

Milton CHEER Activity Center - March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 8:00am Milford Dunkin Donuts Morning Trip Depart @8:00am 9:00 Taichi 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth</p>	<p>3 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 CARDS 10:00 Blood Pressure Check w/PAM Health 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qigong</p>	<p>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</p>	<p>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.</p>	<p>6 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</p> 
<p>9 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 1:00 Drum Circle and Rhythm Dance Room A</p>	<p>10 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Membership Meeting 10:00 CARDS 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qihong</p>	<p>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 1:00 Bridge Club</p>	<p>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 clinics every Thursday by Appointment Only Call to get your time.</p>	<p>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 St. Patrick's Party 11:30 Lunch 1:00 Dollar General</p>
<p>16 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</p>	<p>17 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 CARDS 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qigong</p>	<p>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 4pm-6pm Dinner and Bingo</p>	<p>19 8-4:00 Fitness Room Open 8:00am Trip to Bylers in Dover Depart Center 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.</p>	<p>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</p>

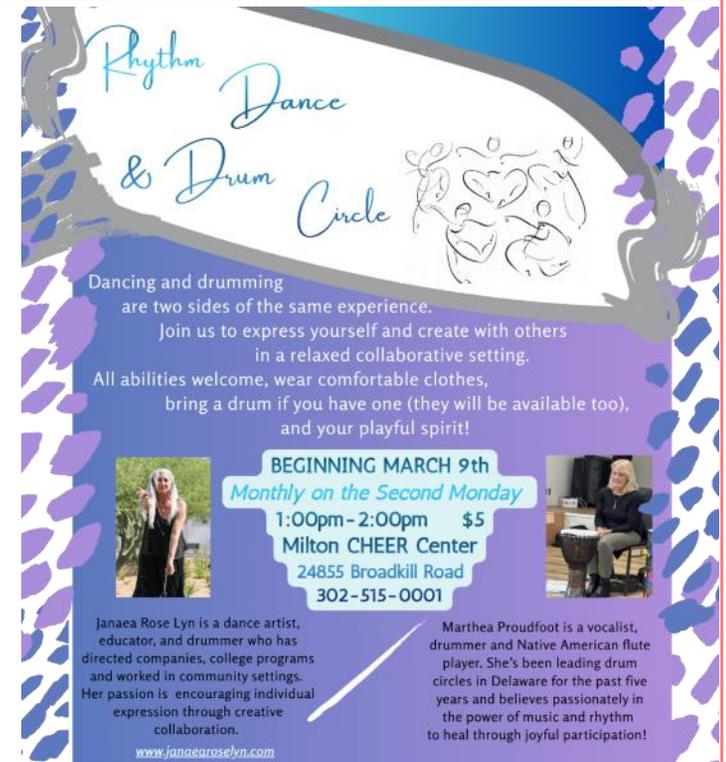
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<p>23</p> <p>8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Taichi 10:00 Foot Health Info and no cost private screenings 11:00-12:15 Yoga 11:30 Lunch 12:00 Bingocize w/PACE your LIFE</p>	<p>24</p> <p>8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 CARDS 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qigong</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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.</p>	<p>27</p> <p>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</p>

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<p>31</p> <p>8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00 CARDS 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 1:00 TaiChi/ Qigong</p>
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**EXCITING THINGS
ARE HAPPENING
AT
MILTON CHEER:
NEW
DANCE CLASS
•
NEW
DRUM CLASS
AND
BINGOCIZE!**



Rhythm Dance & Drum Circle

Dancing and drumming are two sides of the same experience. Join us to express yourself and create with others in a relaxed collaborative setting. All abilities welcome, wear comfortable clothes, bring a drum if you have one (they will be available too), and your playful spirit!

BEGINNING MARCH 9th
Monthly on the Second Monday
1:00pm - 2:00pm \$5
Milton CHEER Center
24855 Broadkill Road
302-515-0001

Janaea Rose Lyn is a dance artist, educator, and drummer who has directed companies, college programs and worked in community settings. Her passion is encouraging individual expression through creative collaboration.
www.janaearoselyn.com

Martha Proudfoot is a vocalist, drummer and Native American flute player. She's been leading drum circles in Delaware for the past five years and believes passionately in the power of music and rhythm to heal through joyful participation!

