






MILTON CHEER CENTER MARCH 2019 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>INTUITION CIRCLE With Dr. Carol Pollio WEDNESDAY Mar 6th 1:00-3:00 PM</p>	<p style="text-align: center;">Ken's Korner Thursday March 7th 10:00 AM</p> <p style="text-align: center;">Visit from CHEER's Executive Director, Ken Bock.</p> <p style="text-align: center;">This is your chance to be heard, to voice your opinions and to ask your questions about CHEER. PLEASE JOIN US!</p>	 <p style="text-align: center;">JOIN US FOR OUR ST. PATRICK'S DAY CELEBRATION FRIDAY MARCH 15TH 11:00 AM—1:00 PM</p>	 <p style="text-align: center;">March for Meals Fundraiser Dinner Thursday March 21st 5:00 PM Entertainment & 50/50 RAFFLE</p>	<p>1</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>
<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 Crafts with Wanda 10:30-11:30 Sussex Academy Pool Open Arthritis Swim Class 11:45 to 12:45 Lunch 5:00 Dinner & Bingo Mardi Gras Theme Scrimp Creole</p>	<p>6</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 8:00 Trip to Ocean View for Bingo and entertainment by The Glass Onion 10:00 Bridge Club 10:00 Bible Study 10:30-11:30 Sussex Acade- my Pool Open -Arthritis Swim Class & Open Lane 11:45 to 12:45 Lunch 1:00 "Intuition Circle"</p>	<p>7</p> <p>9:00 Strength & Toning 10:00 Ken's Korner— Visit from CHEER's Executive Director, Ken Bock 9:30 Memory Café 10:30-11:30 Sussex Academy Pool Open Arthritis Swim Class 11:15 YOGA 11:45 to 12:45 Lunch 12:30 Penny Bingo 2:00 Ukulele Group Lessons</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 10:15 Prize Bingo 11:45 to 12:45 Lunch</p>
<p>11</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 9:30 Breakfast Variety 10:00 TAI CHI 10:30 Michelle from Walgreens—Ask the Pharmacist 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 8:00 Trip to Greenwood CHEER 9:00 Strength & Toning 11:45 to 12:45 Lunch NO DINNER/BINGO 7:00 Prime Hook Refuge Lecture "Delaware Bat Spotters Program"</p>	<p>13</p> <p>8-4 Fitness Room Open 8:15 ZUMBA 9:30 Breakfast Variety 10:00 HANDS ONLY CPR And STOP THE BLEED Presented by Glenn Marshall — Sussex County Emergency Medical Services 10:00 Bridge Club 10:00 Bible Study 11:45 to 12:45 Lunch</p>	<p>14</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Memory Café 11:15 YOGA 11:45 to 12:45 Lunch 12:30 Penny Bingo No Ice Cream Social 2:00 Ukulele Group Lessons</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 10:00 Prize Bingo 11:00 to 1:00 ST. PATRICK'S DAY PARTY CELEBRATION!! 11:45 to 12:45 Lunch</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning 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>19</p> <p>8-4 Fitness Room Open 8:30 Trip to Bridgeville Senior Center 8:00 Zumba Sentao 9:00 Strength & Toning 9:30 Breakfast Variety 10:30-11:30 Sussex Academy Pool Open ~ Arthritis Swim Class 11:45 to 12:45 Lunch 5:00 NO Bingo/Dinner</p>	<p>20 FIRST DAY OF SPRING!!</p> <p>8:15 ZUMBA 8:30 Trip to Big Lots, Burlington Coat Factory Lunch at Panera 10:00 Bridge Club 10:00 Bible Study 10:30-11:30 Sussex Academy Pool Open Arthritis Swim Class/Open Swim Lane 10:00-2:00 AARP Defensive Driving Refresher</p>	<p>21</p> <p>9:00 Strength & Toning 9:30 Memory Café 10:00 County Bank Workshop Fraud Prevention 11:15 YOGA 11:45-12:45 Lunch 12:30 Penny Bingo 1:00 Alzheimer's Support 2:00 Ukulele Group Lessons 5:00 March For Meals Dinner - Entertainment by "Imagine" 50/50 RAFFLE</p>	<p>22</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 10:15 Prize Bingo 11:45 to 12:45 Lunch</p>
<p>25</p> <p>8-4 Fitness Room Open 8:30 Trip to Target in Dover and lunch out 8:15 ZUMBA Toning 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>26</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao 9:00 Strength & Toning 10:00 "WILDCRAFTING" Remedies from Nature 10:30-11:30 Sussex Academy Pool Open ~ Arthritis Swim Class 11:45 to 12:45 Lunch 5:00 Bingo/Dinner Mexican Theme-Beef Tacos</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 10:30-11:30 Sussex Academy Pool Open ~ Arthritis Swim Class/Open Swim Lane 11:45 to 12:45 Lunch</p>	<p>28</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning 9:30 Memory Café 10:30 County Legal Aid Society Speaker: "What's a Power of Attorney and Health Care Directive?" 11:15 YOGA 11:45 to 12:45 Lunch 12:30 Penny Bingo 12:30 Ice Cream Social 2:00 Ukulele Group Lessons</p>	<p>29</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 10:15 Prize Bingo 11:45 to 12:45 Lunch</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 & ALLERGY RELIEF Workshop (Gathering from nature) cold, flu and allergy that really work! For a small donation, Take home a sample tea, syrup or vinegar discussed in class. Tuesday March 26th 10:00 a.m.</p>	 <p>For People That Want To Get Some Serious Core Work Done! Tuesdays with Henri at 8:00 AM</p>	 <p>"DELAWARE BAT SPOTTERS" TUES MARCH 12TH 7:00 PM</p>	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p> 