



MILTON CHEER CENTER

OCTOBER 2024









MON	TUE	WED	THU	FRI
	1. 10-2 DMV On The Go 8-4:30 Fitness Room Open 10:00 Alicia Vogel "Nutrition for Older Adults" Part 3 11:00 Chair Yoga 11:30 Lunch 12:00 Bingo 12:45 Board Games	2 8-4:30 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 & Bank 	3 8-4:30 Fitness Room Open 9:30 Memory Cafe 10:30 Beckett's Bulletin 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun	4 8-4:30 Fitness Room Open 9:00-10 Breakfast (Only \$2.00) 10:00 Prize Bingo 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General
7 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Board Games 11:00 Yoga 11:30 Lunch OCTOBER BIRTHDAY PARTY!!! 	8 10-2 DMV On The GO 8-4:30 Fitness Room Open 8:30-11:30 Driver Safety Part 1 Harbour Lights Visiting for Lunch/Bingo 11:00 Chair Yoga 11:30 Lunch 12:00 Bingo 12:45 Board Games	9 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth 1:00 Trip to PO/Bank 	10 8-4:30 Fitness Room Open 9:30 Memory Café 10:00-11:00 Driver Safety Part 2 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun	11 8-4:30 Fitness Room Open 9:00-10 Breakfast (Only \$2.00) 10:00 Prize Bingo 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General 
14 8-4:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch 	15 10-2 DMV On The GO 8-4:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 Bingo 12:45 Board Games	16 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 1:00 Trip to PO/Bank Dinner & Prize Bingo 4 - 6	17 8-4:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun	18 8-4:30 Fitness Room Open 9:00-10 Breakfast (Only \$2.00) 11:30 Lunch Visiting Harbour Lights



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Chair Exercises 11:00 Yoga 11:30 Lunch</p> 	<p>22 10:00-2:00 DMV on the GO 8-4:30 Fitness Room Open 9:00 Trip to Marvel Museum in Georgetown \$4.50 Includes lunch and bus</p> 	<p>23 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth</p> 	<p>24 8-4:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 12:00 Mason Dixon 11:30 Lunch 12:30-3 Majong for Fun</p> 	<p>25 8-4:30 Fitness Room Open 9:00-10 Breakfast (Only \$2.00) 10:00 am Prize Bingo 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p>28 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Chair Exercises 11:00 Yoga 11:30 Lunch</p>	<p>29 10:00-2:00 DMV on the GO 8-4:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO 12:45 Board Games</p>	<p>30 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth 1:00 Trip to Post Office</p>	<p>31 8-4:30 Fitness Room Open 9:30-Memory Cafe 10:30 Halloween Party - Games, Treats, Costume Contest w/ DJ Dan Feth! 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong</p> 	<p>MILTON CHEER CENTER 24855 BROADKILL RD MILTON DE Tel: (302) 684-4819</p> <p>Check out our FB Page!</p> 



“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities”