

**DECEMBER
2021**

CHEER Happenings

**A MONTHLY NEWSLETTER
PUBLISHED BY CHEER, INC.**

Happy Holidays



Ken and Carol Niehaus of Ocean View spent a few hours Christmas morning 2020 making seniors a bit happier by delivering a hot meal and gifts to the homebound that have no family nearby. To learn how you can help make a homebound senior's Christmas merrier, read story on page 19.



READ CHEER HAPPENINGS AT CHEER'S WEBSITE: WWW.CHEERDE.COM

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GEORGETOWN



546 South Bedford Street • Georgetown, DE
 Lekena Hammond, Director
 302-515-3040

GEORGETOWN HAPPENINGS

**Greetings Georgetown
 CHEER Members**

December already. Here comes the cold and here comes Santa.

Are you interested in chair exercise Monday, Wednesday and Friday? The more the merrier.

We have a lot in store for you this month. Come in and let us warm your hearts and fill your tummies. Request a calendar and not miss any of the wonderful events and activities. Call the day before to check on cancellations.

The center is open for lunch and entertainment. You may also pick your meal and take it home if you like.

LaRed Health is administering 1st, 2nd, and 3rd doses **COVID-19 vaccine** each Wednesday (3rd dose must be six months after your 2nd). It only takes a few minutes and I will even hold your hand if you like.

Our **Christmas Party** will be December 21 and will feature Tyler Green. Come for the lunch and show.

December 16 is our evening **Dinner and Bingo**, 4 p.m. for dinner and Bingo starts at 5 p.m. 50/50 raffle.

Merry Christmas to all and to all a good night.

Peace always, *Always Lakena*



"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

CONTACT INFORMATION

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 546 South Bedford St.
 Georgetown, DE 19947
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 www.cheerde.com

Partially funded by



MISSION STATEMENT

CHEER's mission is "to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over."

CHEERmobile Mini-Market
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GEORGETOWN

MONTHLY EVENTS

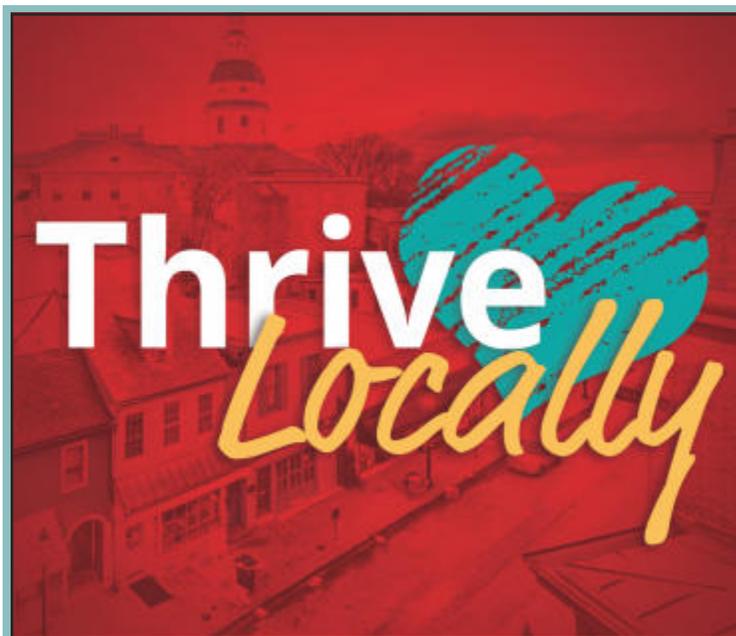
- **First Thurs. - Ken's Corner.**
- **Mon. - Fri. - Coffee and Chat, 8:30 - 10 a.m.**
- **Each Mon. - Bible Study, 10:30 a.m.**
- **Each Tue. - Memory Café, 9:30 a.m. with Christie.**
- **Tue. and Fri. - Prize Bingo, 12 p.m.**
- **Each Wed. - Movie Day, Come join us this month for some Christmas favorites.**
- **COVID-19 Vaccinations by LaRed Health, 10 a.m. 1st, 2nd, and 3rd doses.**
- **Each Mon., Tue., Thurs., Fri. Trip to P.O., bank, Dollar Tree, and Food Lion.**
- **Games and entertainment every week.**



To all members born in December!
Wishing you Peace, Love, and Happiness.



Members of the Georgetown CHEER Center celebrated Ann Margaret Kesler's 97th birthday in November.



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GREENWOOD



41 Schulze Rd. • Greenwood, DE
 Fran Smith, Director
 302-349-5237

GREENWOOD HAPPENINGS

Very happy to announce that our evening dinners are back. Please join us on Thursday, December 16 at 5 p.m. Entertainment with the Jones Boys.

Also added to our calendar is Breakfast served every Friday from 9 - 10:45 a.m. A \$2.00 donation is requested.

MONTHLY EVENTS

- **Daily - CHEER Café Studio.** 11:30 a.m. - 12:30 p.m. Entertainment, speakers, and more exciting events.
- **Each Mon. - Bible Study,** 10 a.m.
- **Each Mon. & Wed. - Luncheon Card Club,** 12:30 p.m. Enjoy “Hand and Foot” with your friends.
- **Each Mon. - Food Lion, Dollar Tree, or Walgreens,** 12:15 p.m. for bus riders.

- **Each Tues. - Prize Bingo,** 10:45 a.m. and 12:15 p.m.
- **First Thurs. - Blood Pressure Check,** first Monday, 10 a.m. with Betty Fletcher. **Alzheimer’s Support Group,** 1 p.m.
- **Each Thurs. - Memory Café,** 1 - 3 p.m.
- **Second Fri. - “Life Smatters”** with Robin Miller from the Greenwood Library, 12:15 p.m.
- **Bingo, games, guest speakers, virtual tours,** and more every week.

CENTER ACTIVITIES

- **Dec. 1 - Crafts with Wanda,** 10:30 a.m.
- **Dec. 2 - Blood Pressure Check with Betty Fletcher,** 10 a.m.
Slide Show Presentation by Mason Dixon, 10:30 a.m.
Trip to the Model Train Display at Georgetown Library.
- **Dec. 3 - Georgetown CHEER Center visiting,** 10:30 a.m. Entertainment by Imagine.
- **Dec. 8 - Positive Music Time with Randy,** 10:30 a.m.
- **Dec. 10 - Indian River Sunshine Singer present their Christmas Program,** 10:30 a.m.

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TTY 711, to learn more.



C6T26394A

GREENWOOD

- Dec. 16 - Lasagna Dinner and entertainment by the Jones Boys, 5 p.m.
- Dec. 17 - Visiting Georgetown CHEER Center, 9:30 a.m.
- Dec. 23 - Christmas Music and entertainment by Donny Hopkins, 10:30 a.m.
- Dec. 30 - Kick off the New Year with Tony Windsor, 10:30 a.m.

Bingo Schedule

- Dec. 3 - 12:15 p.m. Full Card Bingo.
- Dec. 7 - 10:30 a.m. and 12:15 p.m.
- Dec. 14 - 10:30 a.m. and 12:15 p.m.
- Dec. 21 - 10:30 a.m. and 12:15 p.m.
- Dec. 28 - 10:30 a.m. and 12:15 p.m.

Until next month, please take care and continue to stay safe. *Fran*



Wanda Paige (seated) is back spinning her craft magic. Here she is giving Mildred Riley some pointers with her current project.

Happy Birthday

We would like to wish every member born in the month of December a very Happy Birthday.



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302-645-9239

HARBOUR LIGHTS HAPPENINGS

From the Desk of Your Director

Fun in December

Christmas Tea

On **December 8**, we will be having a **Christmas Tea** from 3 to 5 p.m. Enjoy a variety of teas along with other snacks. Come to learn about the many CHEER programs. Red Hat Delaware Ambassador B.J. Young has been invited to give a short presentation. We hope to see you at the Christmas Tea.

Christmas Party (Ugly Christmas Sweater Contest)

December 10, we will be having our annual **Christmas Party**. Snacks will be served at 10 a.m. followed by entertainment provided by Imagine with a 50/50 contest, and an Ugly Christmas Sweater Contest. A prize for the most creative sweater.

Schellville Holiday Extravaganza

The Harbour Lights CHEER Center will be taking a trip to a **Magical Christmas Village** called Schellville

Thursday, December 16. There will be plenty of activities, miniature houses, entertainment and more. The bus leaves the center at 5 p.m. Please sign up for the trip at the desk.

Christmas Pajama Party

On December 23 we will be having our **Christmas Pajama Party**. Please come dressed in your favorite PJ's and enjoy a day of Christmas music, light snacks, and an amazing lunch.

Food Drive

We Need You. Christmas is just around the corner. We are looking for donations of non-perishable food items to help with the **Christmas Day** meal delivery. There is a box located in the dining room for you to donate your items. Make sure your food donations are not expired or have been opened. We appreciate your help in advance. If you have any questions, please see Crissy.

Upcoming Trips

Aldi's in Rehoboth; **Conley Chapel** in Dover Mall; and a **Mystery Trip**. For a complete list of the trips and activities, please see the full schedule.

Happy Birthday to everyone born in the month of December. We pray you have an amazing day followed by an amazing, happy and healthy year. As always, check on family and friends as often as possible, pray, meditate, and most important, stay healthy and stay safe. Until Next Time,
Crissy

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Volunteer Spotlight



December's Volunteer Spotlight is on **Kathy DiSabatino** at the Ocean View/Roxana CHEER Centers. Kathy has been volunteering at CHEER for the past four years. Find her either delivering Meals On Wheels or working in the Ocean View kitchen.

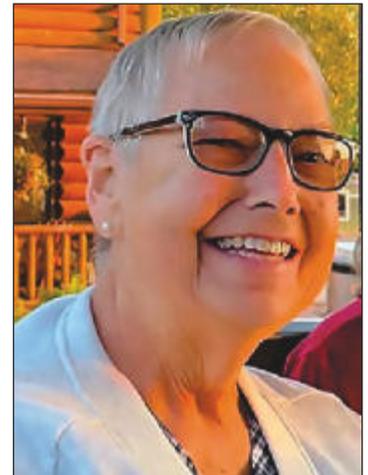
Kathy also is a club leader for the Lord Baltimore Helping Hands 4-H Club which makes monthly lunch favors for the Ocean View Meals On Wheels recipients and the Ocean View/Roxana congregante members.

CHEER center directors say Kathy is a lot of fun to have around. She is a very hard worker who learns quickly and is always willing to pitch in and help in any way. She has been invaluable during the pandemic. She visits other members on her own time and tries to get them involved at the Center too.

Kathy enjoys visiting our National and State parks with her children and grandchildren. She also likes to paint, bake and make quilts.

In Memoriam

CHEER is sad to lose a devoted volunteer upon the passing of **Helena Vorst** on November 4. Helena was Milton's volunteer receptionist and was an incredible help to the center director. She was a wonderful member of the center who enjoyed chatting with other members as she greeted them at the door. She also enjoyed the activities and trips at the center.



Helena was a retired nurse who loved being at the beach and playing Bingo. She had a son and a daughter and three grandchildren. She is also survived by five siblings, several nieces and nephews, and her many friends at Milton CHEER. She will be missed dearly.

Did you *fall* in love with the beach this summer?
You don't have to *leave*.



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LONG NECK



26089 Shoppes at Long Neck, Millsboro, DE
Donna Hitchens, Director
302-945-3551

LONG NECK HAPPENINGS

ACTIVITIES

- Each Mon. - Knitting & Crocheting Club- Penny Bingo- Cards, 1:30 p.m.
- Each Thurs. - Zumba, 9 a.m. Tai Chi, 10:15 a.m. Nickel Poker, 12:30 p.m.
- Each Wed. - Texercise, 8 a.m. Michigan Rummy, 9 a.m. Quilting Club, 9 a.m. Bunco, 1 p.m.
- Each Fri. - Texercise, 8 a.m. Knitting & Crocheting Club, 9 a.m. Penny Bingo, 12:30 p.m.
- Dec. 1 - Open House, Meet and Greet, All Day. Entertainment by the Sunshine Singers.
- Dec. 3 - National Sock Day. Wear your funny, crazy socks.
- Dec. 6 - Vision Board Activity.
- Dec. 8 - Briggs Art Museum in Dover, 9:15 a.m. \$8 per person admission.
- Dec. 10 - Shellville at Hudson Fields, 4:15 p.m.
- Dec. 13 - Birthday Celebration.
- Dec. 14 - Trip to Byler's Market in Dover, 9:30 a.m.
- Dec. 15 - Board Meeting, 10 a.m.
- Dec. 16 - Christmas Pictures (Miller Imaging). You must call to reserve your spot.
- Dec. 17 - Sunshine Club Meet and Greet.
- Dec. 20 - Trip to Boscov's in Dover.
- Dec. 22 - Ugly Christmas Sweater Contest.
- Dec. 23 - Christmas Pajama Day Party. Secret Santa Gift Exchange. Entertainment by DJ Tim Pritchett.
- Dec. 28 - Table Tennis Tournament, 10 a.m.
- Dec. 29 - Trip to Aldi's in Rehoboth.
- Dec. 30 - New Year's Eve Party/First Singles Club Meet and Greet. If you are interested in participating in the Singles Club please give us a call.
- More events and activities to follow. See center calendar for latest activities.

We're *Rocking & Rolling* at the Long Neck CHEER Center. If you're not a member you should be. Stop by and check us out! #LongNeckStrong.

You can contact me at the center, 302-945-3551, or email dhitchens@cheerde.com.
Donna



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our Community!*



LONG NECK

Some people just know how to have fun and the members of Long Neck CHEER Center show they are among them. There may be some snow on the roof, but there is plenty of fun and fire in the furnace.



Audrey Schaeffer and Maria Lord are all set up for *Trunk or Treat* for the Halloween Party.



Long members show off some of their favorite jerseys and sweatshirts.



Mike Peterson, Rodger Cox, and Coale Wilson (Opy) celebrate Veteran's Day at the center.



Good things come to the deserving. Sally McIntire, Jean Bender, Angie Musnisky, Mike Peterson, Bob Harrison, Connie Vallish, and Jean Shifler proudly show off their new aprons.



Bill and Lynn Schuck show Rodger Cox, Betty Blackburn, off their Halloween costumes. and Mary Snead all dressed up in costume at the center's Halloween Party.



Always loved and enjoyed, the Sunshine Singers came to entertain the members.



A fun night out and dinner at the Southern Grille in Ellendale. Good food and good company.

DECEMBER MENU



Monday



DELAWARE HEALTH AND SOCIAL SERVICES
 Division of Services for Aging and Adults with Physical Disabilities
"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

Tuesday

Wednesday

Thursday

Friday

6 Non-Fat Milk Italian Spaghetti w/Meat Sauce Tossed Salad w/Assorted Dressings Italian Bread w/Margarine Fruit	7 Non-Fat Milk Fish Sandwich French Fries Cole Slaw Fig Bar	8 Non-Fat Milk Salisbury Steak w/Gravy Baked Potato Carrots WW Bread w/Margarine Fruit	9 Non-Fat Milk Chicken Quesadilla Fiesta Corn Refried Beans Ice Cream	10 Non-Fat Milk Baked Ham w/Sauce Au Gratin Potatoes Herbed Broccoli WW Bread w/Margarine Fruit
13 Non-Fat Milk Chili Tossed Salad w/Dressing Cornbread w/Margarine Apple Cobbler	14 Non-Fat Milk Vegetable Soup Tuna Salad Sandwich Lettuce and Tomato Pickled Beets Fruit	15 Non-Fat Milk Hamburger Steak w/Gravy and Onions Mashed Potatoes Harvard Beets Dinner Roll w/Margarine Ice Cream	16 Non-Fat Milk BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Fruit	17 Non-Fat Milk Fish Tacos Fiesta Rice Black Beans Granola Bar
20 Non-Fat Milk BBQ Pork on Bun Tossed Salad w/Dressing Green Beans Ice Cream	21 Non-Fat Milk Lasagna Italian Blend Vegetables Garlic Bread Bread Pudding	22 Non-Fat Milk Turkey and Provolone Sub w/Lettuce and Tomato Macaroni Salad Cole Slaw Orange	23 Non-Fat Milk Oven Fried Chicken Mashed Potatoes w/Gravy Greens Dinner Roll w/Margarine Fruit Crisp	24 Center Closed for Christmas! Happy Holidays!
27 Non-Fat Milk Chili Dog on Bun Sweet Potato Fries Winter Blend Vegetables Sherbet	28 Non-Fat Milk Chicken Salad on Lettuce Sliced Tomatoes Pasta Salad Crackers Fruit	29 Roast Beef w/Gravy Baked Potato Mixed Vegetable Dinner Roll w/Margarine Cookie	30 Non-Fat Milk Chicken Pot Pie Seasoned Broccoli WW Bread w/Margarine Banana Pudding	31 Center Closed for New Year's Holiday!

Meet CHEER's Unsung Heroes



Tammy Orta came to CHEER in February 2020. She was assigned to be the Outreach Worker for the Greenwood area, but has recently transferred to the Georgetown and Milton areas. It is her responsibility to assess the needs of seniors and determine what services CHEER can provide them. During the past year and the challenges presented by the pandemic, there were times Tammy was the only outreach worker to cover several areas at one time. She has always done her work with professionalism and efficiency. She goes above and beyond to provide support for the centers. Always kind to the homebound clients she helps them in any way she can.

Tammy received an Associate's degree in Applied Science in 2016 from Delaware Technical Community College and is currently working towards her Bachelor's degree in Social Services.

In her spare time, Tammy is very good at home interior decorating and enjoys doing that.

Thank you Tammy for being part of the CHEER team and supporting our seniors.



Ed Miller came to CHEER just a few months ago, but he has already made a great impression on the workings of the kitchen in Milton. As Milton kitchen manager, Ed used his skills and years of experience working for the corporate side of McDonald's in New York to create and implement new processes and policies to make the work flow better in his CHEER kitchen. He has also recruited volunteers from his neighborhood to help. Everyone at the Milton location just think he is "awesome."

Thanks Ed for helping to provide better services for CHEER's elderly clients. Your input and dedication are appreciated.

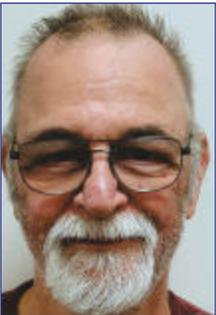


Matthew Koontz joined CHEER's Finance Department team at the end of May. He was very quick to learn his duties as Accounts Payable Clerk and can be depended on to meet payment deadlines. He is very conscientious when helping with payroll for the agency's Direct Care Workers and is always willing to take his turn at covering the front desk when needed.

Matt's sociable personality fits in well with his coworkers who enjoy hearing about his interests in model trains and music. He also loves to read.

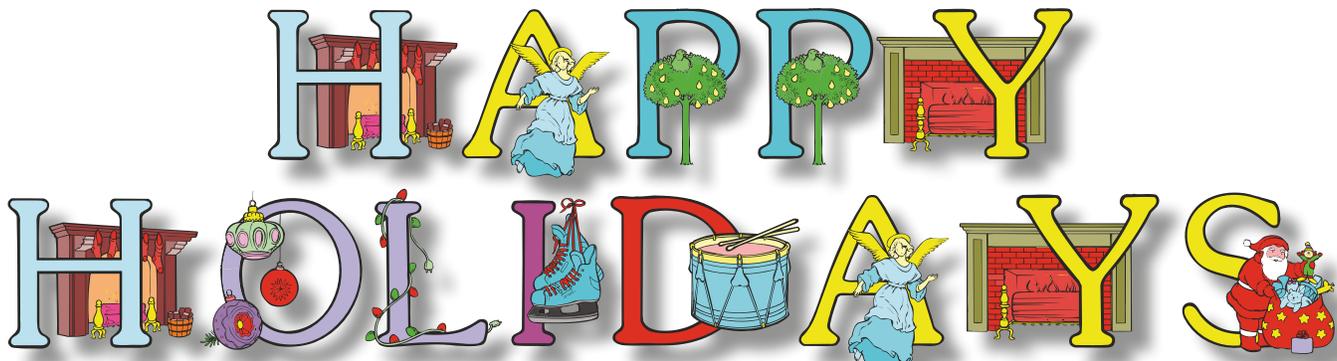
Matt received his Associate's degree from Delaware Tech and is working toward his Bachelor's degree in accounting from Wilmington University. During his off time, he helps out in his mother's sandwich shop in Berlin, Maryland.

Thanks Matt for making CHEER your career choice. Your reliability and dedication make a difference to our seniors every day.



Tom Chedester started with CHEER in August as a food van driver. He was originally a volunteer for our Georgetown location delivering meals to our homebound members. He came to Sussex County in 2020. Prior to CHEER, he was a deliverer for Saint Mary's County Office of Aging in Maryland where he delivered meals to senior citizens for years.

Tom has a really friendly personality and he helps out wherever needed. He has done an outstanding job for the agency. Thanks Tom for your dedication to the seniors of Sussex County.





24855 Broadkill Road • Milton, DE
Sheila Roell, Director
302-684-4819

MILTON HAPPENINGS

JOY TO THE WORLD!

HAPPY HANUKKAH! HAPPY KWANZAA!

These festive expressions are all synonymous with the month of December. It is a time when people get together with family and friends, to celebrate the holidays.

The month of December signals the full emergence of the cold winter season. Winter is a time to reflect and repose.

Although it may sometimes make us feel gloomy, winter implores us to remember that this is only one critical part of the cycle. Light, rebirth, and summer will soon return, and we will all be presented with a fresh start. Like the whiteness of a winter wonderland, we can use this time to simplify our thoughts and look forward to what the New Year will bring.

Lots of Holiday celebrations with Holiday music to look forward to in December at Milton CHEER.

We will also have Holiday movies, Gift Exchange, a Holiday Cookie Exchange and a Volunteer Appreciation Luncheon.

Please consider donating a gift for a senior this Christmas. It can be anything from a pair of slippers, to a sweater, puzzle books or perhaps just some toiletries. Anything you think will put a smile on a senior's face is welcome. You don't even need to wrap the gift. CHEER will do that for you. Remember, Christmas is the season of giving. Please donate your gift at Milton CHEER. You can leave it at reception. Also, please note if the gift is for a male or female. Thank you for your generosity.

Happy Holidays to you and your families. *Sheila*

ZOOM ACTIVITIES FOR SEPTEMBER

Email Sheila (sroell@cheerde.com) or call 302-684-4819 for the Zoom classes offered below and I will send you the link.

- **Mon. & Wed.** - CHEER Café Studio Live, 11:30 a.m. - 12:30 p.m.
- **Thurs.** - **Viking TV Tours Museums/National Parks**, 12 p.m. Presented by National Parks Service.



Holiday Spending

The holidays can be full of joy from singing carols to drinking hot chocolate, however, they also can cause stress from excessive holiday spending. Here are some tips to help you keep spending in check:

- **Set a spending limit.** Review your finances and determine how much you can comfortably spend this holiday season. Determine the exact amount of money you have available. Whatever that amount is, commit the number to memory and stick to it!
- **Make a list and check it twice.** Make a list of everyone that you'd like to give a gift. Then review it and cross out the non-essential gifts. Once you've narrowed down your list, brainstorm ideas for what you'd like to give each person. If they are too expensive, try to come up with other gifts that are less expensive that would substitute well. You can also join in on a combined gift with someone else if a friend or family member is open to it.

If you have your heart set on giving a specific gift, consider reallocating money from other gifts or areas of your holiday budget to make it happen. Also, know that it's okay to accept a gift without reciprocating. If

someone gives you a gift, a thank you and heartfelt appreciation will do. Don't feel obliged to give a gift to everyone who gives one to you.

- **Combine gifts.** Consider giving fewer gifts overall by giving one gift per couple or one gift for a family. If you want to give to a group of people, how about providing in a sharable treat or buying in bulk and dividing the items?
- **Give the gift of time.** If you have someone you'd like to see more often or know someone who misses socializing, an inexpensive gift is to spend time with him or her.
- **Reallocate money in your budget.** If you have money set aside for other categories of your budget such as entertainment, eating out, and shopping, consider reallocating your money for the month to put more in the holiday spending category.

Keeping to a holiday budget may be tough, the tips above can help you to make the most of it. Think about how happy you'll feel come January 1st having stayed within your budget or even met your spending goal!

A \$tand By Me 50+ Financial Coach can assist you with your financial concerns such as budgeting, saving, credit and debt.

For assistance in reaching your financial goals, call Stand By Me 50+ **302-608-2705** for **FREE** financial coaching and benefits screening today! Call to schedule your appointment today!

MILTON

DATES TO REMEMBER

- **Dec. 1 - Visiting Greenwood CHEER for Crafts with Wanda**, 8:15 a.m.
- **Dec. 2 - Ken's Korner**, 10:45 a.m. This is your chance to ask Mr. Bock questions about CHEER. **Memory Café**, 9:30 a.m.
- **Dec. 6 - Trip to Boscov's and Produce Junction**, 8:15 a.m. Lunch at the Food Court.
- **Dec. 7 - Membership Meeting**, 9:30 a.m. Come support your center.
Introduction to Sign Language w/Dr. Carol Pollio, 10:30 a.m. Learn numbers, expressions, and basic do's and don't's of deaf etiquette.
- **Dec. 8 - Trip to AndThat store**, 8:15 a.m. Lunch at Cracker Barrel.
- **Dec. 9 - Evening trip to Schellville Enchanted Winter Celebration**, 4 p.m. Sign up early as seating is limited.
- **Dec. 13 - Positive Music Time w/Randy**, 11 a.m. We are excited to have him back again.
Holiday Movie - Elf and Christmas Cookie Exchange, 12 p.m.
- **Dec. 14 - Trip to Georgetown Public Library for the Model Train Display**, 10 a.m. This is a private tour.
- **Dec. 15 - Trip to Winter Wonderfest**, 4 p.m. Sign up early as seating is limited.
- **Dec. 16 - Volunteer Appreciation Holiday Luncheon**, 11:30 a.m. Join us as we recognize

our wonderful volunteers. Holiday music by John Rivero.

- **Dec. 17 - "Holiday Scams" presented by John Bell of the BBB**, 11 a.m.
- **Dec. 20 - Holiday Party and Gift Exchange**, 11 a.m. Georgetown CHEER visiting for the party. Entertainment by Mark Gratton.
- **Dec. 21 - Evening Dinner and Prize Bingo**, 4 p.m. Great menu and door prize raffle as well as a 50/50 raffle. Cost is only \$5 per person.
- **Dec. 27 - Budgeting for Seniors presented by Sheila**, 10 a.m. Part 2: Better Budgeting in the New Year. Learn new ways to budget.
- **Dec. 28 - New Year's Eve Party**, 11:30 a.m. Entertainment by Imagine - followed by **Prize Bingo**.
- **Dec. 30 - Visiting Greenwood CHEER**, 8:15 a.m. **Memory Café** will be held there.

*Note: Weekly trips are scheduled to Walgreen's, Food Lion, bank and post office, 12:45 p.m.

Many happy returns to all our
December birthday members!

When The Time is Right...

We are all living in a different time right now. Sheltering in place and keeping our distance from others when we go out for necessary errands has put your special events and activities on hold for now.

This will not last forever and CHEER Hospitality wants you to know we will be here for you when the time is right and you are ready.

Plan your once-in-a-lifetime outdoor or indoor wedding ceremony/reception at our newly renovated CHEER Community Center. Our caterer will provide a customized, unique and affordable menu to make your day even more special.

If your special event is smaller such as a bridal shower, baby shower, graduation, retirement, etc., you may wish to take advantage of the space at one of the CHEER Activity Centers located in:

Greenwood • Lewes • Long Neck • Milton • Ocean View



20520 Sand Hill Road • Georgetown, DE
302-854-9500 • www.cheerde.com



| OCEAN VIEW |



30637 Cedar Neck Road, • Ocean View, DE
Yolanda Gallego, Director
302-539-2671

OCEAN VIEW HAPPENINGS

LET YOUR LIGHT SHINE

"There are two ways of spreading light; to be the candle or the mirror that reflects it." -Edith Wharton

Join us together in the Roxana center as we Celebrate this Season of Light - **Hanukkah** (began 11/28), **Christmas**, **Kwanzaa**, and **Life Every Day**.

"Nothing can dim the light that shines from within."
-Maya Angelou

"Hope is being able to see that there is light despite all of the darkness."
-Desmond Tutu

We have a lot of fun events planned this month - **Imagine** performing seasonal favorites, holiday art projects, a cookie exchange, a trip to **Winter WonderFEST Light Spectacular at Hudson Field** and more.

CHEER strongly encourages everyone to be fully vaccinated before returning. As of this writing, we are

still **ALL** wearing masks in the Center and on our buses.

Ocean View center will continue to meet at Roxana CHEER in the Pyle State Service center into the new year.

All Ocean View trips are on and leaving out of the O.V. parking lot (access to restrooms via G&E Hockers next door, if necessary). Arrive 15 minutes prior to scheduled departure time. Call or email Yolanda to sign up.

VIRTUAL ACTIVITIES

- **Tues. 10 a.m. Chair Yoga with Lori**, \$5/session. 12 to 2 p.m. - **Painting with Marina Borovok**, \$30/session or \$80/4 sessions with homework assignments, support videos, and more.

CENTER ACTIVITIES

CHEER strongly encourages everyone to be fully vaccinated before returning. If you are not, please continue to follow CDC guidelines by wearing a mask, and stay home if you are sick. We went back to wearing masks in mid-September, so we'll see where we are for December.

- **Mon. - Fri. - Coffee & Chat with Breakfast Snack**, 9 - 10 a.m. **Puzzle Mania** available all day long. **Drive Thru Lunch**, 11 a.m. - 12 p.m. (reservation still required). Pick up is at Roxana Center. **Lunch Daily**, 11:30 a.m. - 12:15 p.m.



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| OCEAN VIEW |

- **Each Mon. - Yoga**, 9 a.m. \$5. **Walking Club**, 10 a.m. **Shopping at Food Lion / Quilting Club / Tablet Class**, 12:15 p.m.
- **Each Tues. - Pickleball**, 9 a.m. **Chair Yoga** (in person and virtual), 10 a.m., \$5. **Hand and Foot**, 10 a.m. **Chair Exercises by DVD**, 10:30 a.m.
- **Each Wed. - Bingo**, 10 - 11:30 a.m./12:30 - 1:30 p.m., \$ donations welcome; **Double Deck Pinochle**, 9:30 a.m.; **Reg./Chair Tai Chi-Meditation in Motion**, 9:30 a.m.
- **Each Thurs. - Weekly Trips** (see calendar for specifics); **Dominoes / Hand & Foot**, 12 noon.; **Parkinson's Exercise Group**, 2:30 p.m.
- **Each Fri. - Yoga (in person)**, 9 a.m., \$5.; **Memory Café** with Christie Shirey, 9:30 - 11:30 a.m. All are welcome.; **Poker/Mahjongg/Bridge**, 12 p.m.
- **Dec. 2 - Ken's Korner**, 10:30 a.m.; **TP Snowmen**, 12 p.m.; **Alzheimer's Caregiver Support Group**, OV Town Hall, JW Park, 6 p.m.
- **Dec. 7 - Arts & Crafts w/Marie**, 12:15 p.m. Paint lighted wine bottles.
- **Dec. 15 - Holiday Favorites w/Imagine**, 11:30 a.m.; **Parkinson's Support Group**, 3 p.m.
- **Dec. 21 - Arts & Crafts w/Marie**, 12:15 p.m. Button trees or angels.
- **Dec. 22 - Christmas Party w/Cookie Exchange**, 12:30 p.m.
- **Dec. 24 - Center closed for Christmas.**
- **Dec. 28 - Game Day.** Play a variety of table games. Learn something new.
- **Dec. 30 - New Year's Eve Celebration.**
- **Dec. 31 - Center closed for New Year.**

Trips

- Holiday Train Display in Georgetown; Walmart in Berlin; Salisbury Mall; and That! in Rehoboth; Winter WonderFest Light Spectacular in Milton; AG Museum in Dover; and the Goodwill Thrift Shop in Milford. See our calendar for all the details.

*Check out our Facebook Page - CHEER Coastal Leisure Center.

"As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence actually liberates others." Marianne Williamson

"Thousands of candles can be lighted from a single candle. Happiness never decreases by being shared." Buddha

"Beauty is not in the face; beauty is a light in the heart."

Kahlil Gibran

Happier ~ Kinder ~ Together, Much Love, Yolanda

* All December newsletter quotes are from resilientblog.co.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



ROXANA



34314 Pyle Center Road, Frankford, DE
Sharice Franklin, Director
302-732-3662

ROXANA HAPPENINGS

We made it through thanksgiving with a thankful heart. Now to let our light shine, all clear and bright with the Christmas lights.

It's beginning to look a lot like Christmas and Roxana CHEER is making a list and checking it twice. Have you been naughty or nice?

We see you when you're sleeping.

We know when you're awake.

We know when you've been bad or good,

So be good for goodness sake.

You better watch out You better not cry

You better not pout, I'm telling you why.

Roxana CHEER Santa is coming to town!

Give the gift of inviting a friend, family member or neighbor to join CHEER for activities and lunch. Membership fees have been waived until January 2022.

Roxana CHEER staff would like to wish all of

the members and volunteers a Happy Holiday and a Happy New Year.

CENTER ACTIVITIES

- Lunch Daily 11:30 a.m. - 12:15 p.m.
- Each Wed. - Bible Study, 12 p.m.
- Each Fri. - Memory Café, 9:30 - 11:30 a.m. Prize Bingo.
- Dec. 2 - Ken's Korner, 10:30 a.m. Holiday Train Display at Georgetown Library, 2 p.m.
- Dec. 8 - National Brownie Day.
- Dec. 14 - Spa Day with Mary Kay.
- Dec. 15 - Entertainment by Imagine, 12:30 p.m.
- Dec. 22 - Center Christmas Party, 12:30 p.m.
- Dec. 28 - Game Day, 10 a.m. - 2 p.m.
- Dec. 30 - New Year's Eve Celebration, 10 a.m. - 2 p.m.

UPCOMING TRIPS

See center calendar for a full list of upcoming trips for December.

Always remember "There's No Place like Roxana".

Sharice

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~Happy Holidays~

We're thinking of you this time of year.
 Wishing you happiness, joy, and **CHEER**.
 May all your days be warm and bright,
 And your nights enhanced by holiday light.
 Enjoy your delectable holiday foods,
 As parties and gifts create holiday moods.
 Favorite people play a meaningful part,
 While treasured rituals warm your heart.
 You are special to us in many ways,
 So we wish you Happy Holidays!
 By Joanna Fuchs



To everyone born in the month of December! Peace and happiness to all.

Spotlight A Hero

Rodger Pearce is spotlighted for his quick action in getting medical attention for a senior. Rodger recently delivered Meals On Wheels to a senior in the Milton area. When he knocked at her door, he heard a voice from inside telling him that the senior had fallen during the night. Although she was able to get herself into a chair, she was not able to get up. Rodger notified the CHEER center director who instructed him to call 911 and stay there until the paramedics arrived. Rodger kept talking with the lady through the door to keep her calm until help arrived.



Rodger works for Megee Plumbing and became a CHEER volunteer Meals On Wheels driver - through the partnership with CHEER and Megee's - when COVID-19 began. He stayed on the entire pandemic time and is still delivering MOW for Milton. One of the destinations of his deliveries are residents in Luther Towers Apartments.

Thank you Rodger for your kindness and caring for our senior clients. Your quick action contributed to the well-being of this senior.

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Fill Out the Form Below



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Town _____ State _____ Zip _____

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E-Mail _____



Mail to: CHEER/Marketing
546 South Bedford St.,
Georgetown, DE 19947

or complete the form at www.cheerde.com

If you registered to receive emails and you didn't get them, check your Junk or Spam Folders.

CONSIDER MAKING CHEER A PART OF YOUR LEGACY

Planned giving and estate planning are very important components of financial planning for both donors and nonprofits. As you are making wise financial decisions and building wealth management strategies, please consider the impact that your support to CHEER, Inc. will have today and for many years to come.

Legacy giving begins with your passion for CHEER programs and your desire to include the 501(c)(3) agency in your financial planned giving. You may find tax savings by gifting or transferring assets such as stocks or IRA withdrawals.

Estate planning is another time to include your legacy to CHEER programs. Including a bequest in your will of "\$____.00" or "____%" of your estate will assure that your personal and estate goals are followed.

CHEER, Inc. is grateful for all donations and bequests to the agency. We will work with you, your tax accountant, lawyer and financial planner to assure that your legacy supports your passion for CHEER programs.

Please contact Ken Moore, CHEER Donor Analyst, at 302-515-3065 to discuss donations to CHEER, Inc. or The CHEER Endowment Fund at the Delaware Community Foundation.

CHEER, Inc. is a tax-exempt, non-profit organization, under the section 501(c)(3) of the Internal Revenue Code, and therefore all charitable donations are deductible to the full extent allowed by law.

AN IMPORTANT MESSAGE FROM DELAWARE MEDICARE ASSISTANCE BUREAU (DMAB)

"WE SAVED ON PRESCRIPTION COSTS. IT PAYS TO COMPARE PLANS."

Medicare Open Enrollment October 15 - Dec. 7

Call DMAB at 302-674-7364
to find plans and to more easily compare:

- Part D prescription plans for cost, coverage, and convenience.
- Medicare Advantage Plans for extra benefits, changes in network providers, co-pays, and more.



Insurance Commissioner Trinidad Navarro
www.insurance.delaware.gov/dmab

This project was supported, in part by grant number #90SAPG0104-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



AROUND CHEER

Greenwood CHEER



Exercise time at Greenwood and Chair Dancing. Lots of fun and good rhythm also.



Suzette Pritchett entertains at evening dinner at the Greenwood CHEER.



Rep. Jesse Vanderwende resumes his monthly *Morning Coffee* at Greenwood CHEER. Rep. Vanderwende is here the second Wednesday each month at 7:30 a.m.

Ocean View CHEER



Walking Club at the BB Nature Center Boardwalk Trail. Left to right: Marsha Smith, Cindy Murray, Tony Peticari and Rudy Drummond.



Showing off their *Toilet paper pumpkin* crafts are: Bonnie Collins and Bev Donovan in front, Rudy Drummond, Jean Coggins, Jo Montague, Barbara Hudson, Cindy Murray, Ora Lee Williams, Anna Bell Reid. In back are: Daniel Rayne, Pat Newman, and Rich Porter.



Liz Ferguson, right, and Elaine Heinlein introduce Jack, the adorable chocolate brown Alpaca to Barbara Mathewson, Mary Oberg and Bev Donovan during a tour of the Four Acres Apalca farm.



Showing off their new aprons are kitchen volunteers Wally Kohl, Patty McGinnis and kitchen assistant Steve Fisher.

CHEER'S GOLDEN ANNIVERSARY

You only get one chance for a Golden 50th Anniversary and CHEER celebrated its 50th in grand fashion with a bash to remember. Lots of great food and entertainment and many memories. *Photos by Miller Imaging*



Happy Faces at Milton CHEER

Milton CHEER Center is holding many activities and events for the members. Shown here are: top photo, Yoga class led by instructor Mary Ann Hughes. Attendees happy to be back to in person classes again; middle photo, Memory Café with, left to right, Mary Wilson, Peggy Bowman, Nancy Munzert, Aileen Leggins, Clorice Adams, and back to camera Christie Shirey; bottom photo, left to right, Aileen Leggins, Marion Thomas, Patricia Coughlin, and Sue Simpler show off their projects from the Pumpkin Craft Class.



In times of need, the greatest challenge can be knowing where to go for help. Delawareans turn to Delaware 2-1-1 for information and support - whether financial, domestic, health or disaster - related. Delaware 2-1-1 is a free, confidential referral and information helpline and website that connects people to the human services they need.

Delaware 2-1-1 can be accessed by phone or computer. A toll-free call to Delaware 2-1-1 Monday through Friday, 8 a.m. to 9 p.m. connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services. You'll find a wide range of information for everything from food and nutrition programs to emergency/disaster relief and much more.

Whether in times of natural disaster or personal crisis, Delaware 2-1-1 is committed to being the first, most essential resource to anyone who needs help.

Call Delaware 2-1-1 or dial 1-800-560-3372. You can also text your Zip Code to 898-211 and speak with a live, highly trained service professional in your area from any cell phone or landline.

All calls are private and confidential. You can also go online at <http://www.delaware211.org/>. We can help.



Caregiver Support Groups/Memory Cafe

Georgetown CHEER
Caregiver Support Group -
 1st Tuesday of the month, 9:30 a.m.
Partnered with the Alzheimer's Association
Memory Cafe -
 Every Tuesday, 9:30-11:30 a.m.

Greenwood CHEER
Caregiver Support Group -
 1st Thursday of the month, 1 p.m.
Partnered with the Alzheimer's Association
Memory Cafe -
 Every Thursday, 1-3 p.m.

Lewes Harbour Lights CHEER
Memory Cafe -
 Every Monday, 9:30-11:30 a.m.

Long Neck CHEER
Caregiver Support Group -
 1st Tuesday of the month, 1 p.m.
Partnered with the Alzheimer's Association
Memory Cafe -
 Every Tuesday, 1-3 p.m.

Milton CHEER
Memory Cafe -
 Every Thursday, 9:30-11:30 a.m.

Ocean View CHEER
Caregiver Support Groups -
 1st Thursday of the month, 6 p.m.
Partnered with the Alzheimer's Association
 3rd Wednesday of the month, 3 p.m.
Partnered with the Parkinson's Education and Support Group of Sussex County
Memory Cafe -
 Every Friday - 9:30-11:30 a.m.

Roxana CHEER
Memory Cafe -
 Every Monday, 1-3 p.m.

One-on-One
 Support Group
 available by calling
 Christie Shirey
 302-515-3045

SAVVY Caregiver
 Course
 offered
 throughout the year.

Coming Soon ... Program for
 Grandparents Raising
 Grandchildren
 Call Christie Shirey
 302-515-3045

CHEER DECEMBER VIRTUAL CALENDAR

(Calendar subject to change without notice.)
Members need to call hosting center 24 hours in advance to register.

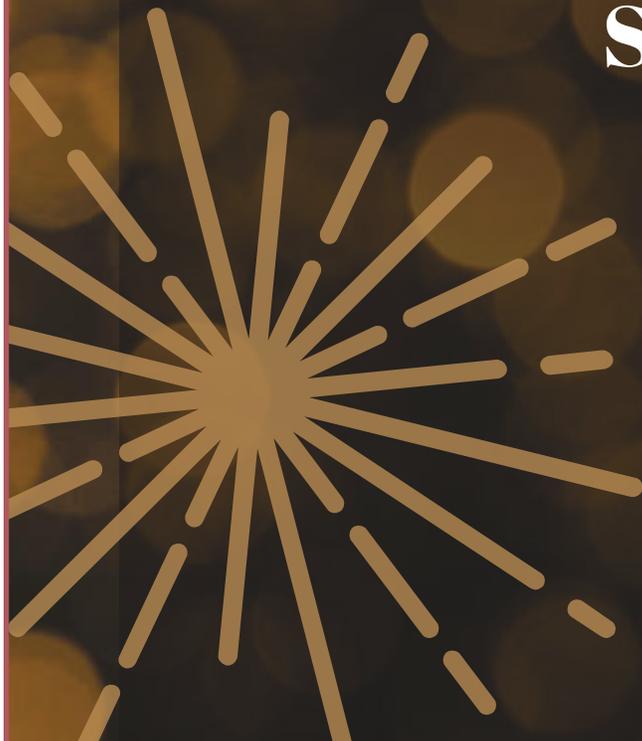
<u>Program</u>	<u>Day</u>	<u>Time</u>	<u>Hosting Center</u>
Ken's Korner	Thurs. Dec. 2	11 a.m.	CHEER Live Café
Suzette Pritchett	Thurs. Dec. 9		CHEER Live Café
Kathy Gorman	Wed. Dec. 15		CHEER Live Café
John Rivero	Tues. Dec. 21		CHEER Live Café
Bingo	Ev. Mon. - Fri.	10 a.m. 11 a.m. 1 p.m.	Adult Day Ctr. 302-854-2882 Adult Day Ctr. 302-854-2882 Adult Day Ctr. 302-854-2882
Yoga	Ev. Mon. Ev. Mon. & Wed.	9 a.m. 10:30 a.m.	Ocean View 302-539-2671 Milton 302-684-4819
Bible Study	Ev. Mon. Ev. Wed. Thurs.	10 a.m. 11 a.m. 11:30 a.m.	Greenwood 302-349-5237 Milton 302-684-4819 Roxana 302-732-3662
Trivia Music & Movies	Ev. Mon.	2 p.m.	Greenwood 302-349-5237
Membership Meeting	Mon.	11 a.m.	Roxana 302-732-3662
Chair Yoga	Ev. Tues. Ev. Tues. Ev. Thurs.	1 p.m. 1 p.m. 1 p.m.	Ocean View 302-539-2671 Long Neck 302-945-3551 Greenwood 302-349-5237
Lenovo Tablet Class	Ev. Tues.	11 a.m.	Milton 302-684-4819
Virtual Tech Hour	Ev. Tues.	1 p.m.	Lewes 302-645-9239
Movie Trivia	Ev. Tues.	11 a.m.	Milton 302-684-4819
Meditation	Ev. Tues.	1 p.m.	Roxana 302-732-3662
Painting With Marina	Ev. Wed.	10 a.m.	Ocean View 302-539-2671
Texercise	Ev. Tues., Wed., Fri.	10 a.m.	Long Neck 302-645-3551
Zumba	Ev. Mon.-Fri Ev. Tues & Thurs.	8 a.m. 9 a.m.	Milton 302-684-4819 Long Neck 302-945-3551
Catching Up With Crissy	Ev. Wed.	9 a.m.	Lewes 302-645-9239
That Was The Year Trivia	Ev. Wed.	11 a.m.	Greenwood 302-349-5237
Virtual Trip	Ev. Wed.	1:30 p.m.	Lewes 302-645-9239
Alzheimer's Support Group	Ev. Wed.	10 a.m.-2 p.m.	ZOOM
Virtual Travel Tour	Ev. Thurs.	12:30 p.m.	Milton 302-684-4819
Book Club	Ev. Thurs.	12 p.m.	Lewes 302-645-9239
Morning Chat	Ev. Fri.	10 a.m.	Greenwood 302-349-5237

*CHEER wishes everyone a safe and sane holiday.
We will see you in '22!*

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50 years! Help us
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Sussex County
seniors.**



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