







MILTON CHEER CENTER MARCH 2020 ACTIVITIES

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <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!</p> <p>It's How Our Center Earns Additional Funding! Thank you!</p> |  <p>Wednesday March 11th 11:00 AM Come and Learn About Fall Prevention for Seniors With Dawn Nilsen from Fox Rehab</p> |  <p>Prime Hook Refuge Lecture "SHARK CONSERVATION" TUESDAY March 10th 7:00 pm</p> |  <p>JOIN US FOR OUR ST. PATRICK'S DAY CELEBRATION TUESDAY MARCH 17TH</p> |  <p>March for Meals Fundraiser Dinner Thursday March 19TH 5:00 PM Entertainment &</p> |
| <p>2</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning - \$ 10:00 TAI CHI - \$ 10:00 <u>Membership Meeting</u> We welcome all members and appreciate your Help and Suggestions! 11:45 to 12:45 Lunch</p> | <p>3</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao - \$ 9:00 Strength & Toning-\$ 10:45 Yoga - \$ 11:45 to 12:45 Lunch</p> <p>No Dinner/Bingo</p> | <p>4</p> <p>8:00 <u>Milton CHEER visits Ocean View CHEER</u> 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 ~ \$ 11:45 to 12:45 Lunch</p> | <p>5</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning- \$ 9:30 Memory Café 11:00 <u>Visit by Kathleen Rupert - "Stand By Me" Financial Coach</u> 10:45 Yoga - \$ 11:45 to 12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 1:15 Ukulele Lessons - \$ (Please no-drop ins)</p> | <p>6</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 9:30 - 2:15 <u>AARP Tax Preparations, APPT ONLY</u> 10:00 Morning Chat 10:15 Prize Bingo 11:45 to 12:45 Lunch</p> |
| <p>9</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning - \$ 10:00 TAI CHI - \$ 10:00 Morning Chat 10:15 <u>Games With Bennie</u> 11:45 to 12:45 Lunch</p> | <p>10</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao - \$ 9:00 Strength & Toning-\$ 10:30-11:30 Sussex Academy Pool Open ~ \$ 10:45 Yoga - \$ 11:45 to 12:45 Lunch 7:00 <u>Prime Hook Refuge Lecture: "Shark Conservation"</u></p> | <p>11</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:30 Breakfast Snacks 10:00 Bridge Club 10:00 Bible Study 11:00 <u>Fox Rehab - Fall Prevention Lecture</u> 11:45 to 12:45 Lunch 1:00 <u>Guitar or Piano Lessons with Steve Pashigian: Please sign up!</u></p> | <p>12</p> <p>8-4 Fitness Room Open 9:00 Strength & Toning-\$ 9:30 Memory Café 10:45 Yoga - \$ 11:45 to 12:45 Lunch 12:30 Penny Bingo & Ice Cream Social 12:45 <u>Walgreens, Food Lion, Bank, Post Office</u> 1:15 Ukulele Lessons - \$ (Please no-drop ins)</p> | <p>13</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 9:30 - 2:15 <u>AARP Tax Preparations, APPT ONLY</u> 10:00 <u>Greenwood CHEER Visits Milton CHEER</u> 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>16</p> <p>8:00 Milton CHEER visits Harbour Lights CHEER 8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 10:00 Morning Chat 10:00 TAI CHI -\$ 11:45 to 12:45 Lunch</p> | <p>17</p> <p>8-4 Fitness Room Open 8:00 Zumba Sentao-\$ 9:00 Strength & Toning -\$ 10:30-11:30 Sussex Academy Pool Open ~ \$ 10:45 Yoga - \$ 11:45 to 12:45 Lunch & St. Patrick's Day Party!! 5:00 NO Dinner/Bingo</p> | <p>18</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 10:00 Bridge Club 10:00 Bible Study 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 1:00 - 2:00 Lewes Lion's Club Vision Screening By Appt Only</p> | <p>19</p> <p>9:00 Strength & Toning -\$ 9:30 Memory Café 10:45 Yoga - \$ 11:45-12:45 Lunch 12:30 Penny Bingo 1:00 Alzheimer's Support Group 1:15 Ukulele Lessons - \$ (Please no-drop ins) 5:00 March for Meals Fundraising Dinner with The Jones Boys!! 50/50 Raffle</p> | <p>20</p> <p>8:00 Trip to Ellendale Trading Post with lunch At Southern Grill 8-4 Fitness Room Open 8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 9:30 - 2:15 AARP Tax Preparations, APPT ONLY 10:00 Morning Chat 10:15 Prize Bingo 11:45 to 12:45 Lunch</p> |
| <p>23</p> <p>8:00 Trip to Dover Mall With lunch at the Mall 8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 10:00 Morning Chat 10:00 TAI CHI -\$ 11:45 to 12:45 Lunch</p> | <p>24</p> <p>8-4 Fitness Room Open 8:00 Sentao-Cancelled 9:00 Strength & Toning\$ 10:30-11:30 Sussex Academy Pool Open ~ \$ 10:45 Yoga - \$ 11:45 to 12:45 Lunch 5:00 Dinner/Bingo</p> | <p>25</p> <p>8-4 Fitness Room Open 8:15 ZUMBA - \$ 10:00 Bridge Club 10:00 Bible Study 10:00 AARP Defensive Driving (Refresher Course) 10:30-11:30 Sussex Academy Pool Open ~ \$ 11:45 to 12:45 Lunch 1:00 Guitar or Piano Lessons with Steve Pashigian: Please sign up!</p> | <p>26</p> <p>8:00 Trip to Teen Challenge Lunch at Smiths 8-4 Fitness Room Open 9:00 Strength & Toning -\$ 9:30 Memory Café 10:00 Morning Chat 10:30-11:30 Sussex Academy Pool Open ~ \$ 10:45 Yoga - \$ 11:45-12:45 Lunch 12:30 Penny Bingo & Ice Cream 12:45 1:15 Ukulele Lessons-\$ (Please no-drop ins)</p> | <p>27</p> <p>8:15 ZUMBA - \$ 9:15 to 9:45 Breakfast Café 9:30 - 2:15 AARP Tax Preparations, APPT ONLY 10:00 The Mind Diet with Carmel Rickenbach Foods that Support Brain Health 10:30 Prize Bingo 11:45 to 12:45 Lunch 1:00-2:30 Caregiver Support Group</p> |
| <p>30</p> <p>8-4 Fitness Room Open 8:15 ZUMBA Toning-\$ 10:00 Morning Chat 10:00 TAI CHI -\$ 10:30 "Ask the Pharmacist" ~ Michelle from Walgreens ~ 11:45 to 12:45 Lunch</p> | <p>31</p> <p>8:00 Trip to Dover AFB Lunch at Olive Garden 8-4 Fitness Room Open 8:00 Sentao-Cancelled 9:00 Strength & Toning\$ 10:45 Yoga - \$ 11:45 to 12:45 Lunch 5:00 Dinner/Bingo</p> | <p>Looking for Some Daily Exercise in a Comfortable Indoor Environment in 2020?? How about trying our Fitness Center!! It's only \$20/month for CHEER Members!! Open Monday - Friday 8:00 am - 4:00 pm See Reception</p> |  <p><i>For People That Want To Get Some Serious Core Work Done! Tuesdays/Thursdays with Henri at 8:00 AM</i></p> | <p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819 Check out our FB Page!</p>  |