CHEER Coastal Leisure Center NOVEMBER 2024



30637 Cedar Neck Road Ocean View, DE 19970

Mon	Tue	Wed	Thu	Fri
Autum Blegsings		Gratitude TURNS WHAT WE HAVE INTO ENOUGH	VETERANS DINNER DANCE Fri. 8th, 5-9 p.m. CHEER Community Ctr FREE to Veterans \$10 all others OV Bus leaves at 4 p.m.	1 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10:30 The Backyard and The Brimming Horn Meadery, Milton 10:30 Memory Café 11:30 Lunch, \$ donation and <i>Music Memories!</i> 11:30 Mex Train Dom's 12 Poker / Mahjongg
4 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 Corn Hole, P. Lot 10 Walking Club 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Local Shopping	5 8-4:30 Fitness/ Puzzles 9:30-11:30 Pickleball 9:30 Hand and Foot 9:30 Bus to Vote locally! 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 MJ / Dominoes 12:15 Pinochle 12:30 Matter of Balance	6 8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation / Nutrition Educ., Lisa H., Z 12 Poker 12:15 Knitting / Crocheting	7 8-4:30 Fitness/Puzzles 9:30-11:30 Pickleball 9:45 <i>Chair Yoga w/Lori, \$5</i> 10:30 Beckett's Bulletin, Z 11 Chinatown Buffet & Grill/Marshall's, RB 11:30 Lunch, \$ donation 12:15 Hand and Foot	8 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10:30 Memory Café 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg CENTER CLOSING AT 4! 4 Veterans Dinner Dance, G'town, see Yolanda for tickets—Vets Free/\$10
11 8-4:30 Fitness/Puzzle 9 Yoga w/Susan, \$5 9-3 HM Mobile Dental 10 Corn Hole, P. Lot 10 Walking Club 11 Mahjongg 11 Joyful Living Disc Grp 11:30 Lunch, \$/M'ship 12:15 Quilting Club / Local Shopping	12 8-4:30 Fitness/Puzzles+ 9:30-11:30 Pickleball 9:30 Hand and Foot 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 Sit and Fit 11:30 Lunch, \$ donation / <i>Gratitude</i> 11:30 Mahjongg / Dom's 12:15 Pinochle	 13 8-4:30 Fitness/Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$/Care Patrol w/Karen "Healthy Living" 12 Poker 12:15 Knitting / Crocheting 1 Parkinson's Support Grp 	14 8-4:30 Fitness/Puzzles 9:30-11:30 Pickleball 9:45 The Shops of Berlin & Lunch on your own 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot 1 Alzheimers Caregiver Support	15 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10 Relaxing Nature Drive through Cape Henlopen State Park, Big Oyster, Lewes 10:30 Memory Cafe 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg

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Phone: 302.539.2671 Email: ygallego@cheerde.com

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18 8-4:30 Fitness / Puzzles 9 Yoga w/Susan, \$5 10 Corn Hole, in P. Lot 10 Walking Club 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Local Shopping	19 8-4:30 Fitness/Puzzles 9:30-11:30 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 / Dominoes 12:15 Pinochle 4 Richie & Guy Performing & Dinner! \$8 Members and \$10 Guests	20 8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation 11:45 Hospice 101 w/Kayla of DE Hospice 12 Poker 12:15 Knitting/Crocheting	21 8-4:30 Fitness / Jigsaw Puzzles+ 9:30-11:30 Pickleball 9:30 Byler's and Pat's Pizza, Dover 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot	22 4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:45 Rehoboth Art League Tour and Mission BBQ 10:30 - 11:30 Memory Café w/Christy S. 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg
25 8-4:30 Fitness/Jigsaw Puzzles 9 Yoga w/Susan, \$5 10 Corn Hole, P. Lot 10 Walking Club 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Local Shopping 1-3 Stand By Me w/ Kathleen - call 302 685- 2586 for appt.	26 We are CLOSED Today! HOLIDAY FEAST 10 A.M 2 P.M. CHEER Community Center \$6 Seniors \$8 under 60 Bus leaves at 9 a.m.	27 8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10 Bocce, John West Park 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation and Celebrate November Birthdays 12 Poker 12:15 Knitting/Crocheting	28 29 We are CLOSED Thursday and Friday!	

