




# MILTON CHEER CENTER SEPTEMBER 2019 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRAP POND FALL FESTIVAL CARNIVAL!! FRIDAY SEPT 6TH 10:00 am—2:00 pm</p>  <p>Tickets \$6 Seniors 60 &amp; older \$8 for under age 60 See Sheila for Tickets</p>	 <p><b>PATRIOT DAY AT CCC SEPTEMBER 10TH 10:00 AM - 2:00 PM ALSO "HONORING OUR VETERANS, PAST &amp; PRESENT"</b></p>	<p><b>LET'S CELEBRATE NATIONAL SENIOR CENTER MONTH!</b> <i>"The Key to Aging Well"</i> <u>Growing/Learning</u> <u>Connecting/Giving</u> Friday Sept 13th 11:30 am</p> 	 <p><b>MEMBERSHIP RENEWAL DINNER!! TUESDAY SEPT 17TH 5:00 PM</b></p> <p><b>MEMBERS FREE/GUEST \$5 ENTERTAINMENT BY SKY BRADY!!</b></p>	 <p><b>CHEER BEACH DAY IS BACK...</b></p> <p>Tuesday, Sept. 24, 2019 • Rehoboth Beach, DE Health Fair, Boardwalk Entertainment, Beach Stroll</p>
<p><b>2 ALL CENTERS CLOSED TODAY!!</b></p>  <p><b>ENJOY THE HOLIDAY!!</b></p>	<p><b>3</b> 8:00 <u>Trip to Greenwood CHEER</u> 8-4 Fitness Room Open 8:00 Zumba Sentao - \$ 9:00 Strength &amp; Toning - \$ 11:00-12:00 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 5:00 <u>Dinner/Bingo</u></p>	<p><b>4</b> 8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:30 Breakfast Snacks 10:00 Bridge Club 10:00 Bible Study 10:00 Pickleball 11:00-12:00 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch</p>	<p><b>5</b> 8-4 Fitness Room Open 9:00 Strength &amp; Toning - \$ 9:30 Memory Café 10:00 <u>Kathleen Rupert of "Stand By Me"- Free Financial Counseling</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo &amp; Ice Cream Social 1:15 Ukulele Group Lessons-\$</p>	<p><b>6 ALL CENTERS CLOSED TODAY FOR TRAP POND FALL FESTIVAL CARNIVAL!</b></p> <p>10:00 AM—2:00 PM</p> <p><b>SEE YOU THERE!!</b></p>
<p><b>9</b> 8-4 Fitness Room Open 8:15 ZUMBA Toning - \$ 9:30 Breakfast Snacks 10:00 TAI CHI - \$ 10:00 <u>Membership Meeting</u> 11:45 to 12:45 Lunch</p>	<p><b>10</b> 8:00 <u>Trip to CCC For Patriots' Day &amp; Honoring our Veterans</u> 8-4 Fitness Room Open 8:00 Zumba Sentao - \$ 9:00 Strength &amp; Toning - \$ 11:45 to 12:45 Lunch 5:00 NO DINNER/BINGO 7:00 <u>Prime Hook Lecture "BEES"</u></p>	<p><b>11</b> 8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:30 Breakfast Snacks 10:00 <u>Trip to Milton Library</u> 10:00 Bridge Club 10:00 Bible Study 11:00-12:00 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch</p>	<p><b>12</b> 8-4 Fitness Room Open 9:00 Strength &amp; Toning - \$ 9:30 Memory Café 10:45 <u>Learn About Delaware's "Fair Housing Initiative Program" and your Rights</u> 11:45 to 12:45 Lunch 12:30 Penny Bingo &amp; Ice Cream Social 1:15 Ukulele Group Lessons-\$</p>	<p><b>13 <u>Let's Celebrate National Senior Center Month Today!! With Music Provided by Johnny Vagabond</u></b></p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 10:15 Prize Bingo 11:30-12:30 <u>Senior Center Month Celebration</u> 11:45 to 12:45 Lunch</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>16</b></p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 9:30 Breakfast Snacks 10:00 Morning Chat &amp; Games 10:00 TAI CHI -\$ 10:30 <a href="#">Michelle from Walgreens</a> 11:45 to 12:45 Lunch</p>	<p><b>17</b></p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao-\$ 9:00 Strength &amp; Toning\$ 11:00-12:00 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 5:00 <a href="#">MEMBERSHIP RENEWAL DINNER Entertainment By Sky Brady!! Members Free, Guests \$5</a></p>	<p><b>18</b></p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 10:00 Bridge Club 10:00 Bible Study 11:00 <a href="#">NEW MEMBER "MEET &amp; GREET HAPPY HOUR"</a> <a href="#">Please Join Us for Light Snacks/Appetizers</a> 10:00-4:00 <a href="#">AARP Defensive Driving – BASIC Course -\$</a> 11:45 to 12:45 Lunch</p>	<p><b>19</b></p> <p>9:00 Strength &amp; Toning -\$ 9:30 Memory Café 11:45-12:45 Lunch 11:00 <a href="#">State of DE Crisis Intervention Peer Program</a> 12:30 Penny Bingo &amp; Ice Cream Social 12:45 <a href="#">Walgreens, Food Lion, Bank, Post Office</a> 1:00 Alzheimer's Support GRP 1:15 Ukulele Group Lessons-\$</p>	<p><b>20</b></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><b>23</b></p> <p>8:00 <a href="#">Trip to Salisbury Zoo~ Includes Bag Lunch/Bus \$4</a> 8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 9:30 Breakfast Snacks 10:00 Morning Chat &amp; Games 11:45 to 12:45 Lunch</p>	<p><b>24</b></p> <p>ALL CENTERS CLOSED TODAY FOR</p> <p><a href="#">BEACH DAY</a></p> <p>REHOBOTH BEACH CONVENTION CENTER AND BOARDWALK</p> <p>10:00 am– 1:30 pm</p>	<p><b>25</b></p> <p>8-4 Fitness Room Open 8:15 ZUMBA-\$ 9:30 Breakfast Snacks 11:00-12:00 Sussex Academy Pool Open ~ \$ 10:00 Bridge Club 10:00 Bible Study 10:00 Pickleball 11:45 to 12:45 Lunch</p>	<p><b>26</b></p> <p>8:00 Fitness Room Open 9:00 Strength &amp; Toning-\$ 9:30 Memory Café 11:00 <a href="#">"Train Your Brain" With Dr. Carol Pollio</a> 11:00-12:00 Sussex Academy Pool-\$ 11:45 to 12:45 Lunch 12:30 Penny Bingo &amp; Ice Cream Social 1:15 Ukulele Group Lessons-\$</p>	<p><b>27</b></p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 10:00 Morning Chat 10:30 <a href="#">"Walking Into Greatness" Exhibit Tour At Milton Historical Society</a> 10:15 Prize Bingo 11:45 to 12:45 Lunch</p>
<p><b>30</b></p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 9:30 Breakfast Snacks 10:00 Morning Chat 10:00 <a href="#">Crafts with Wanda</a> 11:45 to 12:45 Lunch</p>	 <p><b>MEMBERSHIP RENEWAL DINNER!! TUESDAY SEPT 17TH 5:00 PM MEMBERS FREE/GUEST \$5 ENJOY SKY BRADY!!</b></p>	 <p><b>CHEER BEACH DAY IS BACK...</b></p> <p>Tuesday, Sept. 24, 2019 • Rehoboth Beach, DE Health Fair, Boardwalk Entertainment, Beach Stroll</p>	 <p><b>Prime Hook Lecture "BEES" Tuesday 9/10/19 7:00 PM</b></p>	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p> 