



Milton CHEER Center November 2024







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 8-4:30 Fitness Room Open 9:00-10 BREAKFAST (Only \$2.50!) 10:00 am Prize Bingo 11:30-12:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p>4 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Games 11:00 Yoga 11:30-12:30 Lunch</p>	<p>5 8-4:30 Fitness Room Open 10:00 Hangman 11:00 Chair Yoga 11:30-12:30 Lunch 12:00 Prize BINGO 12:45 Board Games 4-6 PM Fried chicken dinner—Country music & dancing w/Mike Long!</p>	<p>6 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30-12:30 Lunch 12:30 MINGO with DJ Dan Feth 1:00 Trip to Bank & PO</p>	<p>7 8-4:30 Fitness Room Open 9:30 Memory Café 11:00 Chair Yoga 11:30-12:30 Lunch 12:30 November Birthday Party 12:30-3 Majong for Fun</p>	<p>8 8-4:30 Fitness Room Open 9:00-10 BREAKFAST (Only \$2.50) 10:00 am Prize Bingo 11:30-12:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p> <p>VETERANS DAY DINNER DANCE at the CHEER COMMUNITY CENTER 5pm-9pm</p>
<p>11 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Games 11:00 Yoga 11:30-12:30 Lunch</p>	<p>12 8-4:30 Fitness Room Open *HARBOR LIGHTS VISITS MILTON CHEER* 10:00 Revive Music Group 11:00 Chair Yoga 11:30-12:30 Lunch 12:00 Prize Bingo 12:45 Board Games</p>	<p>13 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30-12:30 Lunch 12:30 MINGO with DJ Dan Feth 1:00 Trip to Bank & PO</p>	<p>14 8-4:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30-12:30 Lunch 12:30-3 Majong for Fun</p>	<p>15 8-4:30 Fitness Room Open 9:00-10 BREAKFAST (Only \$2.50) 11:30-12:30 Lunch *MILTON VISITS HARBOR LIGHTS*</p>



MILTON CHEER CENTER NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Games 11:00 Yoga 11:30-12:30 Lunch</p>	<p>19 8-4:30 Fitness Room Open 10:00 Pianist Mark Gratton 11:00 Chair Yoga 11:30-12:30 Lunch 12:00 BINGO 12:45 Board Games</p> 	<p>20 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30-12:30 Lunch 12:30 MINGO with DJ Dan Feth 1:00 Trip to Bank & PO</p>	<p>21 8-4:30 Fitness Room Open *TRIP TO AMC MUSEUM (AIRPLANE MUSEUM) DOVER, DE* 11:00 Chair Yoga 11:30-12:30 Lunch 12:30-3 Majong for Fun</p> 	<p>22 8-4:30 Fitness Room Open 9:00-10 BREAKFAST (Only \$2.50 !) 10:00 am PRIZE BINGO 11:30-12:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p>25 8-4:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Games 11:00 Yoga 11:30-12:30 Lunch</p>	<p>26 Holiday Feast at the Community Center 10 a.m.-2 p.m.</p> 	<p>27 8-4:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30-12:30 Lunch 12:30 MINGO with DJ Dan Feth 1:00 Trip to Post Office and Bank</p>	<p>28 29</p> 	



Over 50 Years Serving Sussex Seniors



MILTON CHEER CENTER

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Check out our FB Page!