



# MILTON CHEER Activity Center

## May 2024









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Dine-In Lunches For Members \$1.00 All Month!</i></p> 	<p><i>Mother's Day is May 12th</i></p> 	<p><b>1</b> 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 1:00 Trip to Post Office &amp; Bank</p>	<p><b>2</b> 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> <b>10:30 Beckett's Bulletin</b> 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p>	<p><b>3</b> 8-3:30 Fitness Room Open 9:00-10 BREAKFAST 10:00 <b>PRIZE BINGO</b> 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p><b>6</b> 8-3:30 Fitness Room Open <b>9:30 Tai Chi</b> 10:00 Chair Exercises 11:00 Yoga 11:30 Lunch <b>12:15 Oldies Trivia</b></p>	<p><b>7</b> 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch <b>12:00 BINGO</b> 12:45 Board Games</p>	<p><b>8</b> 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 1:00 Trip to Post office and Bank</p> 	<p><b>9</b> 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> <b>10-11 Live Country Music w/Mike Long</b> 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p> 	<p><b>10</b> 8-3:30 Fitness Room Open 9:00-10 BREAKFAST 10:00 <b>PRIZE BINGO</b> 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p> 
<p><b>13</b> 8-3:30 Fitness Room Open <b>9:30 Tai Chi</b> 10:00 Chair Exercises 11:00 Yoga 11:30 Lunch</p> 	<p><b>14</b> 8-3:30 Fitness Room Open <b>10:00-HEALTH Promotion &amp; Prevention w/Richard</b> 11:00 Chair Yoga 11:30 Lunch <b>12:00 BINGO</b> 12:45 Board Games</p> 	<p><b>15</b> 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 1:00 Trip to Post Office and Bank</p>	<p><b>16</b> 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> <b>10:00 Oldies Trivia</b> 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p>	<p><b>17</b> 8-3:30 Fitness Room Open 9:00-10 BREAKFAST 10:00 am <b>PRIZE BINGO</b> 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> 8-3:30 Fitness Room Open <b>9:30 Tai Chi</b> 10:00 Chair Exercises 11:00 Yoga 11:30 Lunch 	<b>21</b> 8-3:30 Fitness Room Open <b>10:00 Oldies Trivia</b> 11:00 Chair Yoga 11:30 Lunch <b>12:00 BINGO</b> 12:45 Board Games	<b>22</b> 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 1:00 Trip to Post Office and Bank 	<b>23</b> 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun 	<b>24</b> <p style="text-align: center;"><b>OLDER AMERICANS DAY AT THE GEORGETOWN COMMUNITY CENTER</b></p>
<b>27</b> <b>CENTER CLOSED</b> 	<b>28</b> 8-3:30 Fitness Room Open <b>10:00 Oldies Trivia</b> 11:00 Chair Yoga 11:30 Lunch <b>12:00 BINGO</b> 12:45 Board Games	<b>29</b> 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 1:00 Trip to Post Office and Bank	<b>30</b> 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> 11:00 Chair Yoga 11:30 Lunch <b>12:00 May Birthday Celebration - Cake and Ice Cream</b> 12:30-3 Majong for Fun 	<b>31</b> 8-3:30 Fitness Room Open 9:00-10 BREAKFAST <b>10:00 am PRIZE BINGO</b> 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General 

**MILTON CHEER CENTER**  
 24855 BROADKILL RD  
 MILTON DE  
 Tel: (302) 684-4819  
 Check out our FB Page!

