









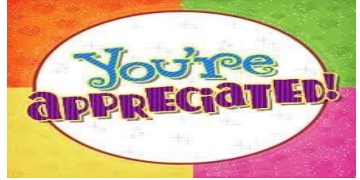

MILTON CHEER CENTER JUNE 2019 ACTIVITIES

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  <p>Please Join Us for The Milton Elementary School Chorus Thursday ~ June 6th 10:00 AM</p> |  <p>"CRUISE IN" TO MILTON CHEER THURSDAY JUNE 6TH 5:00 PM Dinner \$6 50/50 Raffle</p> | <p style="color: red; font-weight: bold;">JUNE</p>  <p style="font-size: 2em; color: purple; font-weight: bold;">It's SUMMER!</p> |  <p>PRIME HOOK LECTURE "Wildlife Rehabilitation" TUESDAY June 11th 7:00 PM</p> |  <p>MEMBERSHIP APPRECIATION DINNER TUESDAY JUNE 25TH 5:00 PM</p> |
| <p>3</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning - \$ 9:30 Breakfast Snacks 10:00 Membership Meeting 10:00 TAI CHI - \$ 10:00 Morning Chat 11:45 to 12:45 Lunch</p> | <p>4</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao - \$ 8:30 Trip to Milford Walmart, Dollar Store & lunch at Applebees 9:00 Strength & Toning - \$ 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 5:00 No Dinner/Bingo</p> | <p>5</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:30 Breakfast Snacks 10:00 Bridge Club 10:00 Bible Study 10:00 Pickleball 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch</p> | <p>6</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning - \$ 9:30 Memory Café 10:00 Milton Elementary School Chorus Group 11:15 YOGA - \$ 11:45 to 12:45 Lunch 12:30 Penny Bingo 2:00 Ukulele Group Lessons \$ 5:00 "Cruise In" To Milton Dinner \$6</p> | <p>7</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 11:45 to 12:45 Lunch</p> |
| <p>10</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning - \$ 9:30 Breakfast Snacks 10:00 TAI CHI - \$ 10:00 Morning Chat 10:30 "Stand By Me" Financial Coaching with Kathleen Rupert 11:45 to 12:45 Lunch</p> | <p>11</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao - \$ 8:00 Trip to Greenwood CHEER for Musical Bingo 9:00 Strength & Toning - \$ 11:45 to 12:45 Lunch 5:00 No Dinner/Bingo 7:00 Prime Hook Lecture "Wildlife Rehabilitation"</p> | <p>12</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:30 Breakfast Snacks 10:00 Bridge Club 10:00 Bible Study 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:00 Trip to T. S Smith Orchard Point Market For Lunch and Shopping 11:45 to 12:45 Lunch</p> | <p>13</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning - \$ 9:30 Memory Café 10:30 Senior Medicare Patrol "Medicare Fraud" Presented by Pat Carney 11:15 YOGA - \$ 11:45 to 12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 2:00 Ukulele Group Lessons-\$</p> | <p>14</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 11-12 Fathers' Day Party With John Rivero 11:45 to 12:45 Lunch 12:00 CHEERS' Products And Services Presented by Anthony DelFranco</p> |

MILTON CHEER CENTER JUNE 2019 ACTIVITIES

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p>17</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 9:30 Breakfast Snacks 10:00 TAI CHI -\$ 10:30 Michelle from Walgreens "Ask the Pharmacist" 11:45 to 12:45 Lunch</p> | <p>18</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao-\$ 9:00 Strength & Toning\$ 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 5:00 Dinner/Bingo Deep Dish Pizza</p> | <p>19</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 10:00 Bridge Club 10:00 Bible Study 10:30 Come and "Elder Abuse & Neglect" Presented by Attorney Shannon Owens 10:00 Pickleball 10:00-2:00 AARP Defensive Driving -Refresher \$ 11:45 to 12:45 Lunch</p> | <p>20</p> <p>9:00 Strength & Toning -\$ 9:30 Memory Café 11:00-12:00 "Mental Health Care As We Age" Presented by Nancy Crass of Sun Behavioral 11:15 YOGA-\$ 11:45-12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 1:00 Alzheimer's Support 2:00 Ukulele Group Lessons-\$</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 11:45 to 12:45 Lunch</p> |
| <p>24</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 9:30 Breakfast Snacks 10:00 TAI CHI-\$ 10:00 Morning Chat 10:00 Crafts with Wanda 11:45 to 12:45 Lunch</p> | <p>25</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao-\$ 9:00 Strength & Toning-\$ 11:45 to 12:45 Lunch 5:00 Membership Appreciation Dinner with Entertainment by Tyler Greene</p> | <p>26</p> <p>8:00 Trip to Greenwood for Miss Fran's Waffles!! 8-4 Fitness Room Open 8:15 ZUMBA-\$ 9:30 Breakfast Snacks 10:30-11:30 Sussex Academy Pool Open ~ \$ 10:00 Bridge Club 10:00 Bible Study 10:00 Pickleball 11:45 to 12:45 Lunch</p> | <p>27</p> <p>8:00 Fitness Room Open 9:00 Strength & Toning-\$ 9:30 Memory Café 10:30-11:30 Sussex Academy Pool-\$ 11:15 YOGA-\$ 11:45 to 12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 2:00 Ukulele Group Lessons-\$</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 11:45 to 12:45 Lunch</p> |
| <p>Let's all Remember...</p> <p>WORLD ELDER ABUSE AWARENESS DAY JUNE 15TH</p>  |  <p>Elder Abuse Lecture With Attorney Shannon Owens Wednesday ~ June 19th 10:30 AM</p> |  <p>It's SUMMER!</p> |  <p>MEMBERSHIP APPRECIATION DINNER TUESDAY JUNE 25TH 5:00 PM</p> | <p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p>  |