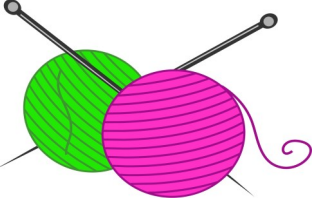









MILTON CHEER CENTER FEBRUARY 2019 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;">Drop-In Knitting Group!!</p> <p style="text-align: center;"><u>Mondays</u> <u>At 1:00 PM</u></p>	 <p style="text-align: center;">INTUITION CIRCLE With Dr. Carol Pollio WEDNESDAY Feb 6th 1:00-3:00 PM</p>	 <p style="text-align: center;">"SNOWY OWLS" TO OPEN 2019 PRIME HOOK LECTURE SERIES TUESDAY FEB 12TH ~ 7:00 PM</p>	 <p style="text-align: center;"><i>Celebrating Black History</i></p> <p style="text-align: center;">CELEBRATING BLACK HISTORY MONTH Wed Feb 20th 10:30 am</p>	<p style="text-align: center;">1</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 Breakfast Café 10:00 Roxana CHEER visits Milton 10:00 Morning Chat 10:30 Prize Bingo 11:45 to 12:45 Lunch</p>
<p>4</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 Membership Meeting "Welcome New Members!" 10:00 TAI CHI 10:00 Morning Chat 11:45 to 12:45 Lunch 1:00 "Drop-In Knitting Group"</p>	<p>5</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch 5:00 Dinner & Bingo Orange Chicken, Stir-Fried Oriental Veggies, Fried Rice Egg Roll, Cookies</p>	<p>6</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 10:00 Bridge Club 10:00 Bible Study 10:00 "WILDCRAFTING" Remedies from Nature With Dr. Carol Pollio 11:45 to 12:45 Lunch 1:00 "Intuition Circle"</p>	<p>7</p> <p>8:00 Fitness Room Open 9:00 Strength & Toning 10:00 YOGA 10:30 Mike Lowe from Delaware Fire School ~ Fire Safety Lecture 9:30 Memory Café 11:45 to 12:45 Lunch 12:30 Penny Bingo and Ice Cream Social 2:00 Ukulele Play Along</p>	<p>8</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 Breakfast Café 9:30 - 4:00 AARP Free Tax Preparation 10:00 Morning Chat 10:30 Prize Bingo 11:45 to 12:45 Lunch</p>
<p>11</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 8:30 Trip to Hobby Lobby/Entenmanns-lunch at Olive Garden 9:30 Breakfast Variety 10:00 TAI CHI 10:00 Morning Chat 11:45 to 12:45 Lunch 1:00 "Drop-In Knitting Group"</p>	<p>12</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao 9:00 Strength & Toning 10:00 "Consumer Fraud/Identity Theft" with Deputy Attorney General Gina Schoenberg 11:45 to 12:45 Lunch NO DINNER/Bingo 7:00 Prime Hook Refuge Lecture "Snowy Owls"</p>	<p>13</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:30 Breakfast Variety 10:00 Bridge Club 10:00 Bible Study 10:30 "Outreach Corner" with Robin Peterson 11:45 to 12:45 Lunch 1:00 - 3:00 FREE Vision Screening-provided by the Lewes Lions Club</p>	<p>14</p> <p>8-4 Fitness Room Open 8:30 Trip to Greenwood CHEER for Valentine's Party 9:00 Strength & Toning 9:30 Memory Café 10:00 YOGA 11:45 to 12:45 Milton CHEER's Valentine's Lunch Party!! 12:30 Penny Bingo 1:00 Alzheimer's Support 2:00 Ukulele Play Along</p>	<p>15</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 Breakfast Café 9:30 - 4:00 AARP Free Tax Preparation 10:00 Morning Chat 10:15 Prize Bingo 11:45 to 12:45 Lunch</p>

MILTON CHEER CENTER FEBRUARY 2019 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p>  <p>MILTON CHEER CLOSED FOR PRESIDENTS' DAY</p>	<p>19</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 <u>Crafts With Wanda!</u> 11:45 to 12:45 Lunch 5:00 <u>Bingo/Dinner</u> Hot Dogs & Hamburgers Baked French Fries, Apple Pie w/Ice Cream</p>	<p>20</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 10:30 <u>Black History Month Celebration!!</u> <u>Don't miss our Guest Speakers!!</u> 11:45 to 12:45 Lunch</p>	<p>21</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Memory Café 10:00 YOGA 10:30 <u>"Depression and Aging" Lecture - Nancy Crass RN-Sun Behavioral</u> 11:45-12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social 2:00 Ukulele Play along</p>	<p>22</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 Breakfast Café 9:30 - 4:00 <u>AARP Free Tax Preparation</u> 10:15 Prize Bingo 11:45 to 12:45 Lunch</p>
<p>25</p> <p>8-4 Fitness Room Open 8:30 <u>Trip to Dover Mall, Produce Junction, Food Court for lunch</u> 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 TAI CHI 10:00 Morning Chat 11:45 to 12:45 Lunch 1:00 <u>"Drop-In Knitting Group"</u></p>	<p>26</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 10:30 <u>Ask the Pharmacist, Michelle from Walgreens</u> 11:45 to 12:45 Lunch 5:00 <u>Bingo/Dinner</u> <u>Lasagna, Garlic Bread, Italian Ice</u></p>	<p>27</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 10:30 <u>Visit from Delaware Hospice-Options of Care & Programs Offered</u> 11:45 to 12:45 Lunch</p>	<p>28</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Memory Café 10:00 YOGA 10:00 <u>Learn about Vitamin B12 with Nutritionist, Ruth Thomas</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social 2:00 Ukulele Play Along</p>	 <p>FEBRUARY 14TH! Don't Forget all the Valentines In your life!!</p>
<p>Let's All Get in the Habit of Using The TOUCH SCREEN in The Lobby Area. Also, Don't Forget to Choose Socialize and Morning Chat When You Sign In! It's How Our Center Earns Additional Funding! Thank you!</p>	<p>WILDCRAFTING FOR COLD & FLU RELIEF Workshop (gathering from nature) cold & flu relieving remedies that really work! Cost \$5 Wednesday Feb 6th 10:00 am</p>	 <p>For People That Want To Get Some Serious Core Work Done! Tuesdays with Henri at 8:00 AM</p>	 <p>"Consumer Fraud/ Identity Theft" with Deputy Attorney General Gina Schoenberg Tues Feb 12th 10:00 AM</p>	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p> 