



# MILTON CHEER Activity Center



## 2023 NOVEMBER 2023



### 6 MONDAY

8:00 Breakfast Snack Café  
 10:00 Health and Healing w/ Michelle  
 11:30 Drive Thru  
 Pick Up Meals Available  
 11:30 Lunch  
 11a –12p Yoga with MaryAnn \$  
 12 center walk

### 13 MONDAY

8:00 Breakfast Snack Café  
 10:30 SUNSHINE SINGERS  
 11:30 Drive Thru  
 Pick Up Meals Available  
 11:30 Lunch  
 11a –12p Yoga with MaryAnn \$  
 12 center walk

### 7 TUESDAY

8:00 Breakfast Snack Cafe  
 9:30 Membership Meeting  
 11:00 Positive Music Time with Randy!  
 10:45 am Yoga with Maryann  
 11:30 DRIVE THRU  
 11:30 Lunch  
 12:00 PRIZE BINGO!  
 11a-12p Chair Yoga w/Mary Ann\$  
 12 center walk  
 12:30-2:30 BROAD GAMES

### 14 TUESDAY

8:00 Breakfast Snack Cafe  
 10:45 am Yoga with MaryAnn  
 11:30 DRIVE THRU  
 11:30 Lunch  
 12:00 PRIZE BINGO  
 11a-12p Chair Yoga w/Mary Ann\$  
 12 center walk  
 12:30-2:30 BROAD GAMES

### 1 WEDNESDAY

8:00 Breakfast Snack Café  
 9:00 ARTS AND CRAFTS  
 10:00 BRIDGE  
 11:30 Drive Thru Pick Up  
 Meals Available  
 11:30 Lunch  
 11a –12p Yoga with MaryAnn \$  
 12 center walk  
 12:30-2:30 BROAD GAMES

### 8 WEDNESDAY

8:00 Breakfast Snack Café  
 9:00 ARTS AND CRAFTS  
 10:00 BRIDGE  
 11:30 Drive Thru  
 Pick Up Meals Available  
 11:30 Lunch  
 11a –12p Yoga with MaryAnn \$  
 12 center walk

### 15 WEDNESDAY

8:00 Breakfast Snack Cafe  
 9:00 ARTS AND CRAFTS  
 10:00 BRIDGE  
 11a –12p Yoga with MaryAnn \$  
 11:30 Drive Thru Pick Up  
 11:00 - 12:15 Lunch  
 12 center walk  
 1:00 Trip to Walgreens, Post Office, Bank and Food Lion

### 2 THURSDAY

8:00 Breakfast Snack Cafe  
 9:30-11:30 Memory Café  
 10:45 Ken's Korner at  
 11:30 Drive Thru Pick Up  
 Meals Available  
 11:30 Lunch  
 11a-12p Chair Yoga w/Mary Ann\$  
 12 center walk

### 9 THURSDAY

8:00 Breakfast Snack Cafe  
 9:30-11:30 Memory Café  
 10:45 Yoga w/Mary Ann  
 11:30 DRIVE THRU  
 11:30 Lunch  
 11a-12p Chair Yoga w/Mary Ann\$  
 12 TRAVEL Q&A  
 BIRTHDAY CELEBRATION



### 16 THURSDAY

8:00 Breakfast Snack Cafe  
 9:30-11:30 Memory Café  
 11:30 DRIVE THRU  
 11:30 Lunch  
 11a-12p Chair Yoga w/Mary Ann\$  
 12 center walk

### 3 FRIDAY

8:30am Breakfast Café  
 10:00 am PRIZE BINGO  
 11:30 Drive Thru Meals  
 11:30 Lunch  
 12 center walk

### 10 FRIDAY

8:30 Breakfast Café  
 10:00 am PRIZE BINGO  
 11:30 Drive Thru Meals  
 11:30 Lunch  
 12 center walk

### 17 FRIDAY

8:30 am Breakfast Café  
 10:00 am Prize Bingo!  
 11:30 Drive Thru Meals  
 11:30 Lunch  
 12 center walk



# MILTON CHEER Activity Center



## NOVEMBER 2023



### 20 MONDAY

8:00 Breakfast Snack Café  
 11:00 - 12:00 Drive Thru  
 Pick Up Meals Available  
 11:00 - 12:15 Lunch  
 11a -12pYoga with MaryAnn \$

### 21 TUESDAY

8:00 Breakfast Snack Cafe  
 11:00 Positive Music Time with Randy!  
 10:45 am Yoga with Maryann  
 11:00-12:15 Lunch  
 12:00 PRIZE BINGO!  
 11a-12pChair Yoga w/Mary Ann\$  
 12:30-2:30 BROAD GAMES

### 22 WEDNESDAY

8:00 Breakfast Snack Café  
 9:00 ARTS AND CRAFTS  
 10:00 BRIDGE  
 11:30 Drive Thru Pick Up  
 Meals Available  
 11:00 - 12:15 Lunch  
 11a -12pYoga with MaryAnn \$

### 23 THURSDAY

**Center closed**



### 24 FRIDAY

**Center closed**



### 27 MONDAY

8:00 Breakfast Snack Café  
 11:00 - 12:00 Drive Thru  
 Pick Up Meals Available  
 11:00 - 12:15 Lunch  
 11a -12pYoga with MaryAnn \$

### 28 TUESDAY

8:00 Breakfast Snack Cafe  
 10:45 am Yoga with Maryann  
 11:00-12:15 Lunch  
 12:00 PRIZE BINGO!  
 11a-12pChair Yoga w/Mary Ann\$  
 12:30-2:30 BROAD GAMES

### 29 WEDNESDAY

8:00 Breakfast Snack Café  
 9:00 ARTS AND CRAFTS  
 10:00 BRIDGE  
 11:30 Drive Thru Pick Up  
 Meals Available  
 11:30 Lunch  
 11a -12pYoga with MaryAnn \$

### 30 THURSDAY

8:00 Breakfast Snack Cafe  
 9:30-11:30 Memory Café  
 10:45 Yoga w/Mary Ann  
 11:00-12:15 Lunch  
 11a-12pChair Yoga w/Mary Ann\$  
 11:30 Drive Thru Pick Up  
 Meals Available  
 11:30Lunch  
 12 MUSIC Q&A