


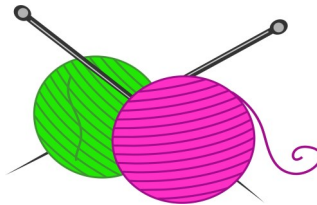





MILTON CHEER CENTER JANUARY 2019 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Forget Resolutions: Ways to Make 2019 a Great Year Without Them! Wednesday Jan 2nd—10:30 AM</p> 	 <p>INTUITION CIRCLE With Dr. Carol Pollio WEDNESDAY Jan 2nd 1:00-3:00 PM</p>	<p>“Tai Chi Open House” Monday Jan 7th 10:00 AM</p> 	 <p>NEW Drop-In Knitting Group!! Mondays ~ Starting Jan 7th At 1:00 PM</p>	 <p>For People That Want To Get Some Serious Core Work Done! Tuesdays with Henri at 8:00 AM Starting Jan 8th</p>
<p>In the NEW Year, 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!</p> <p>It's How Our Center Earns Additional Funding! Thank you!</p>	<p>1 MILTON CHEER CENTER CLOSED TODAY HAPPY NEW YEAR!!</p> 	<p>2 8-4 Fitness Room Open 8:15 ZUMBA 9:00 <u>Bridge Lessons ~ Refresher</u> 9:30 <u>Membership Meeting</u> 10:00 Bridge Club 10:00 Bible Study 10:30 <u>“Forget NEW YEAR Resolutions”</u> 11:45 to 12:45 Lunch 1:00 <u>“Intuition Circle”</u></p>	<p>3 8:00 Fitness Room Open 8:30 <u>Trip to Amish Market In Easton</u> 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 9:30 <u>Memory Café</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo 2:00 <u>Ukulele Play Along</u></p>	<p>4 8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 <u>Breakfast Café</u> 10:00 Morning Chat 10:30 <u>Prize Bingo</u> 10:45 <u>YOGA –MOVING TO THURSDAYS ON 1/10/19 AT 10:00 AM</u> 11:45 to 12:45 Lunch</p>
<p>7 8-4 Fitness Room Open 8:15 ZUMBA Toning 8:30 <u>Trip to Roxanna CHEER for “Positive Music” Performance</u> 9:30 Breakfast Variety 10:00 <u>TAI CHI Open House</u> 10:00 Morning Chat 11:45 to 12:45 Lunch 1:00 <u>NEW “Drop-In Knitting Group”</u></p>	<p>8 8-4 Fitness Room Open 8:00 <u>Zumba Sentao-NEW</u> 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch 5:00 <u>Dinner & Bingo</u> Sausage Jumbalaya Dirty Rice, Corn Bread Fruit Medley</p>	<p>9 8-4 Fitness Room Open 8:15 ZUMBA 8:30 <u>Trip to Salvation Army in Milford, lunch at Westside Diner</u> 9:00 <u>Bridge Lessons ~ Refresher</u> 9:30 Breakfast Variety 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch</p>	<p>10 8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Breakfast Variety 9:30 <u>Memory Café</u> 10:00 <u>YOGA (NEW DAY/TIME)</u> 10:30 <u>“Ask the Pharmacist” ~ Michelle from Walgreens</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo and Ice Cream Social 1:00 <u>Alzheimer’s Support</u> 2:00 <u>Ukulele Play Along</u></p>	<p>11 8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 <u>Breakfast Café</u> 10:00 Morning Chat 10:15 <u>Prize Bingo</u> 11:45 to 12:45 Lunch</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 Morning Chat 10:00 <u>Tai Chi</u> 11:45 to 12:45 Lunch 1:00 <u>"Drop In Knitting Group"</u></p>	<p>15</p> <p>8-4 Fitness Room Open 8:00 <u>Zumba Sentao-NEW</u> 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch 5:00 <u>Bingo/Dinner</u> Ravioli with Marinara Sauce, Caesar Salad, Garlic Bread, Italian Ice</p>	<p>16</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 8:30 <u>Trip to Team Challenge in Seaford, lunch at Smith's Café</u> 9:00 <u>Bridge Lessons ~ Refresher</u> 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch</p>	<p>17</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 <u>Memory Café</u> 10:00 <u>YOGA</u> 10:00 Morning Chat 11:45-12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social 2:00 <u>Ukulele Play along</u></p>	<p>18</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> 11:45 to 12:45 Lunch</p>
<p>21</p> <p>MILTON CHEER CENTER CLOSED IN OBSERVANCE OF "MARTIN LUTHER KING DAY"</p>  <p><small>shutterstock_151881488</small></p>	<p>22</p> <p>8-4 Fitness Room Open 8:00 <u>Zumba Sentao-NEW</u> 8:30 <u>Trip to Greenwood For Bingo!!</u> 9:00 Strength & Toning 9:30 Breakfast Variety 10:00 Morning Chat 11:45 to 12:45 Lunch 5:00 <u>NO Bingo/Dinner</u></p>	<p>23</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 8:30 <u>Trip to Roses in Seaford, lunch at Stargate Diner</u> 9:00 <u>Bridge Lessons ~ Refresher</u> 10:00 Morning Chat 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch</p>	<p>24</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 <u>Memory Café</u> 10:00 <u>YOGA</u> 10:30 <u>Senior Medicare Patrol Presentation</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social 2:00 <u>Ukulele Play Along</u></p>	<p>25</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:15 to 9:45 <u>Breakfast Café</u> 10:00 Morning Chat 10:15 <u>Prize Bingo</u> 11:45 to 12:45 Lunch</p>
<p>28</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 <u>Crafts with Wanda</u> 10:00 Tai Chi 11:45 to 12:45 Lunch 1:00 <u>"Drop In Knitting Group"</u></p>	<p>29</p> <p>8-4 Fitness Room Open 8:00 <u>Zumba Sentao-NEW</u> 8:30 <u>Trip to Produce Junction, Dover Mall</u> 9:00 Strength & Toning 11:45 to 12:45 Lunch 5:00 <u>Bingo/Dinner</u> Fried Chicken</p>	<p>30</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>31</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 <u>Memory Café</u> 10:00 <u>YOGA</u> 11:45-12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social 2:00 <u>Ukulele Play along</u></p>	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p> 