




Milton CHEER Activity Center JANUARY 2026



MON	TUE	WED	THU	FRI
			1 NEW YEARS DAY CLOSED	2 8-4:00 Fitness Room Open 9:00-10:30 BREAKFAST 10:00 <u>PRIZE BINGO</u> 11:30 Lunch 12:30 <u>PRIZE BINGO</u> 1:00 Trip to Dollar General
5 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 9:30 Membership Meeting 10:00 Foot Health Info and no cost private screenings 11:00am- 12:15pm Yoga 11:30 Lunch	6 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Cards & Games 11:00am-12:15pm Chair YOGA 11:30 Lunch 12:00 Bingo	7 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Bible Study 11:00am-12:15pm Yoga 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store 1:00 Bridge Club	8 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15am-12:30pm Chair YOGA 11:30 Lunch 12:00 Birthday Celebrations 12:30 Mahjong	9 8-4:00 Fitness Room Open 9:00-10:30 BREAKFAST 10:00 am <u>PRIZE BINGO</u> 11:30 Lunch 12:30 <u>PRIZE BINGO</u> 1:00 Trip to Dollar General 
12 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00am-12:15pm Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth 1:30 Seated Tai Chi/ seated Qigong w/Deb	13 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Cards & Games 11:00am-12:15pm Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 Tai Chi/ Qigong w/ Deb	14 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 Bible Study 11:00am-12:15pm Yoga 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store 1:00 Bridge Club	15 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15am-12:30pm Chair YOGA 11:30 Lunch 12:30 Mahjong	16 8-4:00 Fitness Room Open 9:00-10 BREAKFAST 10:00 am <u>PRIZE BINGO</u> 11:30 Lunch 12:30 <u>PRIZE BINGO</u> 1:00 Trip to Dollar General

Milton CHEER Activity Center

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p>MARTIN LUTHER KING</p> 	<p>20</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>10:00 Cards & Games</p> <p>11am-12:15pm Chair YOGA</p> <p>11:30 Lunch</p> <p>12:00 Bingo</p>	<p>21</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>10:00 Bible Study</p> <p>11:00am-12:15pm YOGA</p> <p>11:30 Lunch</p> <p>12:00 Wordle</p> <p>12:30 Bank PO, & Drug Store</p> <p>1:00 Bridge Club</p> <p>Dinner and Bingo w/ Entertainment 4:00– 6:00pm</p>	<p>22</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30 Memory Café</p> <p>11:15am-12:30pm Chair YOGA</p> <p>11:30 Lunch</p> <p>12:30 Mahjong</p> 	<p>23</p> <p>8-4:00 Fitness Room Open</p> <p>9:00-10:30 BREAKFAST</p> <p>10:00 am <u>PRIZE BINGO</u></p> <p>11:30 Lunch</p> <p>12:30 <u>PRIZE BINGO</u></p> <p>1:00 Trip to Dollar General</p>
<p>26</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:00 Tai Chi</p> <p>10:00 Foot Health Info and no cost pri screenings</p> <p>11am-12:15pm Ch YOGA</p> <p>11:30 Lunch</p> <p>12:00-1pm Bingocize w/ Lyndsie Smyser</p> 	<p>27</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>10:00 Cards & Games</p> <p>11am-12:15pm Chair YOGA</p> <p>11:30 Lunch</p> <p>12:00 Bingo</p>	<p>28</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>10:00 Bible Study</p> <p>11:00am-12:15pm YOGA</p> <p>11:30 Lunch</p> <p>12:00 Wordle</p> <p>12:30 Bank PO, & Drug Store</p> <p>1:00 Bridge Club</p>	<p>29</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30 Memory Café</p> <p>11:15– 12:30pm Chair YOGA</p> <p>11:30 Lunch</p> <p>12:30 Mahjong</p>	<p>30</p> <p>8-4:00 Fitness Room Open</p> <p>9:00-10:30 BREAKFAST</p> <p>10:00 am <u>PRIZE BINGO</u></p> <p>11:30 Lunch</p> <p>12:30 <u>PRIZE BINGO</u></p> <p>1:00 Trip to Dollar General</p>