


# MILTON CHEER CENTER AUGUST 2025 ACTIVITIES

24855 BROADKILL ROAD, MILTON DE 19968, Tel # 302-684-4819

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10am-3pm Pickleball (sign in inside ) 11:00 <b>Yoga</b> 11:30 Lunch 12:00 <b>Penny Bingo</b> 	<b>5</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search & Cross-words <b>DMV GO 10am– 2pm</b> 10:00 <b>Health and Nutrition Coach</b> 11am <b>Chair YOGA</b> 11:30 Lunch 12:00 <b>Blood Pressure Check</b> 12:30 <b>Full card Bingo</b>	<b>6</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 10:00 <b>Bible Study</b> 11:00am <b>YOGA</b> 11:30 Lunch 12:30 <b>Bank PO, &amp; Drug Store</b> 1:00 <b>Bridge Club</b>	<b>7</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 9:30 <b>Memory Café</b> 10am-3pm Pickleball (sign in inside ) 11am <b>Chair YOGA</b> 11:30 Lunch 12:00 <b>Movie</b> 12:30 <b>Mahjong</b>	<b>8</b> 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:00 Morning Chat, Snack and Socialize 10:00 <b>Prize Bingo</b> 11:30 Lunch 12:30 <b>Prize Bingo</b> 1:00 <b>Trip to Dollar General</b>
<b>11</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10am-3pm Pickleball (sign in inside ) 11:00 <b>Yoga</b> 11:30 Lunch 12:00 <b>Guess that Song</b>	<b>12</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize <b>DMV GO 10am– 2pm</b> 10:00 <b>10:00 Health and Nutrition Coach</b> 11am <b>Chair YOGA</b> 11:30 Lunch 12:00 <b>Bingo</b>	<b>13</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 9:30– 11:00 <b>Stand By Me Janet Hoskins</b> 10:00 <b>Bible Study</b> 11:00am <b>YOGA</b> 11:30 Lunch 12:30 <b>Bank PO, &amp; Drug Store</b> 1:00 <b>Bridge Club</b>	<b>14</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 9:30 <b>Memory Café</b> 10am-3pm Pickleball (sign in inside ) 11am <b>Chair YOGA</b> 11:30 Lunch 12:00 <b>Birthday Celebrations</b> 12:30 <b>Mahjong</b>	<b>15</b> 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:00 Morning Chat, Snack and Socialize 10:00 <b>Prize Bingo</b> 11:30 Lunch 12:30 <b>Prize Bingo</b> 1:00 <b>Trip to Dollar General</b>
<b>18</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 9:00 <i>Tai Chi</i> 10am-3pm Pickleball (sign in inside ) 11:00 <b>Yoga</b> 11:30 Lunch 12:00 <b>Penny Bingo</b>	<b>19</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> <b>DMV GO 10am– 2pm</b> 10:00 <b>Wii Bowling</b> 11am <b>Chair YOGA</b> 11:30 Lunch 12:00 <b>Bingo</b>	<b>20</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 10am-3pm <b>Mobile Health Unit</b> 10:00 <b>Bible Study</b> 11:00am <b>YOGA</b> 11:30 Lunch 12:30 <b>Bank PO, &amp; Drug Store</b> 1:00 <b>Bridge Club</b> <b>Dinner and Bingo w/ Entertainment</b> <b>4:00– 6:00pm</b>	<b>21</b> 8-3:30 <i>Fitness Room Open</i> 9:00 <i>Morning Chat, Snack and Socialize</i> 9:30 <b>Memory Café</b> 10am-3pm Pickleball (sign in inside ) 11am <b>Chair YOGA</b> 11:30 Lunch 12:30 <b>Mahjong</b>	<b>22</b> 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:00 Morning Chat, Snack and Socialize 10:00 <b>Prize Bingo</b> 11:30 Lunch 12:30 <b>Prize Bingo</b> 1:00 <b>Trip to Dollar General</b>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>25</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00 Yoga 11:30 Lunch 12:00 Charades	<b>26</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV GO 10am– 2pm 10am-3pm Pickleball (sign in inside ) 10:00 Wii Bowling 11am Chair YOGA 11:30 Lunch 12:00 Bingo	<b>27</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00am Bus Departs at 8:00am Ollies Bargain Outlet 10:00 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club 1:00 –3:00 Quilting Club	<b>28</b> 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 10am-3pm Pickleball (sign in inside ) 11am Chair YOGA 11:30 Lunch 12:00 Movie 12:30 Mahjong	<b>29</b> 8:00 - 3:30 Fitness Room Open 9:00 Breakfast Café 9:00 Morning Chat, Snack and Socialize 10:00 Heart Bingo W/ PAM 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General



Hello August

Authenticity starts with  
Understanding your worth and  
Glowing in your way because a  
Unique, imperfect, and different  
Self is much better  
Than the perfect clone



May your month of August  
be filled with wonderful  
blessings of good health,  
love, peace, happiness and  
prosperity.

Let's All  
Get in the Habit of Using  
The TOUCH SCREEN in  
The Lobby Area  
Also, Don't Forget to  
Choose Socialize, Snack  
and Morning Chat  
Thank you!!

**JOIN US FOR DINNER**  
**AUGUST 20th at**  
**4:00pm at the**  
**MILTON CHEER**  
**CENTER.**

**VOLUNTEERS**  
**NEEDED**  
**at the Milton**  
**CHEER Center.**  
**Stop in for more**  
**information.**

Read Love  
And Learn