


CHEER Coastal Leisure Center
SEPTEMBER 2024



30637 Cedar Neck Road
Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
<p>2</p>  <p>Center is CLOSED Today!</p>	<p>3</p> <p>8-4:30 Fitness/ Puzzles+</p> <p>8:30-10:30 Pickleball</p> <p>9:30 Hand and Foot</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10:30 Sit and Fit</p> <p>11:30 Lunch, \$ donation</p> <p>11:30 Mahjongg/ominoes</p> <p>12:15 Pinochle</p>	<p>4</p> <p>8-4:30 Fitness / Puzzles+</p> <p>9 Yoga w/Susan, \$5</p> <p>9-10 Breakfast, \$2</p> <p>9:30 Bocce at John West Park</p> <p>10-2 Bingo, \$3 don.</p> <p>11:30 Lunch, \$ donation</p> <p>12 Poker</p> <p>12:15 Knitting / Crocheting</p>	<p>5</p> <p>8-4:30 Fitness/Puzzles</p> <p>8:30-10:30 Pickleball</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10:30 Beckett's Bulletin, Z</p> <p>11ish Parson's Mkt - shopping/lunch-Agape C.</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Hand and Foot</p> <p>1 Alz. Caregiver Support</p>	<p>6 Trap Pond Fall Festival</p> <p>Bus Leaves OV CHEER at 9 a.m.</p> <p>Bring your Ticket</p> <p>All Centers are CLOSED Today!</p>
<p>9</p> <p>8-4:30 Fitness/Puzzles</p> <p>9 Yoga w/Susan, \$5</p> <p>9:15 Corn Hole, P. Lot</p> <p>9:30 Walking Club</p> <p>11 Mahjongg</p> <p>11 Joyful Living—new grp</p> <p>11:30 Lunch, \$ donation</p> <p>12 Membership Mtg</p> <p>12:15 Quilting Club / Local Shopping</p>	<p>10</p> <p>8-4:30 Fitness/ Puzzles</p> <p>8:30-10:30 Pickleball</p> <p>9:30 Hand and Foot</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10:30 Sit and Fit</p> <p>11:15 Lisa Miller Performs</p> <p>11:30 Lunch, \$ donation</p> <p>11:30 MJ / Dominoes</p> <p>12:15 Pinochle and Neurographic Art Returns</p>	<p>11</p> <p>8-4:30 Fitness / Puzzles+</p> <p>9 Yoga w/Susan, \$5</p> <p>9-10 Breakfast, \$2</p> <p>9:30 Bocce, John West Park</p> <p>10-2 Bingo, \$3 don.</p> <p>11:30 Lunch, \$ donation</p> <p>11:45 Nutrition Educ. w/Lisa</p> <p>12 Poker</p> <p>12:15 Knitting / Crocheting</p> <p>2:30 T Zone Play Practice</p>	<p>12</p> <p>8-4:30 Fitness/Puzzles</p> <p>8:30-10:30 Pickleball</p> <p>10 Choptank Riverboat Luncheon Cruise, Hurlock MD, \$56! Pay at sign up!</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Hand and Foot</p>	<p>13</p> <p>8-4:30 Fitness/Puzzles</p> <p>9:30 Tai Chi w/Ellen, \$5</p> <p>9:30 PAM Rehab Tour/Talk. Lunch on them! Limit 15</p> <p>10:30 Memory Café</p> <p>11:30 Lunch, \$ donation and Music Memories!</p> <p>11:30 Mex Train Dom's</p> <p>12 Poker / Mahjongg</p>
<p>16</p> <p>8-4:30 Fitness Rm /Jigsaw Puzzles+</p> <p>9 Yoga w/Susan, \$5</p> <p>9:15 Corn Hole, P. Lot</p> <p>9:30 Walking Club</p> <p>11 Mahjongg</p> <p>11:30 Lunch, \$ donation</p> <p>12:15 Quilting Club/Local Shopping</p>	<p>17</p> <p>8-4:30 Fitness/Puzzles+</p> <p>8:30-10:30 Pickleball</p> <p>9:30 Hand and Foot</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>10:30 Sit and Fit</p> <p>11:30 Lunch, \$donation</p> <p>11:30 Mahjongg / Dom's</p> <p>12:15 Pinochle</p> <p>12:30 Matter of Balance</p>	<p>18</p> <p>8-4:30 Fitness/Puzzles+</p> <p>9 Yoga w/Susan, \$5</p> <p>9-10 Breakfast, \$2</p> <p>9:30 Bocce, John West Park</p> <p>10-2 Bingo, \$3 don.</p> <p>11:30 Lunch, \$ donation</p> <p>12 Poker</p> <p>12:15 Knitting / Crocheting</p> <p>1 Parkinson's Support Grp</p> <p>2:30 T Zone Play Practice</p>	<p>19</p> <p>8-4:30 Fitness/Puzzles</p> <p>8:30-10:30 Pickleball</p> <p>9:45 Annual Ferry Ride! \$14.50 all inclusive, round trip. Pay at sign up</p> <p>10 Chair Yoga w/Lori, \$5</p> <p>11:30 Lunch, \$ donation and Nutrition Talk, Zoom</p> <p>12:15 Hand and Foot</p> <p>1 Alz. Caregiver Support</p>	<p>20</p> <p>8-4:30 Fitness/Puzzles</p> <p>9:30 Tai Chi w/Ellen, \$5</p> <p>9:30 Byler's in Dover, Group choice for lunch</p> <p>10:30 Memory Cafe</p> <p>11:30 Lunch, \$ donation</p> <p>11:45 Celebrate Int'l Day of Peace, 9/21!</p> <p>11:30 Mex Train Dom's</p> <p>12 Poker / Mahjongg</p>

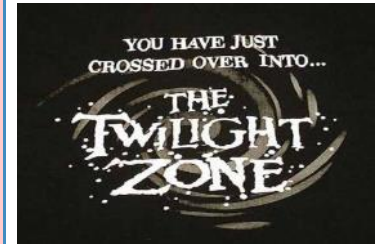
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Phone: 302.539.2671
Email: ygallego@cheerde.com

Mon	Tue	Wed	Thu	Fri
<p>23 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 9:15 Corn Hole, in P. Lot 9:30 Walking Club 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Local Shopping 1-3 Stand By Me with Kathleen R—call 302 685-2586 for appt.</p>	<p>24 8-4:30 Fitness/Puzzles 8:30-10:30 Pickleball 9:30 Hand and Foot 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg / Mexican Train Dominoes 11:45 <i>Falls Prevention and Risk Assess. w/Phoenix PT!</i> 12:15 Pinochle 12:30 Matter of Balance 4-6 Robin & the Hoods PL Concert! Dinner In, after, \$</p>	<p>25 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 Breakfast, \$2 9:30 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation and Celebrate Sept. B'days 11:45 Nat'l Women's Health & Fitness Day! 12 Poker 12:15 Knitting/Crocheting 2:30 T Zone Play Practice</p>	<p>26 8-4:30 Fitness / Jigsaw Puzzles+ 8:30-10:30 Pickleball 9:45 Ocean View Florals Garden Tour tent., Group Lunch Choice afterwards 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>27 8-4:30 Fitness/Puzzles 9:15 Coastal Kayak Trip + Picnic Lunch, \$30 / \$3.50. Pay \$30 at sign up 9:30 <i>Tai Chi w/Ellen, \$5</i> 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>

30
 8-4:30 Fitness / Jigsaw Puzzles
 9 *Yoga w/Susan, \$5*
 9:15 **Corn Hole, P. Lot**
 9:30 **Walking Club**
 11 **Mahjongg**
 11:30 Lunch, \$ donation
 12:15 **Quilting Club / Local Shopping**



Rehearsals for the next **Twilight Zone Play** Begin Wed. 11th!
 see Murry or Yolanda if interested ...