

MILTON CHEER CENTER OCTOBER ACTIVITIES 2025

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



1 WEDNESDAY

8-4:00 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

2 THURSDAY

8-4:00 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

3 FRIDAY

8-4:00 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

6 MONDAY

8-4:00 Fitness Room Open
9:00 Morning Chat, Snack and Socialize
9:00 Tai Chi
11:00 Yoga
11:30 Lunch
12:00 Mingo w/ Dan Feth
1:30pm Seated Tai Chi/ Seated Qigong with Deb

7 TUESDAY

8-4:00 Fitness Room Open
9:00 Morning Chat, Snack and Socialize
9am-11am Immunization Clinic!
Get your shots!
DMV GO 10am– 2pm
10:00 Blood Pressure Chair Exercise
11:00am Membership Meeting
11am Chair YOGA
11:30 Lunch
12:00 Bingo
1:00 Tai Chi/ Qigong with Deb

8 WEDNESDAY

8-4:00 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

9 THURSDAY

8-4:00 Fitness Room Open
9:00 Morning Chat, Snack and Socialize
9:30 Memory Café
11am Chair YOGA
11:30 Lunch
12:00 Birthday Celebrations
12:30 Mahjong

10 FRIDAY

**CENTERS CLOSED
HISPANIC HERITAGE
CELEBRATION AT
GEORGETOWN
CHEER COMMUNITY
CENTER
10am– 2pm**

13 MONDAY

8-4:00 Fitness Room Open
9:00 Morning Chat, Snack and Socialize
9:00 Tai Chi
11:00 Yoga
11:30 Lunch
12:00 Penny Bingo
1:30pm Seated Tai Chi/ Seated Qigong with Deb

14 TUESDAY

8-4:00 Fitness Room Open
9:00 Morning Chat, Snack and Socialize
DMV GO 10am– 2pm
10:00 Nutrition Education with Mary
11am Chair YOGA
11:30 Lunch
12:00 Bingo

15 WEDNESDAY

8-4:00 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
NO DINNER

16 THURSDAY


8-4:00 Fitness Room Open
9:00 Morning Chat, Snack and Socialize
9:30 Memory Café
11am Chair YOGA
11:30 Lunch
12:00 Arts and Crafts Beaded Necklace
12:30 Mahjong

17 FRIDAY

8-4:00 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

MILTON CHEER CENTER OCTOBER ACTIVITIES 2025

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

20 MONDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth 1:30pm Seated Taichi/ Seated Qigong with Deb	21 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV GO 10am- 2pm 11am Chair YOGA 11:30 Lunch 11:30 Cancer Fighting Foods for Prevention Education w/ Lisa Harkin RD 12:00 Bingo 1:00pm Taichi/ Qigong with Deb	22 WEDNESDAY 8-4:00 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	23 THURSDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11am Chair YOGA 11:30 Lunch 12:00 Games 12:30 Mahjong	24 FRIDAY 8-4:00 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
27 MONDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00 Yoga 11:30 Lunch 12:00 Penny Bingo 1:30pm Seated Taichi/ Seated Qigong with Deb	28 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV GO 10am- 2pm 11am Chair YOGA 11:30 Lunch 12:00 Bingo 1:00pm Taichi/ Qigong with Deb	29 WEDNESDAY 8-4:00 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 1:00 Quilting Club TRUNK OR TREAT @ Milton CHEER 5pm-8pm	30 THURSDAY 8-4:00 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	31 FRIDAY 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:00-1:00 HALLOWEEN PARTY 11:30 Lunch 12:30 Prize Bingo 1:00 Dollar General 



**Milton
CHEER
Center
Welcomes
you!!**



**Please use the
TOUCH SCREEN
in the Lobby Area
and don't forget
to choose socialize,
and morning chat!**