




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 |

Milton CHEER Activity Center

February 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 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 Smartphc clinics every Thursday b pointment 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!!**

