

# MILTON CHEER Activity Center

## JANUARY 2023

| MON | TUE | WED | THU | FRI |
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|-----|-----|-----|-----|-----|



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|---|---|---|---|--|
| <p><b>2</b></p> <p><b>CENTER CLOSED for New Years Celebration</b></p>   | <p><b>3</b></p> <p>8:00 Breakfast Snack Cafe<br/>8:00 am <a href="#">Tone, Tummy, Balance with Henri at Center &amp; via Zoom \$</a><br/>9:30 <a href="#">Membership Meeting</a><br/>11:00 <a href="#">Positive Music Time with Randy!</a><br/>10:45 am Yoga with Maryann<br/>11:00-12:15 Lunch<br/>12:00 <a href="#">PRIZE BINGO!</a><br/>1:00 <a href="#">NEW Drop in Knitting/ Project Class !! Join us!</a></p> | <p><b>4</b></p> <p>8:00 Breakfast Snack Café<br/>8:15 <a href="#">Dance Fitness with Henri at Center &amp; Via Zoom (Formerly Zumba) \$</a><br/>11:00 am Bible Study with Bishop Foster<br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch</p>  | <p><b>5</b></p> <p>8:00 Breakfast Snack Cafe<br/>8:00 <a href="#">Tone, Tummy, Balance with Henri at Center &amp; via Zoom \$</a><br/>9:30-11:30 <a href="#">Memory Café</a><br/>10:45 <a href="#">Ken's Korner</a><br/>10:45 Yoga w/Mary Ann<br/>11:00 <a href="#">Kathleen Rupert of "Stand By Me" Delaware Free Counseling</a><br/>11:00-12:15 Lunch<br/>11:00 - 12:15 Lunch</p> | <p><b>6</b></p> <p>8:15 am <a href="#">Dance, Tone and Core with Henri at Center &amp; Via Zoom \$</a><br/>9:00 am <a href="#">Breakfast Café</a><br/>10:00 am <a href="#">PRIZE BINGO</a><br/>10:00-12:00 <a href="#">LaRed Covid Vaccine Clinic- Call 302-684-4819, 24 hrs In advance for appt.</a><br/>11:00 - 12:00 Drive Thru Meals<br/>11:00 - 12:15 Lunch</p>   |
| <p><b>9</b></p> <p>8:00 Breakfast Snack Café<br/>8:15 <a href="#">Trip to Bylers in Dover With Lunch at Cheddars</a><br/>8:15 am <a href="#">Dance Toning w/ Henri at Center &amp; Via Zoom\$</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch<br/>11:30 <a href="#">Trivia!!</a></p> | <p><b>10</b></p> <p>8:00 Breakfast Snack Cafe<br/>8:00 am <a href="#">Tone, Tummy, Balance with Henri at Center &amp; via Zoom \$</a><br/>9:45 <a href="#">Ask the Pharmacist - Michelle from Walgreens</a><br/>10:30 <a href="#">Introduction to Sign Language With Dr. Pollio</a><br/>10:45 am Yoga with MaryAnn<br/>11:00-12:15 Lunch<br/>12:00 <a href="#">PRIZE BINGO</a></p>                                  | <p><b>11</b></p> <p>8:00 Breakfast Snack Cafe<br/>8:15 <a href="#">Dance Fitness w/Henri at Center &amp; Via Zoom \$</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch<br/>12:00 pm Bible Study with Father Vern<br/>1:00 <a href="#">Trip to Walgreens, Post Office, Bank and Food Lion</a></p> | <p><b>12</b></p> <p>8:00 Breakfast Snack Cafe<br/>8:00 <a href="#">Tone, Tummy, Balance with Henri at Center &amp; via Zoom \$</a><br/>9:30-11:30 <a href="#">Memory Café</a><br/>10:45 am Yoga with Mary Ann - \$<br/>11:00 - 12:15 Lunch</p>  | <p><b>13</b></p> <p>8:15 am <a href="#">Dance, Tone and Core with Henri at Center &amp; Via Zoom \$</a><br/>9:00 am <a href="#">Breakfast Café</a><br/>10:00 am <a href="#">Prize Bingo!</a><br/>10:00-12:00 <a href="#">LaRed Covid Vaccine Clinic- Call 302-684-4819, 24 hrs In advance for appt.</a><br/>11:00 - 12:00 Drive Thru Meals<br/>11:30 - 12:15 Lunch</p> |

# Milton CHEER Activity Center

## JANUARY 2022

| MON  | TUE   | WED   | THU   | FRI  |
|--|---|---|---|--|
| <p><b>16</b><br/><b><u>CENTER CLOSED TO-DAY FOR</u></b></p>   | <p><b>17</b><br/>8:00 Breakfast Snack Cafe<br/>8:00 <a href="#">Tone, Tummy, Balance with Henri at Center &amp; via Zoom \$</a><br/>10:45 Yoga with Mary Ann - \$<br/>11:00 - 12:00 Drive Thru Meals<br/>11:00 - 12:15 Lunch<br/>12:00 <a href="#">PRIZE BINGO!</a><br/>1:00 <a href="#">NEW Drop In Knitting/Craft Class</a></p> | <p><b>18</b><br/>8:00 Breakfast Snack Cafe<br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch<br/>12:30 pm Bible Study With Pastor Vern</p>                         | <p><b>19</b><br/>8:00 Breakfast Snack Café<br/>8:00 <a href="#">Tone, Tummy, Balance with Henri at Cen- ter &amp; via Zoom \$</a><br/>10:45 Yoga with Mary Ann \$<br/>9:30 <a href="#">Memory Café</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available</p> | <p><b>20</b><br/>8:15 <a href="#">Dance, Tone and Core with Henri at Center &amp; Via Zoom \$</a><br/>9:00 am <a href="#">Breakfast Café</a><br/>10:00-12:00 <a href="#">LaRed Covid Vaccine Clinic- Call 302-684-4819, 24 hrs In advance for appt.</a><br/>10:00 am <a href="#">Prize Bingo!</a><br/>11:00 - 12:00 Drive Thru Meals<br/>11:00 - 12:15 Lunch</p> |
| <p><b>23</b><br/>8:00 am Breakfast Snack Cafe<br/>8:15 am <a href="#">Dance Toning with</a><br/>10:00 am <a href="#">Crafts with Wanda!</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch<br/>12:00 <a href="#">Movie Day!!</a></p> | <p><b>24</b><br/>8:00 Breakfast Snack Cafe<br/>8:00 <a href="#">Tone, Tummy, Balance with Henri at Center &amp; via Zoom \$</a><br/>8:15 Milton CHEER Center visits Greenwood CHEER Center<br/>10:45 Yoga with Mary Ann - \$<br/>11:00 11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch</p>               | <p><b>25</b><br/>8:00 Breakfast Snack Cafe<br/>10:00 <a href="#">Visit from our Greenwood CHEER Friends!</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch</p> | <p><b>26</b><br/>8:00 Breakfast Snack Cafe<br/>8:00 <a href="#">Tone, Tummy, Balance</a><br/>10:45 Yoga with Mary Ann \$<br/>9:30 <a href="#">Memory Café</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch</p>                  | <p><b>27</b><br/>8:15 <a href="#">Dance, Tone and Core with Henri at Center &amp; Via Zoom \$</a><br/>9:00 am <a href="#">Breakfast Café</a><br/>10:00-12:00 <a href="#">LaRed Covid Vaccine Clinic- Call 302-684-4819, 24 hrs In advance for appt.</a><br/>10:00 am <a href="#">Prize Bingo!</a><br/>11:00 - 12:00 Drive Thru Meals<br/>11:00 - 12:15 Lunch</p> |
| <p><b>30</b><br/>8:00 am Breakfast Snack Cafe<br/>8:15 am <a href="#">Dance Toning with</a><br/>11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch<br/>12:00 <a href="#">Trivia!!</a></p>  | <p><b>31</b><br/>8:00 Breakfast Snack Cafe<br/>8:00 <a href="#">Tone, Tummy,</a><br/>10:45 Yoga with Mary Ann - \$<br/>11:00 11:00 - 12:00 Drive Thru Pick Up Meals Available<br/>11:00 - 12:15 Lunch</p>   | <p><b>CENTER Closed</b><br/><b>Monday, Jan. 2, 2023</b><br/><b>For New Years Day</b><br/><br/><b>Monday, Jan. 16, 2023</b><br/><b>For Martin Luther King Day</b></p>                          | <p><b>MILTON CHEER CENTER</b><br/>24855 BROADKILL RD<br/>MILTON DE<br/>Tel: (302) 684-4819<br/>Check out our FB Page!</p>    |  |