



MILTON CHEER Activity Center

APRIL 2024



<p>1 MONDAY</p> <p>8-3:30 Fitness Room Open 10:00 Membership Meeting. “Welcome New Members!” 11:00 Yoga with Mary Ann 11:30 Lunch 12:00 A Matter Of Balance</p>	<p>2 TUESDAY</p> <p>8-3:30 Fitness Room Open 10:00 DMV Go 10:00 Positive Music Time w/Randy 11am YOGA w/MaryAnn 11:30 Lunch 1200 Bingo 12:30 Board Games/ MaryAnn</p>	<p>3 WEDNESDAY</p> <p>8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge Club 11:15 YOGA w/MaryAnn 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth</p>	<p>4 THURSDAY</p> <p>8-3:30 Fitness Room Open 10:00 YOGA 9:30 Memory Café 10:30 Becketts Bulletin 11 YOGA w/ MaryAnn 11:30 Lunch 12:30 Mahjong wMaryAnn</p>	<p>5 FRIDAY</p> <p>8-3:30 Fitness Room Open 8:30 Breakfast Café 10:00 Prize Bingo 11:30 Lunch 12:30 Dollar General</p>
<p>8 MONDAY</p> <p>8-3:30 Fitness Room Open 9:00 Trip to Wellness Village 11:00 Yoga with Mary Ann 11:30 Lunch 12:00 A Matter Of Balance</p>	<p>9 TUESDAY</p> <p>8-3:30 Fitness Room Open 10:00 DMV Go 10:00 Richard Shrout— Health Talks 11:00 Yoga with Mary Ann 11:30 Lunch 1200 Bingo 12:30 Board Games/ MaryAnn</p>	<p>10 WEDNESDAY</p> <p>8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge Club 11:15am YOGA w/ MaryAnn 11:30 Lunch 12:30 Moving to the Oldies with DJ Dan Feth</p>	<p>11 THURSDAY</p> <p>8-3:30 Fitness Room Open 9:30 Memory Café 12:00 Mason Dixon 11:00 Yoga with Mary Ann 11:30 Lunch 12:30 Mahjong w/ MaryAnn</p>	<p>12 FRIDAY</p> <p>8-3:30 Fitness Room Open 8:30 Breakfast Café 10:00 Prize Bingo 11:30 Lunch 12:30 Dollar General</p>
<p>15 MONDAY</p> <p>8-3:30 Fitness Room Open 10:00 Horseshoe crabs, shorebirds, and the Delaware Bay—Dupont Nature Center 11:00 Yoga with Mary Ann 11:30 Lunch 12:00 A Matter Of Balance</p>	<p>16 TUESDAY</p> <p>8-3:30 Fitness Room Open 10:00 DMV Go 10:00 Milton Lion Club 11:00 Yoga with Mary Ann 11:30 Lunch 1200 Bingo 12:30 Board Games w/ MaryAnn</p>	<p>17 WEDNESDAY</p> <p>8-3:30 Fitness Room Open 10:00 Bridge Club 9:00 Arts & Crafts 9:30 Bible Study 11:15 YOGA w/MaryAnn 11:30 Lunch 12:30 Moving to the Oldies with DJ Dan Feth</p>	<p>18 THURSDAY</p> <p>8-3:30 Fitness Room Open 9:30 Memory Café 11:00 Yoga with Mary Ann 11:30 Lunch 12:30 Mahjong w/MaryAnn</p>	<p>19 FRIDAY</p> <p>8-3:30 Fitness Room Open 8:30 Breakfast Café 10:00 Prize Bingo 11:30 Lunch 12:30 Dollar General</p>



MILTON CHEER Activity Center APRIL 2024

<p>22 MONDAY</p> <p>8-3:30 Fitness Room Open 10:00 DMAB - Everything Medicare 11:00 Yoga w/Mary Ann 11:30 Lunch 12:00 A Matter Of Balance</p>	<p>23 TUESDAY</p> <p>8-3:30 Fitness Room Open 10:00 DMV Go 10:00 Steps to Safety - Delaware Fire School 11:00 Yoga w/Mary Ann 11:30 Lunch 1200 Bingo 12:30 Board Games w/MaryAnn</p>	<p>24 WEDNESDAY</p> <p>8-3:30 Fitness Room Open 10:00 Bridge Club 9:00 Arts & Crafts 9:30 Bible Study 11:15am YOGA w/Mary Ann 11:30 Lunch 12:30 Moving to the Oldies with DJ Dan Feth</p>	<p>25 THURSDAY</p> <p>8-3:30 Fitness Room Open 9:30 Memory Café 11:00 Yoga w/Mary Ann 11:30 Lunch 12:00 Mason Dixon 12:30 Mahjong w/MaryAnn</p>	<p>26 FRIDAY</p> <p>8-3:30 Fitness Room Open 8:30 Breakfast Café 9:00 Visiting Harbour Lights CHEER Center for BINGO and lunch 11:30 Lunch 12:30 Dollar General</p>
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<p>29 MONDAY</p> <p>8-3:30 Fitness Room Open 10:00 BC/BS Healthy Activities 11:00 Yoga w/Mary Ann 11:30 Lunch 12:00 A Matter Of Balance</p>

<p>30 TUESDAY</p> <p>8-3:30 Fitness Room Open 10:00 DMV Go 10:00 Stand By ME - Financial Guidance 11:00 Yoga w/Mary Ann 11:30 Lunch 1200 Bingo 12:30 Board Games w/MaryAnn</p>
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**Korean War
Bench
Dedication**

**April 9
9 - 11 a.m.**

**CHEER
COMMUNITY
CENTER**



MILTON CHEER CENTER
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 Check out our FB Page

