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

Veterans Day Dinner Dance: Friday, November 6, 2026, 5:00 – 9 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

Dinner & Prize Bingo Night: Georgetown CHEER Senior Center, 20520 Sand Hill Rd. **Thursday, November 19,** 4 – 6 p.m.. Dinner is served at 4 p.m. and Prize Bingo 5 – 6 p.m. Cost is $8 per person. Please call to save your seat.
302-854-2896

November 24th Holiday Feast: Tuesday, 10 a.m. to 2 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.

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.



Greenwood Activity Center



41 Schulze Road
Greenwood, DE 19950

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

Happenings

National Gratitude Month is a wonderful time to reflect on and appreciate the people, experiences, and blessings in our lives. Throughout the month, we'll celebrate gratitude in many ways, not just on Thanksgiving Day. Whether it's keeping a gratitude journal, writing heartfelt notes to friends and family, or simply taking time each day to recognize the good around us, there are countless ways to practice thankfulness and spread positivity all month long.

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 8:15 a.m.
Bible Study 10 a.m.
Midday Connections 12:15 – 12:45 p.m.
Luncheon Card Club 12:45pm.

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

Wednesdays – Coffee & Conversation with Sabrina 9:45 am (check monthly calendar for specific dates)(REPEATS BI-WEEKLY)

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

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



Greenwood Center members trip on the Cape May Lewes ferry.



Greenwood Center members Fall Centerpieces made by members Denise, Marge and Shirley

MONTHLY

- Veteran's Outreach Program – visit from Mike from People's Place (1st Wednesday of the month)
- Music & Memories with Dan Feth (1st Thursday of the month 10:30 a.m.)
- Alzheimer's Support Group (1st Thursday of the month, 1– 3 p.m.)
- Music Ministry with Pastor Dan & Betsy Taylor (2nd Monday of the month)
- Membership Meeting (Unity Club) Last Friday of the month 10:00 a.m. (check calendar to confirm)
- Balloon Volleyball (*check calendar for date)
- Wii Bowling® (*check calendar for date)

* *Check monthly calendar for exact dates and time*

Monthly Shopping or Educational/ Entertainment Trip and Lunch out. 9:15 a.m. bus departure. Dates vary.

SPECIAL HAPPENINGS

November 4th: Wednesday at 10:30 a.m. Sunshine Singers visit Greenwood CHEER

November 6th: Friday at 5:00 – 9 p.m. at CHEER Community Center in Georgetown - Veterans Day Dinner Dance

November 18th: Wednesday at 10:00 a.m. Yvonne with Greenwood Library visits center

November 24th Holiday Feast: Tuesday, 10 a.m. to 2 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.

Harbour Lights Activity Center



34211 Woods Edge Drive
Lewes, DE

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

Happenings

A Warm Welcome to November

As we welcome November, let's take a moment to appreciate the beauty of the season and all the wonderful opportunities we have to come together as a community. November is a time for gratitude, friendship, and creating special memories with one another.

This month, we will be celebrating Veterans Day on November 6th at the Community Center in Georgetown. We look forward to coming together to honor and recognize the veterans in our community and thank them for their service and sacrifice. The cost for Veteran's is free and for Guest the cost is $10.00. Tickets will not be sold at the door, so get them early.

We will also be celebrating the season with our Annual Holiday Feast on November 24th! It's always a wonderful opportunity to enjoy good food, great company, and plenty of holiday cheer. The menu will be a traditional Thanksgiving luncheon. Tickets are $6 for anyone 60+ and under 60 tickets are $8. Please see Crissy for tickets for both events if you are interested in going.

As the holidays approach, remember that some of the greatest joys in life come from the simple things, a friendly conversation, a shared meal, a good laugh, or spending time with people who make us smile.

Wishing everyone a happy, healthy, and joyful November. We are grateful for each and every one of you and look forward to celebrating the season together!

Zwaanendael Women's Club

We are excited to welcome back our friends from the Zwaanendael Women's Club this month! They will be joining us on November 12th at 12:15 p.m. for a fun and creative afternoon of arts and crafts with our members.

We're looking forward to spending time together, getting creative, and enjoying some good conversation and friendship along the way. Be sure to join us for what promises to be a wonderful afternoon!

Thank you to the Zwaanendael Women's Club for continuing to share their time, creativity, and friendship with our center!

Delaware Assistive Technology Initiative

We are excited to continue our partnership with the Delaware Assistive Technology Initiative! Delaware Assistive Technology Initiative visited our center in September to introduce our members to the many types of assistive technology available to help people live more independently, stay active, and make everyday tasks easier.

Assistive technology includes tools, devices, and equipment that can help with things such as communication, mobility, vision, hearing, memory, and completing everyday activities. Delaware Assistive Technology Initiative helps Delaware residents learn about these technologies, explore available options, and find solutions that may fit their individual needs.



Village Volunteers did a presentation at the center.

Now it's our turn to visit them! On November 16th, we will be traveling to the DATI facility to explore even more products and, most importantly, get hands-on experience trying them out for ourselves. This will be a great opportunity to ask questions, discover new possibilities, and see how different technologies can make a difference in our daily lives.

We look forward to learning, exploring, and having fun together!

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

November 3rd: 11:45 a.m., Presentation with PT Works

November 4th: 12:15 p.m., Bingocize

November 6th: Friday at 5:00 – 9 p.m. at CHEER Community Center in Georgetown - Veterans Day Dinner Dance

November 10th: 10:30 a.m., Pet Therapy with Paris

November 11th: 9:30 a.m., Dover Trip lunch at Hollywood Diner

November 12th: 12:15 p.m., Craft class with Zwaanendael Women's Club

November 13th: 10:00 a.m., Crafts with Suzy

November 18th: 11:30 a.m., Nutrition Education and Bingocize

November 24th Holiday Feast: Tuesday, 10 a.m. to 2 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.

Long Neck Activity Center



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

Happenings

As we enter the holiday season, Long Neck is ready to celebrate together as a big family. Come join us for games, music, and friendships.



Zumba doing the thriller dance, exercise class at Long Neck



Volunteer Appreciation party at Long Neck

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
10:00 Bible Study
12:30 Penny Bingo
1:30 Bridge



Bob Harrison was ready for the rain

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

November 5th: Thursday at 9:15 a.m. Trip to Bylers and Produce Junction with a bag lunch

November 6th: Friday at 5:00 – 9 p.m. at CHEER Community Center in Georgetown - Veterans Day Dinner Dance

November 10th: Tuesday at 9:15 a.m. Trip to Roses and Stargate Diner

November 10th: Tuesday at 12 p.m. Dr. George of PT Works

November 11th: Wednesday at 12 p.m. Membership Meeting

November 11th: Wednesday at 4 p.m. Carnival Night and Dinner

November 24th: Tuesday at 9:15 a.m. Trip to Boscovs with a bag lunch

November 19th: Thursday at 9:15 a.m. Trip to Super Walmart and Chick-fil-A

November 24th Holiday Feast: Tuesday, 10 a.m. to 2 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

November 25th: Wednesday at 12:00 pm Birthday Celebration

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.

Milton Activity Center



24855 Broadkill Road
Milton, DE 19968

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

Happenings

How Thankful Are You?

Being part of a Senior Center like Milton CHEER is so special, whether you are a member, volunteer, sponsor, or staff member. Every day, we have the opportunity to see friendships grow, laughter fill our rooms, and new memories being made. Whether we are enjoying a meal together, participating in an activity, celebrating a birthday, playing a game, sharing a story, or simply sitting and talking, it is those everyday moments that make us so thankful for having a place to come together.

I am personally thankful for the staff, volunteers, instructors, and everyone who helps make our center the wonderful place it is. So much goes on behind the scenes to keep our programs, meals, activities, and events running, and I am grateful for everyone who gives their time, energy, and heart to Milton CHEER.

Take a minute, look around you and make sure you thank the people who are an important factor in keeping things running. Whether that be an owner at a business you love going to, a friend who always checks in, a family member who always shows up or a place that always welcomes you with open arms. Milton would like to send thanks to everyone who supports our activities, exercise room, meals and events. You are what keeps us going!

WEEKLY

Every Monday- Friday:
Fitness Center Open 8:00 a.m. – 4:00 p.m.

Mondays:
Tai Chi at 9:00 a.m. Mingo with Dan Feth Check Calendar

Card Making at the Center



Karen Doyen



Sharon Lagueux



Janet Workman



Charles McCray



Top: Anne Martin
Bottom right: Eric Nash



Tuesdays:
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

Mondays and Wednesdays:
11:00 a.m. – 12:15 p.m. Yoga

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

November 2nd: 12:00 p.m. Lunch and Learn with Robin Hurlock BSN, RN Forensic Nurse Coordinator. Learn about your rights, protecting future plans, and ensuring advocacy in your care! No cost, come join us!

November 6th: 12:00 p.m. Friday Nancy Lynch Presents the Real Women Veterans of Vietnam. Come listen to Delaware Humanities Speaker Nancy Lynch discuss amazing history and display a presentation regarding letters from Women during the Vietnam War. No cost!

November 18th: Delaware Assistive Technology Trip in Milford at 9 a.m. Please sign up in the center and call if you want to learn more. Delaware Assistive Technology provides helpful devices to those who may have mobility, vision, and hearing issues. Also, 4 – 6 p.m. November Dinner, bring an appetite, your friends and have a great time with us!

November 20th: 12:00 p.m. Thanksgiving Party. Enjoy fun games, refreshments, and bring your friends you are so thankful for!

November 24th Holiday Feast:
Tuesday, 10 a.m. to 2 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.

November 30th: Monday at 12:00 p.m., Bingocize with Lyndsie from PACE your Life. Join us to exercise, play bingo, and win prizes!

CHEER Coastal Leisure Center



30637 Cedar Neck Road
Ocean View, DE 19970

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

Happenings

Welcome November!

November is National Native American Heritage Month. Be sure to join us for our visit to the Nanticoke Indian Museum later this month.

November 13 is *World Kindness Day - Join our Kindness Challenge and see if you can share a random act of kindness every day this month!*

We are going to have another Puzzle Contest later this month so be sure to grab your friends and sign up a team!

We will gather again in Georgetown for our annual Holiday Feast on Tuesday, November 24 – hope to see you there!

Calling ALL OV Members 90 years of age and older – for our Wall of Inspiration! Come check it out, it's amazing!

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



Janet Clark at art show at Ocean View center



Chair Yoga with Guest Singing Bowl Healer

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 – open to the public.

Memory Café with Crystal Selby meets every Friday at 10:30 a.m. and is also open to the public.

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

November 5th: Teen Challenge Thrift Store & Café, Seaford, 9:30 a.m.

November 6th: Veterans Dinner Dance at CHEER's Community Center in Georgetown, 5 p.m. Must get your ticket from Yolanda in Advance (Vets free, $10 all others).

November 12th: The Brush Factory, Lewes, 9:30 a.m. and return to Center for lunch.

November 13th: Bethany Beach Billiards invites us to play some of their games outside (unless raining) – Ping Pong, Shuffleboard, Foosball, Corn Hole & a large Chess set, 12:15 p.m.!!!

November 19th: Nanticoke Indian Museum Tour, $5, Millsboro, 9:30 a.m. Tentative

November 20th: Parsons Farms Produce, Dagsboro, 12:15 p.m.

November 24th Holiday Feast: Tuesday, 10 a.m. to 2 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.

SPECIAL HAPPENINGS

November 2nd: Monday, 11 a.m. – 12 p.m. Mark Gratton will entertain us on the piano – come join us and stay for lunch!

November 17th: Erin with PAM Rehab. will educate us over lunch, 11:45 a.m.

Arts & Crafts with Judi R. at 12:30 p.m. $5 – sign up in advance please.

Game Day & Dinner, 4 – 6 p.m., $7, please note the earlier time start! Bring your favorite game to share, learn the Italian game of Scopa with Linda G., try your hand at Spoons, Rummikub, …
Stay tuned for the menu…

November 18th: Wednesday, 11:30 a.m. – Virtual Nutrition Education. *Tentative*

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

(302) 515-0001, Ext. 1861

Happenings



Roxana members with Dan and Betsy for Bible Study and Singalong

As the crisp autumn air settles in and the leaves turn to vibrant shades of amber and gold, our community enters a beautiful season of reflection and gathering. Autumn is more than just a change in the weather; it is a time dedicated to deep gratitude. This November, we have the distinct privilege of marking two profound occasions: honoring our brave heroes with our Veterans Day Dinner on Friday, November 6, 2026, starting at 5:00 p.m. at the CHEER Community Center in Georgetown All Veterans are Free Guest are $10.00. Then coming together to celebrate the blessings of Thanksgiving on Tuesday, November 24, 2026, at our Annual Holiday Feast Celebration. Tickets are available at the Roxana CHEER center for both events.

WEEKLY

Monday:
Coffee and Conversation
8:30 Center Opens
9:00 Coffee & Conversation
9:30 Puzzles & Play: Games, Word Search, Coloring & More!
10:00 Every other Monday, Pastor Dan & Betsy's "Bible Study and Music"
11:00 Gentle Moves Exercise
11:30 Lunch
12:00 Out & About Shopping Trip (Dollar Tree and grocery store)

Tuesday:
8:30 Center Opens
9:00 Coffee & Conversation
9:30 Puzzles & Play: Games, Word Search, Coloring & More!
10:00 Prize Bingo
11:00 Armchair Adventures!
11:30 Lunch
12:00 Story Time: Join us as we share stories, memories, and a few laughs as we explore a new theme each week!
1:00 Let's Play Cards! Card Group

Wednesday:
8:30 Center Opens
9:00 Coffee & Conversation
9:30 Puzzles & Play: Games, Word Search, Coloring & More!
10:00 Creative Corner — simple coloring, seasonal crafts, decorating cards, or watercolor.
11:30 Lunch
12:00 Walking Club
12:30 Enrichment Hour: Guest speakers, educational videos, community resources, and more.

Thursday:
8:30 Center Opens
9:00 Breakfast & Belonging– Join us for our weekly breakfast! Suggested donation: $2.50
9:30 Puzzles & Play: Games, Word Search, Coloring & More!
10:30 Trivia Time!
11:00 Adventure Awaits! Today's destination

Friday:
8:30 Center Opens
9:00 Coffee & Conversation
9:30 Puzzles & Play: Games, Word Search, Coloring & More!
10:00 Chair Yoga with Barb
11:00 Name That Tune
11:30 Lunch- Suggested donation: $3.50
12:30 Memory Cafe with Crystal
1:00 Let's Play Cards! Card Group

Mondays:
Out and About every Monday
Weekly Trip every Thursday
Holiday Feast Tuesday, Nov. 24th 10:00 a.m.

SPECIAL HAPPENINGS:

November 2nd and 16th: Dan & Betsy Bible Study and Singalong 10:00 a.m.

November 4th: Fall Prevention with Logan 10:00 a.m.

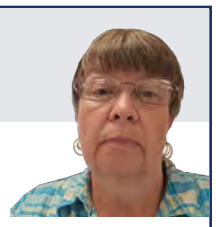
November 6th: Veterans Day Dinner Dance Friday, 5:00 p.m. Tickets available at Center Free to all Veterans $10.00 for non-veterans and guests

November 24th Holiday Feast:
Tuesday, 10 a.m. to 2 p.m. Held at the CHEER Community Center located at 20520 Sand Hill Road in Georgetown.

November 26th and 27th: CENTER CLOSED for Thanksgiving Day and the Day After.



Sand Hill Adult Day Program



20520 Sand Hill Road
Georgetown, DE 19947

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

Sand Hill Adult Day Program

A Caregiver Support Group will be held at our Sand Hill Adult Day Center on the 4th Wednesday of each month. Free and open to public.

In September, our topic was *Caring for the Caregiver.*

We discussed practical ways of helping you care for a person with memory loss and confusion.

1. Ask for help.
2. Express your feelings.
3. Take care of your health.
4. Learn about the disease.
5. Avoid isolation.
6. Talk with professionals.
7. Look for signs of burnout.
8. Give yourself a treat.
9. Take time for yourself.
10. Investigate local services.



We helped show the members how to coordinate caregiving.

We provided the Alzheimer' 24/7 helpline 1-800-272-3900 and the next step after an Alzheimer's Diagnosis from the National Institute on Aging.

We ended the support group with a Poem: Do Not Ask Me to Rember – an Alzheimer's Poem. Look it up on YouTube or Google. ●

If you would like to attend or just want to know more, please call 302-212-4482

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Sand Hill Adult Day Program Rehoboth Art League Christmas Ornament Craft

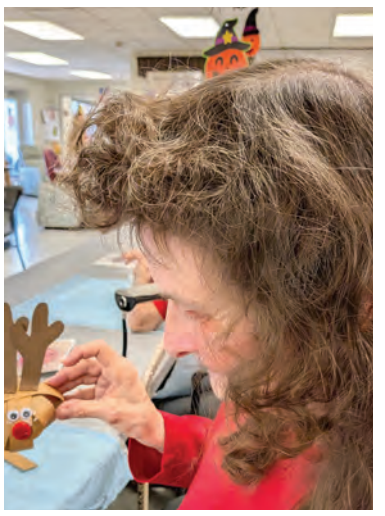




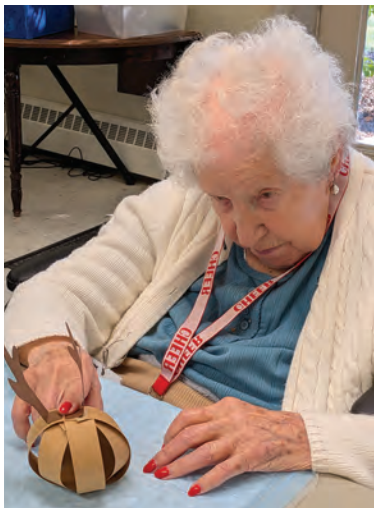
Conrad Fleck



Lee Lambert



Linda Netzel



Mary Pagnotta



Steve Hutchins

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2027 CHEER Calendar Winners

CHEER calendars available at all locations!



Photo Winners!

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

Jan: Yolanda Gallego
CHEER Employee
Photo: Bethany Beach, DE

Feb: Kristine Evenson
Ocean View CHEER Member
Photo: Bethany Beach, DE

March: Patricia Smidt
Long Neck CHEER Member
Photo: Lewes, DE

April: Laura Stuchlik
Milton CHEER Member
Photo: Milton, DE

May: Janice Wyatt Petros
Ocean View CHEER Member
Photo: Bethany Beach, DE

June: Michell Witman
Georgetown CHEER Member
Photo: Lewes Bay, DE

July: Leslie Walsh
Milton CHEER Member
Photo: Lewes, DE

Aug: Janice Wyatt Petros
Ocean View CHEER Member
Photo: Ocean View, DE

Sept: Gwyneth Jones
Ocean View CHEER Volunteer
Photo: Bethany Beach, DE

Oct: Catherine Murphy
Georgetown CHEER Volunteer
Photo: Milton, DE

Nov: William Kittredge
CHEER Employee
Photo: Bethany Beach, DE

Dec: Elizabeth Vogdes
Georgetown CHEER Member
Photo: Georgetown, DE



Photo Honorable Mentions!

Kimberly Mazziott
Georgetown CHEER Employee
Photo: Moon over Georgetown, DE

Chip Zahm
Lewes CHEER Employee
Photo: Rehoboth Beach, DE

Elizabeth Vogdes
Georgetown CHEER Member
Photo: Georgetown, DE

Clifford Newlands
Milton CHEER Member
Photo: Cape Henlopen, DE

Teresa Walters
CHEER Employee
Photo: Rehoboth Beach, DE

William Kittredge
CHEER Employee
Photo: Bethany Beach, DE

Clifford Newlands
Milton CHEER Member
Photo: Broadkill Beach, DE

Ellen White
Greenwood CHEER Member
Photo: Greenwood, DE

Kimberly Mazziott
Georgetown CHEER Employee
Photo: Long Neck, DE

Catherine Murphy
Georgetown CHEER Volunteer
Photo: Cape Henlopen State Park, DE

It's time to start collecting photos for the 2028 calendar! 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? Photos do have to be taken in Sussex County, and they do need to be unedited (no filters or touch-ups).

Here are the important dates for the next contest:

- **Monday, May 17, 2027: Photo contest starts**
- **Friday, July 16, 2027: Photo contest ends**

We can't wait to see what the next contest brings!

Brenda Kelly shares her breast cancer survivor story

Joan O'Day has spent a lifetime staying active, from teaching Brenda Kelly of Powellville, Maryland, found out she had breast cancer after antibiotics weren't working for her sickness and it was hard to put her arm down.

Kelly's primary care practitioner suggested a diagnostic breast exam. After a mammogram and ultrasound, she found out she had Stage 1A breast cancer in February 2025.

She had surgery at TidalHealth Peninsula Regional and 16 rounds of radiation at the TidalHealth Richard A. Henson Cancer Institute in Ocean Pines. She praised her care team, who was kind and able to put things in terms she could understand.

She encourages people to enjoy the present moment instead of waiting for someday in the future, whether that's using fine china or going on a trip.

"Don't wait for that special occasion," she said.



Is it time for a mammogram?

Women, ask your primary care practitioner about getting a mammogram or set up an appointment with TidalHealth Mobile Mammography at tidalhealth.org/getscreened.

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

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

Are you balancing your job, personal life and caring for spouse, parents, grandparents or loved one?

SAND HILL Adult Day Program



- Nursing oversight
- Assistance with personal care
- Secure Facility
- Brain Fitness and Physical Fitness Programs
- Transportation arranged
- 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



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 60 and older
$8 for under age 60

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

MEALS ON WHEELS AMERICA 2026 MEMBER

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."

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



2027 TRIPS

CHEER Travel Club



Museum of African American History with Lunch

APRIL 2027

Thursday, 4/15/2027

PRICE: $85 per person
Cash, Check, Money Order only
Reservation Deadline: 3/1/2027
Departs from Milton CHEER Center
(see flyer or website for all details)



Historic South – Savannah Jekyll Island, Charleston & Beaufort

MAY 2027

Monday – Saturday, 5/17-5/22 2027

PRICE: $819 per person/ dbl occupancy
Check, Money Order only
$1,056 for Single Occupancy
Reservation Deadline: 2/17/2027
Departs from Milton CHEER Center
(see flyer or website for all details)



Jonah at Sight and Sound Theater and Shady Maple Buffet

JUNE 2027

Tuesday, 6/8/2027

PRICE: $180 per person
Cash, Check, Money Order only
Reservation Deadline: 4/12/2027
Departs from Milton CHEER Center
(see flyer or website for all details)



Cape Cod, Martha's Vineyard, & Zion Union Heritage Museum

SEPTEMBER 2027

Monday – Friday
9/27-10/01 2027

PRICE: $755
per person/ dbl occupancy
Check, Money Order only
***$910 for Single Occupancy**
Reservation Deadline: 6/25/2027
Departs from Milton CHEER Center
(see flyer or website for all details)



Wilmington & Western Railroad Brunch

FALL 2027 TBD

PRICE: TBD per person
Cash, Check, Money Order only
Reservation Deadline: TBD
Departs from Milton CHEER Center
(see flyer or website for all details)



Christmas In Tennessee!

DECEMBER 2027

Monday – Saturday,
12/6-12/11 2027

PRICE: $895
per person/ dbl occupancy
Check, Money Order only
$1,094 for Single Occupancy
Reservation Deadline: 9/4/2027
Departs from Milton CHEER Center
(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!

EVENT
Events Staff - Casual / Georgetown, DE

FACILITIES
Facilities Maintenance Grounds Keeper - FT / Georgetown, DE
Facilities Maintenance Technician - FT / Georgetown, DE

NUTRITION
Senior Activity Center Director / Frankford, DE
Center Support Manager / Georgetown, DE
Kitchen Coordinator - FT / Georgetown, DE
Kitchen Manager - FT / Georgetown, DE

PERSONAL ASSISTANCE SERVICES AGENCY- PASA
Direct Care Worker - Regular Part Time & Casual
Georgetown, DE

TRANSPORTATION
Bus Driver - PT / Georgetown, DE

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.



CHEER Travel Club Explores Nashville and the Grand Ole Opry

CHEER Travel Club

The CHEER Travel Club recently returned from an unforgettable journey to Nashville, Tennessee, August 23-29, 2026, enjoying a week filled with music, history, sightseeing, and southern hospitality. Travelers began their adventure with a stop at the East Tennessee History Center in Knoxville before arriving in Music City. While in Nashville, the group enjoyed a guided tour of downtown Nashville and Centennial Park, along with visits to some of the city's most celebrated attractions, including the Grand Ole Opry Tour and Show, Country Music Hall of Fame and Museum, Madame Tussauds Wax Museum, the magnificent Gaylord Opryland Resort, the historic Ryman Auditorium, and the legendary Tootsie's Orchid Lounge. One of the most meaningful experiences was visiting a special memorial tribute honoring country music icon Dolly Parton at the Country Music Hall of Fame.







Travelers also explored exhibits highlighting her remarkable career, stage costumes, and the impact of her beloved Imagination Library included a guided tour of the historic Belle Meade Mansion and Winery and an entertaining evening at the Nashville Dinner Theater, where talented performers delighted the audience with memorable musical tributes, including a crowd-pleasing Elvis Presley impersonation. From world-famous music venues and fascinating museums to outstanding performances and lasting friendships, the Nashville adventure provided CHEER travelers with wonderful memories and experiences that will be cherished for years to come.





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



Expert breast care, close to home.

From routine screenings to diagnosis, treatment and recovery, TidalHealth offers comprehensive breast care close to home.

Our breast health team provides screening and diagnostic services, along with specialized surgical care for cancerous and noncancerous breast conditions.

Whether you need a mammogram, additional testing, a second opinion or surgery, you'll have access to the expertise and support you need at every step.

Learn more at tidalhealth.org/breast-surgery

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