

**CHEER Coastal Leisure Center**  
**APRIL 2025**





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

Mon	Tue	Wed	Thu	Fri
<p><i>"The earth laughs in flowers."</i>  <i>-Ralph Waldo Emerson</i></p> 	<p><b>1</b>  8-4:30 Fitness/ Puzzles  9:30 Hand and Foot  10 Chair Yoga w/Lori, \$5  10 Pickleball  10:30 Sit and Fit  11:30 Mark Gratton on Piano over Lunch!  11:30 Lunch, \$ donation  11:30 Mahjonn and Mex. Train Dominoes  12:15 Pinochle</p>	<p><b>2</b>  8-4:30 Fitness / Puzzles+  9 Yoga w/Susan, \$5  9-10 Breakfast, \$2.50  10 Bocce at John West Park  10-2 Bingo, \$3 donation  11:30 Lunch, \$ donation  12 Poker  12:15 Knitting / Crocheting</p>	<p><b>3</b>  8-4:30 Fitness/Puzzles  9:15 Voices Heard Ride On/ Off Lewes History Tour, \$15 and Big Oyster  10 Chair Yoga w/Lori, \$5  10 Pickleball  11:30 Lunch, \$ donation  12:15 Hand and Foot  1 Matter of Balance Class  1 Alz. Caregiver Support</p>	<p><b>4</b>  8-4:30 Fitness/Puzzles  9:30 Tai Chi w/Ellen, \$5  9:30 Museum of Eastern Shore Culture and Group Choice for Lunch  10:30 Memory Café  11:30 Lunch, \$ donation  11:30 Mex Train Dom's  12 Poker / Drop In Mahjonn</p>
<p><b>7</b>  8-4:30 Fitness/Puzzle  9 Yoga w/Susan, \$5  9:15 Corn Hole  10 Walking Club  11 Food for Thought  11:30 Lunch, \$ donation  12 Mahjonn  12:15 Quilting Club / Local Shopping+</p>	<p><b>8</b>  8-4:30 Fitness/ Puzzles  9:30 Hand and Foot  10 Chair Yoga w/Lori, \$5  10 Pickleball  10:30 Sit and Fit  11:30 Lunch, \$ donation / Safety w/Erin of PAM  11:30 Mahjonn and Mex. Train Dominoes  12:15 Pinochle</p>	<p><b>9</b>  8-4:30 Fitness / Puzzles+  9 Yoga w/Susan, \$5  9-10 Breakfast, \$2.50  10 Bocce at John West Park  10-2 Bingo, \$3 donation  11:30 Lunch, \$ donation  12 Poker  12:15 Knitting/Crocheting</p>	<p><b>10</b>  8-4:30 Fitness/Puzzles  9:30 Lewes in Bloom Driving Tour and Irish Eyes  10 Chair Yoga w/Lori, \$5  10 Pickleball  11:30 Lunch, \$ donation  12:15 Hand and Foot  1 Matter of Balance Class</p>	<p><b>11</b>  8-4:30 Fitness/Puzzles  9:30 Tai Chi w/Ellen, \$5  9:30 Eggcellent for Breakfast and The Brush Factory, Lewes  10:30 Memory Café  11:30 Lunch, \$ donation  11:30 Mex Train Dom's  12 Poker/Drop In Mahjonn</p>
<p><b>14</b>  8-4:30 Fitness/Puzzle  9 Yoga w/Susan, \$5  9:15 Corn Hole  10 Walking Club  10:45 Joyful Living Disc. Grp w/Andrew S.  11:30 Lunch, \$ donation  12 M'ship Mtg / MJ  2:15 Quilting Club/Local Shopping+</p>	<p><b>15</b>  8-4:30 Fitness/Puzzles  9:30 Hand and Foot  10 Chair Yoga w/Lori, \$5  10 Pickleball  10:30 Sit and Fit  11:30 Lunch, \$ donation  11:30 Mahjonn and Mexican Train Dominoes  12:15 Pinochle</p>	<p><b>16</b>  8-4:30 Fitness/Puzzles+  9 Yoga w/Susan, \$5  9-10 Breakfast, \$2.50  10 Bocce at John West Park  10-2 Bingo, \$3 donation  11:30 Lunch, \$  12 Poker  12:15 Knitting / Crocheting  1 Parkinson's Support Grp</p>	<p><b>17</b>  8-4:30 Fitness/Puzzles  9:30 Walt K's Private Coll. Antique Car/Military Museum, Westside R., MF  10 Chair Yoga w/Lori, \$5  10 Pickleball  11:30 Lunch, \$ donation  12:15 Hand and Foot  1 Matter of Balance Class  1 Alz. Caregiver Support</p>	<p><b>19</b>  <b>Closed for Good Friday.</b></p> 

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

Mon	Tue	Wed	Thu	Fri
<p>21            8-4:30 Fitness / Jigsaw Puzzles            9 <i>Yoga w/Susan, \$5</i>            9:15 <b>Corn Hole</b>            10 <b>Walking Club</b>            11 <b>Food for Thought w/ Joan R.</b>            11:30 Lunch, \$ donation            12 <b>Mahjongg</b>            12:15 <b>Quilting Club / Local Shopping+</b></p>	<p>22            8-4:30 Fitness/Puzzles            9:30 <b>Hand and Foot</b>            9:30 <b>Shorebirds B'ball Game and Lunch, \$13</b>            10 <b>Chair Yoga w/Lori, \$5</b>            10:30 <b>Sit and Fit</b>            11:30 Lunch, \$ donation            11:30 <b>Mahjongg / Mex. Train Dominoes</b>            12:15 <b>Pinochle</b></p> 	<p>23            8-4:30 Fitness / Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10 <b>Bocce at John West Park</b>            10-2 <b>Bingo, \$3 donation</b>            11:30 Lunch, \$ donation            12 <b>Poker</b>            12:15 <b>Knitting / Crocheting</b></p>	<p>24            8-4:30 Fitness / Jigsaw Puzzles+            9:30 <b>NO Trip today, see Tuesday 22nd instead!</b>            10 <b>Chair Yoga w/Lori, \$5</b>            10 <b>Pickleball</b>            11:30 Lunch, \$ donation            12 12:15 <b>Hand and Foot</b>            1 <b>Matter of Balance Class</b></p>	<p>25            8-4:30 Fitness/Puzzles            9 <b>Harriet Tubman UGRR Visitor Ctr, Church Creek MD, Lunch in Seaford on way home</b>            9:30 <b>Tai Chi w/Ellen, \$5</b>            10:30 <b>Memory Café</b>            11:30 Lunch, \$ donation            11:30 <b>Mex Train Dom's</b>            12 <b>Poker / Drop In Mahjongg</b></p>
<p>28            8-4:30 Fitness/Puzzles            9 <i>Yoga w/Susan, \$5</i>            9:15 <b>Corn Hole</b>            10 <b>Walking Club</b>            11 <b>Food for Thought w/ Joan R.</b>            11:30 Lunch, \$ donation            11:45 <b>Stand By Me Talk</b>            12 <b>Mahjongg</b>            12:15 <b>Quilting Club / Local Shopping+</b></p>	<p>29            8-4:30 Fitness/Puzzles            9:30 <b>Hand and Foot</b>            10 <b>Chair Yoga w/Lori, \$5</b>            10:30 <b>Sit and Fit</b>            11:30 Lunch, \$ donation            11:30 <b>Mahjongg / Mex. Train Dominoes</b>            12:15 <b>Pinochle</b>            2 <b>Parking Lot Concert with Richie &amp; Guy!!!</b>  <b>Bring a Chair, Appetizers Afterwards—\$ donation</b></p>	<p>30            8-4:30 Fitness / Puzzles+            9 <i>Yoga w/Susan, \$5</i>            9-10 Breakfast, \$2.50            10 <b>Bocce at John West Park</b>            10-2 <b>Bingo, \$3 donation</b>            11:30 Lunch, \$ donation  <i>Celebrate our APRIL Birthdays!</i>            12 <b>Poker</b>            12:15 <b>Knitting / Crocheting</b></p>	 <p><b>“Nature Where You Live”</b>  <b>Photo Contest</b>  <b>See Flyer</b>  <b>All entries due by 4/30!</b></p>	<p><b>Coming in May:</b>  <b>Older Americans Month</b>  <b>And Dollar Lunches For 60 &amp; over!</b></p>