








MILTON CHEER CENTER MAY 2019 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Kentucky Derby Luncheon <u>Thursday May 2nd</u> 11:45 am-12:45 pm <u>Wear Your Finest Hat!!</u></p>	<p>MAY IS OLDER AMERICANS MONTH!!</p> <p>LUNCHESES ARE \$1 FOR 60 AND OVER</p>  <p>CONNECT, CREATE, CONTRIBUTE MAY 2019</p>		 <p>PRIME HOOK LECTURE "Native Plants" TUESDAY MAY 14TH 7:00 pm</p>	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p> 
<p><u>MILTON COMMUNITY FOOD PANTRY DRIVE !!</u> DURING THE MONTH OF MAY HERE AT MILTON CHEER CENTER</p> <p>Please Bring in Any Canned Goods and Non Perishable Foods Collection Boxes are Set up Within the Center</p>	<p>Join Us For Our Mother's Day Party with Greenwood CHEER Friday May 10th 11:45 am-12:45 pm</p> 	<p>1</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>2</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning - \$ 9:30 Breakfast Snacks 9:30 Memory Café 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:15 YOGA - \$ 11:45 to 12:45 <u>KENTUCKY DERBY LUNCHEON</u> 12:30 Penny Bingo 2:00 Ukulele Group Lessons - \$</p>	<p>3</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>6</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 1:00 "Drop-In Knitting Group"</p>	<p>7</p> <p>8-4 Fitness Room Open 8:00 Trip to Greenwood CHEER 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>8</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:30 Breakfast Snacks 10:00 Bridge Club 10:00 Bible Study 10:30 Outreach Corner with Robin Peterson 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch</p>	<p>9</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning - \$ 9:30 Breakfast Snacks 9:30 Memory Café 10:00 Let's learn about "CALCIUM" ~ Presented by Ruth Thomas 11:15 YOGA - \$ 11:45 to 12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 2:00 Ukulele Group Lessons-\$</p>	<p>10</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 9:30 Greenwood CHEER Visits Milton for Bingo & our Mother's Day Party !! 10:00 Morning Chat 10:15 Prize Bingo 11:45 to 12:45 Lunch</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 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 1:00 "Drop-In Knitting Group"</p>	<p>14 8-4 Fitness Room Open 8:00 Zumba Sentao-\$ 8:30 Trip to Berlin MD. Lunch at Abi's Diner 9:00 Strength & Toning\$ 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 7:00 Prime Hook Lecture "Native Plants"</p>	<p>15 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 ~ \$ 10:00 Pickleball 10:00-4:00 AARP Defensive Driving -Refresher \$ 11:45 to 12:45 Lunch</p>	<p>16 8:00 Fitness Room Open 8:30 Trip to Roses in Seaford, Teen Challenge. Lunch at Diner or Smiths 9:00 Strength & Toning -\$ 9:30 Memory Café 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>17 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>20 8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 9:30 Breakfast Snacks 10:00 TAI CHI-\$ 10:00 Crafts with Wanda 10:00 Morning Chat 11:45 to 12:45 Lunch 1:00 "Drop-In Knitting Group"</p>	<p>21 8-4 Fitness Room Open 8:30 Lewes Ferry Trip ~ Includes Bag Lunch-\$ 8:00 Zumba Sentao-\$ 9:00 Strength & Toning-\$ 10:30-11:30 Sussex Academy Pool Open ~\$ 11:45 to 12:45 Lunch NO DINNER/BINGO</p>	<p>22 8-4 Fitness Room Open 8:15 ZUMBA-\$ 9:30 Breakfast Snacks 10:30 Volunteer Meeting 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 1:30 Volunteer Meeting</p>	<p>23 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 11:30 Later-Life Financial Plan Lecture with Sheila 12:30 Penny Bingo & Ice Cream Social 2:00 Ukulele Group Lessons-\$</p>	<p>24 Older Americans Day Celebration At the CHEER Community Center 20520 Sandhill Rd Georgetown 10:00 am -2:00 pm SEE SHEILA FOR TICKETS Milton CHEER Will Be Closed Today To Attend</p>
<p>27 CLOSED FOR MEMORIAL DAY</p> 	<p>28 8-4 Fitness Room Open 8:00 Zumba Sentao-\$ 8:30 Trip to Home Goods, and Kitchen & Co in Lewes. Lunch at Cracker Barrel 9:00 Strength & Toning* 11:45 to 12:45 Lunch 5:00 Bingo/Dinner Fried Chicken</p>	<p>29 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>30 8:00 Fitness Room Open 9:00 Strength & Toning-\$ 9:30 Memory Café 11:15 YOGA-\$ 11:45 to 12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 2:00 Ukulele Group Lessons-\$</p>	<p>31 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>