


MILTON CHEER CENTER JUNE 2025 ACTIVIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 Games	3 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search & Crosswords DMV GO 10 a.m. - 2 p.m. 10:00 Blood Pressure Check and Chair Exercise 11am Chair YOGA 11:30 Lunch 12:00 Bingo	4 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Trip to Boscovs. Bus Departs at 9 a.m. 11:00 YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club	5 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11am Chair YOGA 11:30 Lunch 12:00 Movie 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	6 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 11:30 Lunch 12:30 Prize Bingo 1:00 Dollar General
9 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 Wii Bowling	10 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Membership Meeting DMV GO 10am– 2pm 10:30 Advance Directive Plan Information session 11 Chair YOGA 11:30 Lunch 12:00 Bingo	11 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 11:00 YOGA 11:30 Lunch 12:00 Mingo 12:30 Bank PO, & Drug Store 1:00 Bridge Club CRUSIN CAR SHOW and Hot Dogs! 5 - 8 p.m.	12 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11 Chair YOGA 11:30 Lunch 12:00 Birthday Celebrations 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	13 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:00 Juneteenth Celebration 1:00 Dollar General
16 8-3:30 Fitness Room Open Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00 Yoga 11:30 Lunch 12:00 Penny Bingo	17 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV GO 10am– 2pm 10:00 Information on Palliative Care Hospice 11am Chair YOGA 11:30 Lunch 12:00 Bingo	18 8-3:30 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10 - 3pm Mobile Health Unit 10:00 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club NO DINNER	19 JUNETEENTH CENTER CLOSED 	20 8-3:30 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:00 Fathers Day Celebration! 1:00 Dollar General

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30 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 Movie				
VOLUNTEERS NEEDED at the Milton CHEER Center! Stop in for more Information.	Lets All Please use the TOUCH SCREEN in the Lobby Area and don't forget to choose socialize, and morning chat!	Milton CHEER Center Welcomes you!!	JOIN US OUR FATHERS DAY CELBRATION 12:00 p.m. JUNE 20th	Hello June Joy finds you when you Understand your value and Nourish your need Even when it feels hard 