

CHEER Coastal Leisure Center
MARCH 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 Food for Thought w/ Joan R. 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 12 <i>"The Real Women Vets of Vietnam" w/ Nancy L.!</i> 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 10-2 Bingo, \$3 donation 11:30 Lunch, \$ donation 12 Poker 2 Knitting / Crocheting</p>	<p>6 8-4:30 Fitness/Puzzles 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Beckett's Bulletin</i> 10:50 ACTS and Cottage Café 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> 10 RB Museum for "Women of Rehoboth" and Mariachi Restaurant 10:30 Memory Café 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>
<p>10 8-4:30 Fitness/Puzzle 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 Membership Mtg 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 11:15 Lunchtime Entertainment w/Lisa M.! 11:30 Lunch, \$ donation 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 donation 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 Clear Space Theatre for "Oklahoma"! \$30—Must Pay at sign up, followed by lunch at The Purple Parrot Grill 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 The Kite Loft / Duffy's Tavern, OC MD 10:30 Memory Café 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>
<p>17 8-4:30 Fitness/ Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 Walking Club 11 Food for Thought w/ Joan R. 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Local Shopping</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 11:30 Lunch, \$ donation 11:30 Mahjongg and Mexican Train Dominoes 12:15 Pinochle</p>	<p>19 8-4:30 Fitness/Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 Breakfast, \$2.50 10-2 Bingo, \$3 donation 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> 9:30 <i>Boscov's and Hollywood Diner, Dover</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>Tai Chi w/Ellen, \$5</i> 9:30 DE Assistive Technology Visit/Tour and My Sister's Fault, Milford 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 Walking Club 11 Food for Thought w/ Joan R. 11 Mahjongg 11:30 Lunch, \$ donation 11:45 Stand By Me 12:15 Quilting Club) / Local Shopping</p>	<p>25 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 11:45 Care Svcs w/Karen H 11:30 Mahjongg / Mex. Train Dominoes 12:15 Pinochle 4 ROBIN & THE HOODS PERFORM, followed by Dinner! \$10—Members, \$15—Guests. Pay at Sign Up</p>	<p>26 8-4:30 Fitness / Puzzles+ 9 Yoga w/Susan, \$5 9-10 Breakfast, \$2.50 10-2 Bingo, \$3 donation 11:30 Lunch, \$ donation <i>Celebrate our MARCH Birthdays!</i> 11:45 Scam Prevention w/Sgt. Carter, OVPD 12 Poker 12:30 Knitting / Crocheting</p>	<p>27 8-4:30 Fitness / Jigsaw Puzzles+ 10 Parsons Farms Produce and Porto Pizza & Grill, Dagsboro 10 Chair Yoga w/Lori, \$5 11:30 Lunch, \$ donation 12 12:15 Hand and Foot</p>	<p>28 8-4:30 Fitness/ Puzzles 9:30 Tai Chi w/Ellen, \$5 9:45 Nanticoke Indian Museum / Storytelling with Ragghi Rain! 10:30 Memory Café 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 Poker / Mahjongg</p>
<p>31 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 Walking Club 11 Food for Thought w/ Joan R. 11 Mahjongg 11:30 Lunch, \$ donation 12:15 Quilting Club / Local Shopping</p>	<p>Mardi Gras Tues March 4th</p>	<p>Int'l Women's Day March 8th</p>	<p>Daylight Savings Begins, Spring Forward 9th</p>	<p>Happy St. Patrick's Day 3/17</p>