



# MILTON CHEER CENTER

## JUNE 2026 ACTIVITIES

24855 BROADKILL ROAD, MILTON DE  
Tel # 302-684-4819

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00-12:15 <b>Yoga</b> 11:30 Lunch <b>12:00 Lunch and Learn w/ Beebe's Stephen Israel MSN-AGACNP- BC</b> <b>Topic: Boosting Memory and Cognitive skills</b></p>	<p><b>2</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search &amp; Crosswords <b>DMV on the GO 10am- 2pm</b> 10:00 <b>Blood Pressure Check and Chair Exercise</b> 11:00-12:15 <b>Chair Yoga</b> 11:30 Lunch 12:00 <b>Bingo</b> 12:45 <b>Mexican Train/ GAMES Room B</b></p>	<p><b>3</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize <b>9:30am- 10:30am Creative Dance w/ Janaea</b> 10:30 <b>Bible Study</b> 11:00-12:15 <b>Yoga</b> 11:30 Lunch 12:00 <b>Wordle</b> 12:30 <b>Bank PO, &amp; Drug Store</b> 1:00 <b>Bridge Club</b></p>	<p><b>4</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 <b>Memory Café</b> 11:15-12:30 <b>Chair Yoga</b> 11:30 Lunch 12:30 <b>Mahjong</b> Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.</p>	<p><b>5</b> 8-4:00 Fitness Room Open 9:00 <b>Breakfast Café</b> 9:30 Morning Chat, Snack, and Socialize 10:00 <b>Prize Bingo</b> 11:30 Lunch 12:30 <b>Prize Bingo</b> 1:00 <b>Dollar General</b></p>
<p><b>8</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00-12:15 <b>Yoga</b> 11:30 Lunch 12:00 <b>Mingo</b> 1:00 <b>Drum Circle and Rhythm Dance</b></p>	<p><b>9</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 <b>Membership Meeting</b> <b>DMV on the GO 10am- 2pm</b> 10:00am <b>CARDS</b> 11:00-12:15 <b>Chair Yoga</b> 11:30 Lunch 12:00 <b>Bingo</b> 12:45 <b>Mexican Train/ GAMES Room B</b> 1:00pm <b>Tai Chi</b></p>	<p><b>10</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize <b>9:30am- 10:30am Creative Dance w/ Janaea</b> 10:30 <b>Bible Study</b> 11:30 <b>PT WORKS LUNCH AND LEARN</b> 11:00-12:15 <b>Yoga</b> 11:30 Lunch 12:00 <b>Wordle</b> 12:30 <b>Bank PO, &amp; Drug Store</b> 1:00 <b>Bridge Club</b> <b>CRUSIN CAR SHOW and Hot Dogs!</b></p>	<p><b>11</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 <b>Memory Café</b> 11:15-12:30 <b>Chair Yoga</b> 11:30 Lunch 12:00 <b>Birthday Celebrations</b> 12:30 <b>Mahjong</b> Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.</p>	<p><b>12</b> 8-4:00 Fitness Room Open 9:00 <b>Breakfast Café</b> 9:30 Morning Chat, Snack, and Socialize 10:00 <b>Prize Bingo</b> 11:30 Lunch 12:00 <b>Prize Bingo</b> 1:00 <b>Dollar General</b></p>
<p><b>15</b> 8-4:00 Fitness Room Open Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00-12:15 <b>Yoga</b> 11:30 Lunch 12:00 <b>Mingo</b></p>	<p><b>16</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize <b>DMV on the GO 10am- 2pm</b> 10:00am <b>CARDS</b> 11:00-12:15 <b>Chair Yoga \</b> 11:30 Lunch 12:00 <b>Bingo</b> 12:45 <b>Mexican Train/ GAMES Room B</b></p>	<p><b>17</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize <b>9:30am- 10:30am Creative Dance w/ Janaea</b> 10:30 <b>Bible Study</b> 11:00-12:15 <b>Yoga</b> 11:30 Lunch 12:00 <b>Wordle</b> 12:30 <b>Bank PO, &amp; Drug Store</b></p>	<p><b>18</b> 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 <b>Memory Café/ Juneteenth Celebration</b> 11:15-12:30 <b>Chair Yoga</b> 11:30 Lunch 12:00 <b>Art with Phoebe</b> 12:30 <b>Mahjong</b> Computer and Smartphone clin-</p>	<p><b>19</b></p> <div data-bbox="1638 1299 1974 1494" data-label="Image"> </div> <p><b>CENTER CLOSED</b></p>

# Milton CHEER CENTER JUNE 2026 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</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>11:00-12:15 <b>Yoga</b></p> <p>11:30 Lunch</p> <p>12:00 <b>12:00 Bingocize w/ Lyndsie from PACE</b></p>	<p>23</p> <p>8-4:00 Fitness Room Open</p> <p><b>8:00am Depart for Spence's Bazaar Flea Market in Dover</b></p> <p>9:00 Morning Chat, Snack and Socialize</p> <p><b>DMV on the GO 10am- 2pm</b></p> <p><b>10:00am CARDS</b></p> <p>11:00-12:15 <b>Chair Yoga</b></p> <p>11:30 Lunch</p> <p><b>1:00pm Tai Chi</b></p>	<p>24</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p><b>9:30am- 10:30am Creative Dance w/ Janaea</b></p> <p><b>10:30 Bible Study</b></p> <p>11:00-12:15 <b>Yoga</b></p> <p>11:30 Lunch</p> <p>12:00 Wordle</p> <p><b>12:30 Bank PO, &amp; Drug</b></p>	<p>25</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30 <b>Memory Café</b></p> <p>11:15-12:30 <b>Chair Yoga</b></p> <p>11:30 Lunch</p> <p><b>12:30 Mahjong</b></p> <p>Computer and Smartphone clinics every Thursday by Appointment Only Call to get</p>	<p>26</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Breakfast Café</p> <p>9:30 Morning Chat, Snack, and Socialize</p> <p><b>10:00 Prize Bingo</b></p> <p>11:30 Lunch</p> <p><b>12:30 Prize Bingo</b></p> <p>12:30 Dollar General</p>
<p>29</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>11:00-12:15 <b>Yoga</b></p> <p>11:30 Lunch</p> <p>12:00pm <b>Mingo</b></p>	<p>30</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p><b>DMV on the GO 10am- 2pm</b></p> <p><b>10:00am CARDS</b></p> <p>11:00-12:15 <b>Chair Yoga</b></p> <p>11:30 Lunch</p> <p><b>12:00 Bingo</b></p> <p><b>1:00pm Tai Chi</b></p>	 <p>Welcome to <b>MILTON</b> ESTABLISHED 1807 DELAWARE HISTORY LIVES HERE HOME OF 5 GOVERNORS</p>		 <p>Happy <b>Father's Day</b></p>

**VOLUNTEERS  
NEEDED at the  
Milton CHEER  
Center!  
Stop in for more  
Information.**

**Lets All Please use  
the TOUCH SCREEN in  
the Lobby Area and  
don't forget to  
choose socialize, and  
morning chat!**

**Milton  
CHEER  
Center  
Welcomes  
you!!**

**Hello June**

**J**oy finds you when you  
**U**nderstand your value and  
**N**ourish your need  
**E**ven when it feels hard



**24855 BROADKILL ROAD, MILTON DE  
Tel # 302-684-4819**