

**CHEER Coastal Leisure Center**  
**JULY 2024**



**30637 Cedar Neck Road**  
**Ocean View, DE 19970**

Mon	Tue	Wed	Thu	Fri
<p>1 8-4:30 Fitness/Puzz 9 <i>Yoga w/Susan, \$5</i> 9:15 <i>Corn Hole, in our Parking Lot</i> 9:30 <i>Walking Club</i> 11 <i>Mahjongg</i> 11-12 <i>Mark G on Piano!</i> 11:30 Lunch, \$ donation 12:15 <i>Quilting Club/Local Shopping</i></p>	<p>2 8-4:30 Fitness/ Puzzl 8:30 <i>Chair Yoga w/Lori, \$5</i> 8:30-10:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$ donation 11:30 <i>MJ / Dominoes</i> 12:15 <i>Pinochle</i> 1 <i>Neurographic Art, Barb!</i> <i>Anyone can do it...</i></p>	<p>3 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2</i> 10 <i>Bocce at John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation / Nutrition Educ, Zoom 12 <i>Poker</i> 12:15 <i>Knitting / Crocheting</i></p>	<p>4 <b>WE ARE CLOSED TODAY IN CELEBRATION!</b></p> 	<p>5 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:30 (tent.) <i>Local Garden Stroll / Shaka Shack</i> 10:45 <i>Memory Café</i> 11:30 Lunch, \$ donation and <i>Music Memories with Dan!</i> 11:30 <i>Mex Train Dom's</i> 12 <i>Poker / Mahjongg</i></p>
<p>8 8-4:30 Fitness/Puzz 9 <i>Yoga w/Susan, \$5</i> 9:15 <i>Corn Hole, P. Lot</i> 9:30 <i>Walking Club</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$ donation 12 <i>Membership Mtg</i> 12:15 <i>Quilting Club/Local Shopping</i></p>	<p>9 8-4:30 Fitness/Puzzles 8:30 <i>Chair Yoga w/Lori, \$5</i> 8:30-10:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$ donation 11:30 <i>MJ/Dominoes</i> 12:15 <i>Pinochle</i> 12 <i>Art Journaling w/Lilly!</i></p>	<p>10 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2</i> 10 <i>Bocce at John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation 12 <i>Poker</i> 12:15 <i>Knitting/Crocheting</i></p>	<p>11 8-4:30 Fitness/Puzzles 8:30-10:30 <i>Pickleball</i> 9 <i>Dolphin Watching Cruise w/Cape Water Tours &amp; Taxi, \$25! Thompson Island, lunch</i> 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i></p>	<p>12 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:30 <i>Walmart Super Center &amp; Rayne's Reef Soda Fountain, Berlin</i> 10:45 <i>Memory Café</i> 11:30 Lunch, \$ donation and <i>Music Memories!</i> 11:30 <i>Mex Train Dom's</i> 12 <i>Poker/Mahjongg</i></p>
<p>15 8-4:30 Fitness/Jigsaw Puzzles 9 <i>Yoga w/Susan, \$5</i> 9:15 <i>Corn Hole, P. Lot</i> 9:30 <i>Walking Club</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$ donation 12:15 <i>Quilting Club/Local Shopping</i></p>	<p>16 8-4:30 Fitness/Puzzles 8:30 <i>Chair Yoga w/Lori, \$5</i> 8:30-10:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$donation 11:30 <i>Mahjongg / Dom's</i> 12 <i>Water Color with Dan!</i> 12:15 <i>Pinochle</i></p>	<p>17 8-4:30 Fitness/Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2</i> 10 <i>Bocce at John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation 12 <i>Poker</i> 12:15 <i>Knitting / Crocheting</i> 1 <i>Parkinson's Support Grp</i></p>	<p>18 8-4:30 Fitness/Puzzles 8:30-10:30 <i>Pickleball</i> 9:30 <i>Tiki Good Vibes Cruise, Dewey Beach, \$45— includes lunch and a T-Shirt! 2 hour boat ride...</i> 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i> 1 <i>Alz. Caregiver Support</i></p>	<p>19 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:30 (tent.) <i>Center for Inland Bays Center Tour/Talk and 38 Degrees in Selbyville for lunch</i> 10:30 <i>Memory Cafe</i> 11:30 Lunch, \$ donation 11:30 <i>Mex Train Dom's</i> 12 <i>Poker/Mahjongg</i></p>

**CHEER Coastal Leisure Center**  
**JULY 2024**



**Phone: 302.539.2671**  
**Email: ygallego@cheerde.com**

Mon	Tue	Wed	Thu	Fri
<p>22            8-4:30 Fitness/Puzzles            9 <i>Yoga w/Susan, \$5</i>            9:15 <i>Corn Hole, in P. Lot</i>            9:30 <i>Walking Club</i>            11 <i>Mahjongg</i>            11:15-12:15 <i>Country Music w/ Greg and Teresa Watson</i>            11:30 Lunch, \$ donation            12:15 <i>Quilting Club/Local Shopping</i></p>	<p>23            8-4:30 Fitness/Puzzles            8:30 <i>Chair Yoga w/Lori, \$5</i>            8:30-10:30 <i>Pickleball</i>            9:30 <i>Hand and Foot</i>            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 <i>Sit and Fit</i>            11:30 Lunch, \$ donation            11:30 <i>Mahjongg/Mexican Train Dominoes</i>            12 <i>Art Journaling w/Lilly!</i>            12:15 <i>Pinochle</i></p>	<p>24            8-4:30 Fitness/Jigsaw Puzzles            9 <i>Yoga w/Susan, \$5</i>            9-10 <i>Breakfast, \$2</i>            10 <i>Bocce at John West Park</i>            10-2 <i>Bingo, \$3 don.</i>            11:30 Lunch, \$ donation            12 <i>Poker</i>            12:15 <i>Knitting/Crocheting</i></p>	<p>25            8-4:30 Fitness/Jigsaw Puzzles            8:45 <i>DE State Fair - FREE for 60+! Wear cool, light comfortable clothes, etc. Bring \$ for lunch there...</i>            8:30-10:30 <i>Pickleball</i>            10 <i>Chair Yoga w/Lori, \$5</i>            11:30 Lunch, \$ donation            12:15 <i>Hand and Foot</i></p>	<p>26            8-4:30 Fitness/Puzzles            9:30 <i>Tai Chi w/Ellen, \$5</i>            9:30 <i>Teen Challenge and Abbott's on Broad Creek, Seaford</i>            10:30—11:30 <i>Memory Café with Christy S.</i>            11:30 Lunch, \$ donation            11:30 <i>Mex Train Dom's</i>            12 <i>Poker/Mahjongg</i></p>
<p>29            8-4:30 Fitness/Jigsaw Puzzles            9 <i>Yoga w/Susan, \$5</i>            9:15 <i>Corn Hole, P. Lot</i>            9:30 <i>Walking Club</i>            11 <i>Mahjongg</i>            11:30 Lunch, \$ donation            12:15 <i>Quilting Club / Local Shopping</i>            1-3 <i>Stand By Me w/Kathleen - call 302 685-2586 for appt.</i></p>	<p>30            8-4:30 Fitness/Puzzles            8:30 <i>Chair Yoga w/Lori, \$5</i>            8:30-10:30 <i>Pickleball</i>            9:30 <i>Hand and Foot</i>            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 <i>Sit and Fit</i>            11:30 Lunch, \$ donation            11:30 <i>Mahjongg/Mexican Train Dominoes</i>            12 <i>Water Color with Dan!</i>            12:15 <i>Pinochle</i>            5 <i>Dinner and Beachy Night Bingo! \$6/\$8</i></p>	<p>31            8-4:30 Fitness/Jigsaw Puzzles            9 <i>Yoga w/Susan, \$5</i>            9-10 <i>Breakfast, \$2</i>            10 <i>Bocce at John West Park</i>            10-2 <i>Bingo, \$3 don.</i>            11:30 Lunch, \$ donation            Celebrate July Birthdays Today!            12 <i>Poker</i>            12:15 <i>Knitting/Crocheting</i></p>		<p><i>Beacons Across The Water - August</i></p>