

MILTON CHEER CENTER DECEMBER ACTIVITIES 2025

24855 Broadkill Rd Milton DE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Blood Pressure Chair Exercise 11am Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 Tai Chi/ Qigong w/Deb	3 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:30 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club	4 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 Christmas Ornament w/ Cindy & Erin 12:30 Mahjong	5 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
8 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Taichi 11:00 Yoga 11:30 Lunch 12:00 Penny Bingo 1:30pm Seated Tai Chi/ Seated Qigong with Deb	9 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Membership MTG 10:30 Arts and Crafts w/ Lauren 11am Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 Tai Chi/ Qigong w/Deb	10 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:30 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store	11 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 Button Tree Art 12:00 Birthday Celebrations 12:30 Mahjong	12 8-4:00 Fitness Room 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
15 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00am Join us for the Band Imagine performing Christmas songs! 11:00 –11:30 Santa and Mrs. Claus 11:00 NO YOGA 11:30 Lunch 12:00 Games w/ Dan Feth	16 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:30 Arts and Crafts w/ Lauren 11am Chair YOGA 11:30 Lunch 12:00 Bingo	17 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:30 Bible Study 11:00am YOGA 11:30 Lunch 12:00 Model Train Display Trip to Georgetown Library 1:00 Bridge Club Dinner and Bingo w/ Entertainment 4:00– 6:00pm	18 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	19 8-4:00 Fitness Room 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:30 Sunshine Singers 11:00-1:00 Christmas Party (Bring in a gift handmade or bought for white elephant gift exchange) 11:30 Lunch 1:00 Dollar General

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22 8--4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 11:00 Yoga 11:30 Lunch 12:00 Penny Bingo	23 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 11am Chair YOGA 11:30 Lunch 12:00 Bingo	24 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:30 Bible Study 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club 1:00 Quilting Club CHRISTMAS EVE 	25 <i>Christmas Day Center Closed</i> 	26 <i>Center Closed</i>
29 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 11:00 Yoga 11:30 Lunch 12:00 Penny Bingo	30 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 11am Chair YOGA 11:30 Lunch 12:00 Bingo	31 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:30 Bible Study 11:00am YOGA 11:30 Lunch 12:00 New Year Wishes and Goals 12:30 Bank PO, & Drug Store 1:00 Bridge Club		

