


**CHEER Coastal Leisure Center**  
**FEBRUARY 2025**



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

Mon	Tue	Wed	Thu	Fri
<p>3            8-4:30 Fitness/Puzzles            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            11 Mahjongg            11:30 Lunch, \$ donation            12:15 Quilting Club / Local Shopping</p>	<p>4            8-4:30 Fitness/ Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:30 Lunch, \$ donation            11:30 MahJjongg and Mex. Train Dominoes            12:15 Pinochle</p>	<p>5 8-4:30 Fitness / Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10-11:30 Bingo, \$1.50 don.            11:30 Lunch, \$ donation            12 BHM Film/Discussion with Murry Gatling            12 Poker            12:15 Knitting / Crocheting</p>	<p>6            8-4:30 Fitness/Puzzles            9:30 <i>Boscov's and The Candied Yam, Salisbury</i>            10 <i>Chair Yoga w/Lori, \$5</i>            11:30 Lunch, \$ donation            12:15 Hand and Foot            1 Alz. Caregiver Support</p>	<p>7            8-4:30 Fitness/Puzzles            9:30 <i>Tai Chi w/Ellen, \$5</i>            9:30 Biggs Museum (1st Fri. FREE) / Aunt Mary's Soul Food Rest., Dover            10:30 Memory Café            11:30 Lunch, \$ donation            11:30 Mex Train Dom's            12 Poker / Mahjongg</p>
<p>10            8-4:30 Fitness/Puzzles            9 <i>Yoga w/Susan, \$5</i>            10 Walking Club            10:45 Joyful Living Disc. Grp with Andrew S.            11 Mahjongg            11:30 Lunch, \$ donation            12:15 Quilting Club / Local Shopping</p>	<p>11 8-4:30 Fitness/ Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:30 Lunch, \$ donation            11:45 Pam Rehab Talk with Heart Health!            11:30 MahJjongg and Mex. Train Dominoes            12:15 Pinochle</p>	<p>12            8-4:30 Fitness / Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10-2 Bingo, \$3 don.            11:30 Lunch, \$ donation            12 Poker            12:15 Knitting / Crocheting</p>	<p>13            8-4:30 Fitness/Puzzles            10 <i>Chair Yoga w/Lori, \$5</i>            10:15 <i>The Mercantile at Milton and Sisters</i>  <i>Caribbean Restaurant in Milford</i>            11:30 Lunch, \$ donation            12:15 Hand and Foot</p>	<p>14             8-4:30 Fitness/Puzzles            9:30 <i>Tai Chi w/Ellen, \$5</i>            10:30 Memory Café            11 <i>Victoria's for Friends Valentines Luncheon</i>            11:30 Lunch, \$ donation            11:30 Mex Train Dom's            12 Poker / Mahjongg</p>
<p>17 We are CLOSED Today</p> 	<p>18 8-4:30 Fitness/Puzzles            9:30 Hand and Foot            10 <i>Chair Yoga w/Lori, \$5</i>            10:30 Sit and Fit            11:15 <i>Suzette Pritchett Entertains us over lunch!</i>            11:30 Lunch, \$ donation            11:30 Mahjongg / Dom's            12:15 Pinochle  <i>Center Closing at 4pm today</i></p>	<p>19            8-4:30 Fitness/Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10-2 Bingo, \$3 don.            11:30 Lunch, \$            12 Poker            12:15 Knitting / Crocheting            1 Parkinson's Support Grp</p>	<p>20            8-4:30 Fitness/Puzzles            10 <i>Chair Yoga w/Lori, \$5</i>            9:15 <i>Lewes Hist. Society "Voices Heard" step on/off, 90 min. Tour on our bus with movie, \$15</i>            11:30 Lunch, \$ donation            12:15 Hand and Foot            1 Alz. Caregiver Support</p>	<p>21 8-4:30 Fitness/Puzzles            9:30 <i>Harriet Tubman Underground Railroad NHP, Church Creek, MD, lunch in Seaford</i>            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</p>

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Mon	Tue	Wed	Thu	Fri
<p>24 8-4:30 Fitness / Jigsaw Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 <b>Walking Club</b> 11 <b>Mahjongg</b> 11:30 Lunch, \$ donation 11:45 <b>Stand By Me</b> 12:15 <b>Quilting Club) / Local Shopping</b></p>	<p>25 8-4:30 Fitness/Puzzles 9:30 <b>Hand and Foot</b> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <b>Sit and Fit</b> 11:30 Lunch, \$ donation 11:30 <b>Mahjongg / Dominoes</b> 12:15 <b>Pinochle</b> 4 <b>RHYTHM TEC PERFORMS FOLLOWED BY DINNER!</b> <i>\$8 Members / \$12 Guests</i></p>	<p>26 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 Breakfast, \$2.50 10-2 <b>Bingo, \$3 don.</b> 11:30 Lunch, \$ donation <i>Celebrate our February Birthdays!</i> 12 <b>Poker</b> 12:30 <b>Knitting / Crocheting</b></p>	<p>27 8-4:30 Fitness / Jigsaw Puzzles+ 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12 noonish <b>Salted Rim</b> then South Coastal Library for "The Life and Music of Nat King Cole" with Notes on the Beach, 3—4 p.m.! 12:15 Hand and Foot</p>	<p>28 <b>Leave OV 9 a.m.</b> <b>Black History Month Celebration!</b> <b>Georgetown Comm Ctr 10 a.m. —2 p.m.</b> <b>Live Entertainment by Positively Toni Marie Lunch, etc.</b> <b>Tickets \$6 over 60, \$8 under</b> <b>All Centers are CLOSED Today!</b></p>

