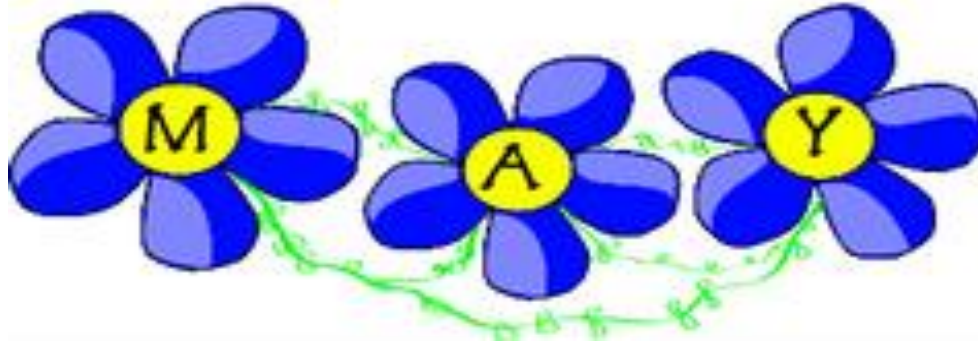


# MILTON CHEER Activity Center

**MAY IS OLDER  
AMERICANS MONTH  
LUNCHES IN CENTER  
\$1.00 AGE 60+**



**MOTHER'S DAY PARTY  
FRIDAY MAY 6th  
Bake Sale, Entertainment &  
Bingo  
11:00 AM**



**2**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:15 **Dance Toning with Henri At Center & Zoom \$**  
10:00 **Membership Meeting**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00 - 12:15 Lunch  
11:30 **Trivia**  
1:00 **Pickleball Court Open!**  
**Call Center at 302-684-4819 to add your name to the list!**

**3**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:00 **Tone, Tummy, Balance with Henri \$**  
8:15 **Trip to Greenwood CHEER for Bingo!**  
10:45 **Yoga with Mary Ann\$**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00-12:15 Lunch  
12:00 **NO BINGO TODAY!**  
1:00 **Games with Mary Ann!**

**4**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:15 **Dance Fitness with Henri Center/Via Zoom \$**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00 - 12:15 Lunch  
12:00 Bible Study w/Fr Vern  
1:00 **Trip to Walgreens, Post Office, Bank and Food Lion**  
1:00 **Pickleball Court Open!**  
**Call Center at 302-684-4819 to add your name to the list!**

**5**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:00 **Tone, Tummy, Balance w/ Henri \$**  
9:30-11:30 **Memory Café**  
10:45 **Ken's Korner Via Zoom**  
10:45 **Yoga w/Mary Ann \$**  
11:00 **Kathleen Rupert - Free Financial Counseling**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00-12:15 Lunch

**6**

8:00 **Fitness Center Open**  
8:15 **Dance, Tone and Core with Henri at Center & Via Zoom \$**  
9:00 am **Breakfast Café**  
10:00-12:00 **LaRed Covid Vaccine Clinic- appt required**  
11:00 **Mother's Day Party**  
**Bale Sale/Entertainment/Bingo**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00 - 12:15 Lunch

**9**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:15 am **Dance Toning with Henri At Center & Zoom \$**  
10:00 **Membership Meeting**  
11:00 **Paint Day with Judy Includes Lunch - \$25 for members, \$30 nonmembers**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00 - 12:15 Lunch

**10**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:00 **Tone, Tummy, Balance with Henri \$**  
10:30 **(ASL)SIGN LANGUAGE**  
10:45 **Yoga with Mary Ann\$**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00-12:15 Lunch  
12:00 **PRIZE BINGO!**  
1:00 **Games with MaryAnn!**  
1:00 **Drop in Knitting Class!!**

**11**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:15 **Dance Fitness with Henri at Center/Via Zoom \$**  
8:15 **Trip to Air Mobility Command Museum Dover**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:00 - 12:15 Lunch  
12:00 Bible Study w Fr Vern

**12**

8:00 **Fitness Center Open**  
8:00 Breakfast Snack Café  
8:00 **Tone, Tummy, Balance w/ Henri**  
9:30-11:30 **Memory Café**  
10:45 **Yoga w/Mary Ann \$**  
11:00 **Kathleen Rupert - Free Financial Counseling**  
11:00-12:15 Lunch  
1:00 **NEW Mahjong Class!!**

**13**

8:00 **Fitness Center Open**  
8:15 am **Dance, Tone and Core with Henri at Center/Via Zoom \$**  
9:00 am **Breakfast Café**  
10:00 **Ask the Pharmacist! Michelle from Walgreens**  
10:00 am **PRIZE BINGO!**  
10:00-12:00 **LaRed Covid Vaccine Clinic- appt required**  
11:00 - 12:00 Drive Thru  
Pick Up Meals Available  
11:30 - 12:15 Lunch

# Milton CHEER Activity Center

## MAY 2022

<p><b>16</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:15 <u>Trip to Lavender Fields</u>  8:15 am <u>Dance Toning w/ Henri at Center &amp; Via Zoom\$</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00 - 12:15 Lunch  11:30 <u>Trivia!!</u>  1:00 <u>Pickleball Court Open!</u>  <u>Call Center at 302-684-4819 to add your name to the list!</u></p>	<p><b>17</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:00 <u>Tone, Tummy, Balance \$</u>  10:45 <u>Yoga with Mary Ann \$</u>  10:00 <u>Visit from our friends from Laurel Senior Center</u>  11:00 <u>Cancer Prevention with Richard Strout MSN, RN</u>  11:00-12:15 Lunch  12:00 <u>PRIZE BINGO!</u>  1:00 <u>Games with Mary Ann!</u>  1:00 <u>Drop in Knitting Class</u></p>	<p><b>18</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:15 <u>Dance Fitness with-Henri at Center/Via Zoom \$</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00 - 12:15 Lunch  12:00 Bible Study w/Fr Vern  1:00 <u>Trip to Walgreens, Post Office, Bank and Food Lion</u></p>	<p><b>19</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:00 <u>Tone, Tummy, Balance w/Henri at Center&amp; Zoom</u>  9:30-11:30 <u>Memory Café</u>  10:45 <u>Yoga w/Mary Ann \$</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00-12:15 Lunch  2:30 <u>Evening Dining Out Southern Grill, Ellendale</u></p>	<p><b>20</b>  8:00 Fitness Center Open  8:15 am <u>Dance, Tone and Core with Henri at Center/Via Zoom</u>  9:00 am <u>Breakfast Café</u>  10:00 am <u>PRIZE BINGO!</u>  10:00-12:00 <u>LaRed Covid Vaccine Clinic- appt required</u>  11:00 - 12:00 Drive Thru Pick Up Meals Available  11:30 - 12:15 Lunch</p>
<p><b>23</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:15 am <u>Dance Toning w/ Henri at Center &amp; Via Zoom\$</u>  11:00 <u>Trip to Milton Park for Bag Lunch Picnic/Shopping at Merchantile</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00 - 12:15 Lunch  11:30 <u>Trivia!!</u>  1:00 <u>Pickleball Court Open!</u>  <u>Call Center at 302-684-4819 to add your name to the list!</u></p>	<p><b>24</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Cafe  8:00 <u>Tone, Tummy, Balance with Henri Center &amp; via Zoom</u>  10:30 <u>(ASL) SIGN LANGUAGE with Dr. Carol Pollio</u>  10:45 <u>Yoga with Mary Ann \$</u>  11:00-12:15 Lunch  1:00 <u>Games with Mary Ann!</u>  1:00 <u>Drop in Knitting Class</u>  4:00 <u>Dinner and Bingo \$5 50/50</u></p>	<p><b>25</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:15 <u>Dance Fitness with-Henri at Center/Via Zoom \$</u>  10:00 <u>Visit from our friends from Greenwood CHEER</u>  10:30 <u>PRIZE BINGO</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00 - 12:15 Lunch  12:00 Bible Study w/Fr Vern</p>	<p><b>26</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Café  8:00 <u>Tone, Tummy, Balance w/Henri at Center &amp; via Zoom \$</u>  9:30-11:30 <u>Memory Café</u>  10:45 <u>Yoga w/Mary Ann \$</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00-12:15 Lunch  1:00 <u>NEW Mahjong Class!!</u></p>	<p><b>27</b>  <b><u>CENTER CLOSED TODAY TO ATTEND OLDER AMERICANS DAY CELEBRATION AT CHEER COMMUNITY CENTER</u></b>  <b>10:00 AM - 2:00 PM</b>  <b>SEE SHEILA FOR TICKETS</b>  <b>TICKETS \$6 FOR AGE 60+ \$8 UNDER AGE 60</b></p>
<p><b>30</b>  <b><u>MILTON CHEER CLOSED TODAY</u></b></p> 	<p><b>31</b>  8:00 Fitness Center Open  8:00 Breakfast Snack Cafe  8:00 <u>Tone, Tummy, Balance \$</u>  8:15 <u>Milton CHEER Visits Laurel Senior Center</u>  10:45 <u>Yoga with Mary Ann \$</u>  11:00 - 12:00 Drive Thru  Pick Up Meals Available  11:00-12:15 Lunch  12:00 <u>NO BINGO TODAY</u>  1:00 <u>Games with Mary Ann!</u></p>		<p><b>JOIN US FOR OLDER AMERICANS DAY CELEBRATION FRIDAY, MAY 27TH 10 AM - 2 PM CHEER COMMUNITY CENTER</b>  <b>TICKETS \$6 FOR SENIORS \$8 UNDER AGE 60</b></p> 	<p><b>MILTON CHEER CENTER</b>  <b>24855 BROADKILL RD</b>  <b>MILTON DE</b>  <b>Tel: (302) 684-4819</b>  <b>Check out our FB Page!</b></p> 