



Mon	Tue	Wed	Thu	Fri
	<p align="center">Winter Wonders!</p> <p align="center"><i>New Year's Eve Party 11 a.m. - 12:30 p.m., 31st w/Richie & Guy! Ring in the New Year at 12 Noon!!!</i></p>	<p align="center">1 <i>Closed Today</i></p> 	<p align="center">2</p> <p>8-4:30 Fitness/Puzzles 10 <i>Chair Yoga w/Lori, \$5</i> 10:15 Gallery One and Ocean View Brewery 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i> 1 <i>Alz. Caregiver Support</i></p>	<p align="center">3</p> <p>8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:30 <i>Boscov's and Pat's Select Pizza/Grill, Dover</i> 10:30 <i>Memory Café</i> 11:30 Lunch, \$ donation 11:30 <i>Mex Train Dom's</i> 12 <i>Poker / Mahjongg</i></p>
<p>6 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 <i>Walking Club</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$ donation 12:15 <i>Quilting Club/ Local Shopping</i></p>	<p>7 8-4:30 Fitness/ Puzzles 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>MahJjongg and Mex. Train Dominoes</i> 12:15 <i>Pinochle</i></p>	<p>8 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2.50</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation 12 <i>Poker</i> 12:15 <i>Knitting / Crocheting</i></p>	<p>9 8-4:30 Fitness/Puzzles 10 <i>Chair Yoga w/Lori, \$5</i> 10:15 <i>ACTS Thrift Store (cash only), Porto's Pizza, Dagsboro</i> 11-11:30 <i>Sound Healing!</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i></p>	<p>10 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:30 <i>Fort Miles-Discovery Battery 519 Tour, \$6, and Iron Hill Brewery</i> 10:30 <i>Memory Café</i> 11:30 Lunch, \$ donation 11:30 <i>Mex Train Dom's</i> 12 <i>Poker/Mahjongg</i></p>
<p>13 8-4:30 Fitness/Puzzle 9 <i>Yoga w/Susan, \$5</i> 10 <i>Walking Club</i> 10:45 <i>Joyful Living Discussion Group w/Life Coach Andrew S.</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$/M'ship 12:15 <i>Quilting Club/ Local Shopping</i></p>	<p>14 8-4:30 Fitness/Puzzles 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 11:45 <i>Fire Safety & Prevention w/Bobby R.</i> 11:30 <i>Mahjongg/Dom's</i> 12:15 <i>Pinochle</i></p>	<p>15 8-4:30 Fitness/Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2.50</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ 12 <i>Poker</i> 12:15 <i>Knitting/Crocheting</i> 1 <i>Parkinson's Support Grp</i></p>	<p>16 8-4:30 Fitness/Puzzles 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Lefty's Alley & Eats for Bowling, Games and Lunch!</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i> 1 <i>Alz. Caregiver Support</i></p>	<p>17 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 9:45 <i>CHSP 'Winter Wonders' Talk w/Natur. Kathleen, \$5, and Bethany Blues</i> 10:30 <i>Memory Café</i> 11:30 <i>Music Memories</i> 11:30 Lunch, \$ donation 11:30 <i>Mex Train Dom's</i> 12 <i>Poker / Mahjongg</i></p>

CHEER Coastal Leisure Center
JANUARY 2025



Phone: 302.539.2671
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Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>Dr. MLK, Jr. Day! We are Closed Today</p> 	<p>21</p> <p>8-4:30 Fitness/Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg / Dominoes 12-1:30 Aroma Therapy Workshop by Michael Schaber, \$10 12:15 Pinochle</p>	<p>22</p> <p>8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation 11:45-12:30 Scam Prevention w/Admin. Sgt. Russell Carter, OVPD 12 Poker 12:30 Knitting / Crocheting</p>	<p>23</p> <p>8-4:30 Fitness / Jigsaw Puzzles+ 9:30 Super Walmart in Berlin, MD and Waterman's Restaurant 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>24</p> <p>4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 9:30 Walt Koopman's Military/Car Museum and Irish Eyes, Milton (tentative) 10:30—11:30 Memory Café with Christy S. 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>
<p>27</p> <p>8-4:30 Fitness/Jigsaw Puzzles 9 Yoga w/Susan, \$5 10 Walking Club 11 Mahjongg 11:30 Lunch, \$ donation 11:45 Stand By Me 12:15 Quilting Club/ Local Shopping 1 Stand By Me w/Janet H., 302 721-5018 for appointment</p>	<p>28</p> <p>8-4:30 Fitness/Puzzles 9:30 Hand and Foot 10 Chair Yoga w/Lori, \$5 10:30 Sit and Fit 11:30 Lunch, \$ donation 11:30 Mahjongg/ Dominoes 12:15 Pinochle 4 MIND MYSTERIES WITH DAN GAFFNEY/SPAGHETTI DINNER!! \$15 M/\$20 GUESTS PAY AT SIGN UP PLEASE</p>	<p>29</p> <p>8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10-2 Bingo, \$3 don. 11:30 Lunch, \$ donation 12 Poker 12:15 Knitting/Crocheting</p>	<p>30</p> <p>8-4:30 Fitness/Jigsaw Puzzles+ 10 Clear Space Theatre for 'Dial M for Murder', \$30, and China Buffet! 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12:15 Hand and Foot</p>	<p>31</p> <p>4:30 Fitness/Puzzles 9:30 Tai Chi w/Ellen, \$5 10:30 - 11:30 Memory Café w/Christy S. 11:15 Salted Rim and various locations for the Fire & Ice Festival "A Weekend for the Books" 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>



Over 50 Years Serving Sussex Seniors