


MILTON CHEER CENTER DECEMBER 2018 ACTIVITIES

24855 BROADKILL ROAD, MILTON DE 19968, Tel # 302-684-4819

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>INTUITION CIRCLE With Dr. Carol Pollio WEDNESDAY DEC 5th 1:00-3:00 PM</p>	<p>BayHealth Presentation on Stroke Prevention By Joseph Callahan Thursday Dec. 6th 10:30 AM</p>	<p>OCEAN CITY WINTERFEST OF LIGHTS TUESDAY 12/6/18 3:00 PM</p>  <p>Sign Up Early!!!</p>	<p>Lewes Winter Wonderfest Light Spectacular Friday 12/12/18 3:00 PM</p> 	<p>Milton CHEER Holiday Party With the Jones Boys Thursday 12/21/18 12:00 PM</p> 
<p>3</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 Morning Chat 10:00 <u>Membership Meeting</u> 11:45 to 12:45 Lunch</p>	<p>4</p> <p>8-4 Fitness Room Open 8:30 <u>Trip to Winterthur</u> "Sold out" 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch 5:00 Bingo/Dinner</p>	<p>5</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:30 Breakfast Variety 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch 1:00-3:00 <u>Intuition Circle</u> <u>With Dr. Carol Pollio</u></p>	<p>6</p> <p>8:00 Fitness Room Open 9:00 Strength & Toning 9:30 <u>Memory Café</u> 10:30 <u>BayHealth presentation-Stroke Prevention</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo 1:30 <u>Ukulele-Beginners</u> 2:00 <u>Ukulele-Advanced</u> 3:00 <u>Trip to Ocean City Winterfest of Lights</u></p>	<p>7</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 <u>Breakfast Café</u> 10:00 <u>Nutrition Tips with Ruth Thomas, learn about "Sarcopenia??"</u> 10:30 <u>Prize Bingo</u> 10:45 YOGA 11:45 to 12:45 Lunch</p>
<p>10</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 Morning Chat 10:00 <u>Holiday Crafts With Wanda</u> 11:45 to 12:45 Lunch</p>	<p>11</p> <p>8-4 Fitness Room Open 8:00 <u>Trip to And That Store and Kmart. Lunch at Cracker Barrel</u> 9:00 Strength & Toning 9:30 Breakfast Variety 11:45 to 12:45 Lunch 5:00 <u>Milton CHEER Holiday Dinner with Dawn Jones!!</u> No Bingo</p>	<p>12</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:30 Breakfast Variety 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch 3:00 <u>Trip to Lewes Festival Of Lights</u></p>	<p>13</p> <p>8-4 Fitness Room Open 8:00 <u>Trip to Greenwood !</u> 9:00 Strength & Toning 9:30 <u>Memory Café</u> 11:45 to 12:45 Lunch 12:30 <u>Penny Bingo/ICE</u> 12:30 <u>Paint Day with Judy</u> 1:00 <u>Alzheimer's Support Ukulele Lessons</u> 1:30 <u>Beginners</u> 2:00 <u>Advanced</u></p>	<p>14</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 <u>Breakfast Café</u> 10:15 <u>Prize Bingo</u> 10:45 YOGA 11:45 to 12:45 Lunch 12:00 <u>Sunshine Singers Holiday Performance</u></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p> <p>8-4 Fitness Room Open 8:00 Trip to Big Lots in Milford 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch</p>	<p>18</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch 12:00 Trip to CCC for CHEERFUL NOTES GLEE CLUB Holiday Performance 5:00 Bingo/Dinner</p>	<p>19</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:30 Breakfast Variety 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 10:00 AARP Defensive Driving Class (Refresher) 11:45 to 12:45 Lunch</p>	<p>20</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Memory Café 10:00 Morning Chat</p> <p>Ukulele Lessons 1:30 Beginners 2:00 Advanced</p>	<p>21</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 Breakfast Café 10:00 Morning Chat & 10:15 Prize Bingo 10:45 YOGA 11:45 to 12:45 Milton CHEER Holiday Party With The Jones Boys!!</p>
<p>24</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch</p>	<p>25</p> <p>CLOSED CHRISTMAS DAY</p> <p></p>	<p>26</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:30 Breakfast Variety 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch</p>	<p>27</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Memory Café 10:00 Morning Chat 11:45 to 12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social</p> <p>Ukulele Lessons 1:30 Beginners 2:00 Advanced</p>	<p>28</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 Breakfast Café 10:00 Morning Chat & 10:15 Prize Bingo 10:45 YOGA 11:45 to 12:45 Lunch</p>
<p>31</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 11:45 to 12:45 Lunch & Let's Celebrate the NEW YEAR Party featuring John Rivero!!!</p>	<p></p> <p>Beef Tacos, Salad, Red Beans and Rice, Chips & Salsa, Ice Cream \$5.00</p>	<p></p> <p>Fried Chicken, Potato Salad, Collard Greens, Corn Bread Cinnamon Peach Cobbler \$5.00</p>	<p>New CLASS Ukelele Lessons!!</p> <p></p> <p>Thursdays Beginners 1:30 PM Experienced 2:00 PM</p>	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p> <p></p>