



Milton CHEER Activity Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Taichi 10:00 Foot Health Info and no cost private screenings 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth	3 8-4:00 Fitness Room Open 9:00 Trip to Milford Walmart, Lunch at Westside Restaurant Departure at 8:00am 11:00-12:15 Chair YOGA 11:30 Lunch 1:00 TaiChi/ Qigong	4 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am- 10:30am Creative Dance w/ Janaea 10:30 Bible Study 11:00-12:15 YOGA 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store 1:00 Bridge Club	5 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15-12:30 Chair YOGA 11:30 Lunch 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	6 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 CHEER MINI Market information 11:30 Lunch 12:30 Prize Bingo 1:00 Dollar General 
9 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Taichi 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth	10 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Membership Meeting 10:00 CARDS 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qihong	11 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am- 10:30am Creative Dance w/ Janaea 10:30 Bible Study 11:00-12:15 YOGA 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store	12 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15-12:30 Chair YOGA 11:30 Lunch 12:00 Birthday Celebrations 12:30 Mahjong Computer and Smartphone	13 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:00-1:00pm Valentines Party 11:30 Lunch 1:00 Dollar General 
16 MILTON CHEER CENTER CLOSED for PRESIDENTS DAYS 	17 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 CARDS 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qigong RANDOM ACTS OF KINDNESS DAY :)	18 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am- 10:30am Creative Dance w/ Janaea 10:30 Bible Study 11:00-12:15 YOGA 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store 1:00 Bridge Club VALENTINE SOCK-HOP DINNER DANCE! 4PM-6PM	19 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15-12:30 Chair YOGA 11:30 Lunch 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	20 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

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February 2026

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23 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 TaiChi 10:00 Foot Health Info and no cost private screenings 11:00-12:15 Yoga 11:30 Lunch 12:00 Bingocize w/ PACE your LIFE	24 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 CARDS 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qigong	25 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am- 10:30am Creative Dance w/ Janaea 10:30 Bible Study 11:00-12:15 YOGA 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store 1:00 Bridge Club	26 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15-12:30 Chair YOGA 11:30 Lunch 12:30 Mahjong Computer and Smartphone clinics every Thursday by appointment Only Call to g time. 	27 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



GRAB A FRIEND
AND JOIN US
FOR OUR SOCK
HOP DINNER!!

