

Milton CHEER CENTER JULY 2025 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search & Crosswords DMV on the GO 10am– 2pm 10:00 Blood Pressure Check and Chair Exercise 11am Chair YOGA 11:30 Lunch 12:00 Bingo	2 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club	3 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 Arts and Crafts 12:30 Mahjong	4 Independence Day 
7 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 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth	8 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search & Crosswords DMV on the GO 10am– 2pm 10:00 Health Coach 11am Chair YOGA 11:30 Lunch 12:00 Bingo	9 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30– 11:00 Stand By Me Janet Hoskins 10:00 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club	10 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 10am-3pm Pickle ball (sign inside) 11am Chair YOGA 11:30 Lunch 12:00 Birthday Celebrations 12:30 Mahjong	11 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:30 Prize Bingo 1:00 Dollar General
14 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 Yoga 11:30 Lunch 12:00	15 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00 Health Coach 11am Chair YOGA 11:30 Lunch 12:00 Bingo	16 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club Dinner and Bingo 4-6pm	17 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 Arts and Crafts 12:30 Mahjong	18 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Safety Bingo w/ PAM Health 11:30 Lunch 12:00 Prize Bingo 1:00 Dollar General

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10:00 Creative Arts! 10am Pickleball (sign in inside) 11:00 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth	22 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00 Health Coach 11am Chair YOGA 11:30 Lunch 12:00 Bingo	23 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am-3pm Mobile Health Unit 10:00 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club 1:00—3:30 Quilting Club	24 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 Jeopardy 12:30 Mahjong	25 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:30 Prize Bingo 12:30 Dollar General
28 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10am Pickleball (sign in inside) 11:00 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth	29 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00 Health Coach 11am Chair YOGA 11:30 Lunch 12:00 Bingo	30 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Parsons Farm Trip Depart from Center at 8:00am, lunch out 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club	31 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 Jeopardy 12:30 Mahjong	
<p>If you are interested in playing pickleball, we have paddles and pickleballs. Please sign in and sign out, returning borrowed equipment.</p>	<p>Lets All Please use the TOUCH SCREEN in the Lobby Area and don't forget to choose socialize, and morning chat!</p>	<p style="text-align: center;">Milton CHEER Center Welcomes you!!</p>		