



Milton CHEER Activity Center JANUARY 2025



MON	TUE	WED	THU	FRI
		<p>1. 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to Post office and Bank</p>	<p>2. 8-3:30 Fitness Room Open 9:30 Memory Cafe 10:30 Beckett's Bulletin 11:00 Chair Yoga 11:30 Lunch 12:30 Hangman 12:30-3 Majong for Fun</p>	<p>3. 8-3:30 Fitness Room Open 9:00-10:30 BREAKFAST (Only \$2.50!) 11:30 Lunch 12:30 PRIZE BINGO 1:00 Trip to Dollar General</p> 
<p>6. 8-3:30 Fitness Room Open 9:30 Tai Chi 10:00—FIRE SAFETY WITH BOBBY ROGERS 11:00 Yoga 11:30 Lunch 12:00- MINGO with Dan Feth</p> 	<p>7. 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 PRIZE BINGO 12:45 Board Games</p> 	<p>8. 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to Post office and Bank</p> 	<p>9. 8-3:30 Fitness Room Open TRIP TO BOSCOVS & FOOD COURT, DOVER MALL 12:30-3 Majong for Fun</p> 	<p>10. 8-3:30 Fitness Room Open 9:00-10 BREAKFAST (\$2 for seniors) 10:00 am PRIZE BINGO 11:30 Lunch 12:00 JANUARY BIRTHDAY PARTY 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p>13. 8-3:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch 12:00—MINGO with Dan Feth</p> 	<p>14. 8-3:30 Fitness Room Open *Harbor Lights Visits Milton* 11:00 Chair Yoga 11:30 Lunch 12:00 PRIZE BINGO 12:45 Board Games</p>	<p>15. 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to PO and Bank 4PM-6PM "BREAKFAST FOR DINNER" AND PRIZE BINGO</p>	<p>16. 8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:30 Wii Bowling 12:30-3 Majong for Fun</p>	<p>17. 8-3:30 Fitness Room Open 9:00-10:30 BREAKFAST (Only \$2.50!) *Milton Visits Harbor Lights* 1:00 Trip to Dollar General</p>

Milton CHEER Activity Center

January 2025

<p>20. 8-3:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch 12:00—MINGO with Dan Feth</p> 	<p>21. 8-3:30 Fitness Room Open 10:00 Speaker: Ashley Haldeman from PAM Rehab Center 11:00 Chair Yoga 11:30 Lunch 12:00 PRIZE BINGO 12:45 Board Games</p>	<p>22. 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to Post office and Bank</p>	<p>23. 8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p> 	<p>24. 8-3:30 Fitness Room Open 9:00-10 BREAKFAST (\$2 for seniors!) 10:00 am PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p>27. 8-3:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch 12:00—MINGO with Dan Feth</p>	<p>28. 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 PRIZE BINGO 12:45 Board Games</p>	<p>29. 8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to Post office and Bank</p>	<p>30. 8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p>	<p>31. 8-3:30 Fitness Room Open 9:00-10 BREAKFAST (\$2 for seniors!) 10:00 am PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>



Happy New Year To All!

MILTON CHEER CENTER
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Check out our FB Page!

