


MILTON CHEER Activity Center

August 2022

MON	TUE	WED	THU	FRI
<p>1 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:15 am Dance Toning and Core with Henri At Center & Zoom \$ 10:00 Movie Day! 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Crafts 1:00 Pickleball Court Open!</p>	<p>2 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:00 Membership Meeting 10:45 Yoga with Mary Ann\$ 11:00 - 12:00 Drive Thru Meals 11:00-12:15 Lunch 12:00 PRIZE BINGO! 1:00 Games with MaryAnn! 1:00 Drop in Knitting Class!!</p>	<p>3 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:00 Bridge Group 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Bible Study Fr. Vern 1:00 Trip to Walgreens, Post Office, Bank and Food Lion</p>	<p>4 8:00 Fitness Center Open 8:00 Breakfast Snack Café 9:30-11:30 Memory Café 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 12:00 Games 12:30 Let's Play Cornhole!</p>	<p>5 8:00 Fitness Center Open 9:00 am Breakfast Café 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 11:00 - 12:15 Lunch 12:30 Let's Play Cornhole!</p>
<p>8 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:00 Trip to This and That and Chic-Fil-A 8:15 am Dance Toning and Core with Henri At Center & Zoom \$ 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Crafts 1:00 Pickleball Court Open! Call Center for Info</p>	<p>9 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:45 Yoga with Mary Ann\$ 11:00 - 12:00 Drive Thru Meals 11:00-12:15 Lunch 12:00 PRIZE BINGO! 1:00 Games with MaryAnn! 1:00 Drop in Knitting Class!!</p>	<p>10 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:00 Bridge Group 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Bible Study Fr. Vern 1:00 Trip to Walgreens, Post Office, Bank and Food Lion</p>	<p>11 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:00 Trip to Georgetown CHEER 9:30-11:30 Memory Café 10:30 Ken's Korner Virtual 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 12:00 Games</p>	<p>12 8:00 Fitness Center Open 9:00 am Breakfast Café 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 11:00 - 12:15 Lunch 12:30 Let's Play Cornhole!</p>
<p>15 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:00 Trip to Roses & Good Will 8:15 am Dance Toning and Core with Henri At Center & Zoom \$ 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Crafts 1:00 Pickleball Court Open! Call Center for Info</p>	<p>16 8:00 Fitness Center Open 8:00 Breakfast Snack Cafe 10:30 (ASL)SIGN LANGUAGE 10:45 Yoga with Mary Ann\$ 11:00 - 12:00 Drive Thru Meals 11:00-12:15 Lunch 12:00 PRIZE BINGO! 1:00 Games with MaryAnn! 1:00 Drop in Knitting Class!!</p>	<p>17 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:00 Bridge Group 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Bible Study Fr. Vern 1:00 Trip to Walgreens, Post Office, Bank and Food Lion</p>	<p>18 8:00 Fitness Center Open 8:00 Breakfast Snack Café 9:30-11:30 Memory Café 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 12:00 Games 12:30 Let's Play Cornhole!</p>	<p>19 8:00 Fitness Center Open 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 11:00 - 12:15 Lunch 12:30 Let's Play Cornhole!</p>

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<p>22 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:15 Dance Toning and Core with Henri At Center & Zoom \$ 10:00 Movie Day 11:00 - 12:00 Drive Thru Meals 11:00 - 12:15 Lunch 11:30 Trivia!! 1:00 Pickleball Court Open! Call Center for info</p>	<p>23 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:00 –11 Positive Music Time 10:45 Yoga with Mary Ann \$ 11:00-12:15 Lunch 12:30 PRIZE BINGO! 1:00 Games with Mary Ann! 1:00 Drop in Knitting Class</p>	<p>24 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:00 Bridge Group 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Bible Study w/Fr Vern 1:00 Pickleball Court Open! Call Center for Info</p>	<p>25 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:00 Trip to Fresh Market 10:45 Yoga w/Mary Ann \$ 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00-12:15 Lunch 12:00 Games 12:30 Let's Play Cornhole! 1:00 Mahjong Play</p>	<p>26 8:00 Fitness Center Open 9:00 am Breakfast Café 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 11:00 - 12:15 Lunch 12:30 Let's Play Cornhole!</p>
<p>29 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:15 Dance Toning and Core with Henri At Center & Zoom \$ 10:00 Movie Day ! 11:00 - 12:00 Drive Thru Meals 11:00 - 12:15 Lunch 11:30 Trivia!! 1:00 Pickleball Court Open!</p>	<p>30 8:00 Fitness Center Open 8:00 Breakfast Snack Café 10:30 (ASL) SIGN LANGUAGE with Dr. Carol Pollio 10:45 Yoga with Mary Ann \$ 11:00-12:15 Lunch 12:00 TRIVIA 1:00 Games with Mary Ann! 1:00 Drop in Knitting Class 4:00 Dinner and Prize Bingo</p>	<p>31 8:00 Fitness Center Open 8:00 Breakfast Snack Café 8:00 This & That 10:00 Bridge Group 11:00 - 12:00 Drive Thru Pick Up Meals Available 11:00 - 12:15 Lunch 12:00 Bible Study w/Fr Vern 1:00 Pickleball Court Open! Call Center for Info</p>		



**MILTON CHEER
 CENTER
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 Check out our FB Page!**

