

MILTON CHEER CENTER MAY 2026 ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Older Americans \$1.00 ONLY for Dining in 60 and over, All Month!</p>		<p>1 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>4 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 Lunch & Learn Meet and Greet with Logan Jarrell BSN, RN, GRN, CDP from Beebe Healthcare</p>	<p>5 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV ON The GO 10am– 2pm 10:00 Blood Pressure Checks 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Greg Fuller w/ Register of Wills 12:45 Mexican Train/ GAMES Room B 1:00 TaiChi/ Qihong Room</p>	<p>6 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 1:00 Bridge Club</p>	<p>7 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 Around the Table Workshop w/ University of Delaware 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.</p>	<p>8 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 11:00 Mothers Day Celebration! 11:30 Lunch 12:30 Prize Bingo 1:00 Dollar General</p>
<p>11 8-4:00 Fitness Room Open 8:00am Milford Dunkin Donuts Morning Trip Depart @8:00am 9:00 Morning Chat, Snack and Socialize 9:00 Taichi 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth 1:00pm– 2:00pm Drum Circle and Rhythm Dance Room A</p>	<p>12 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV ON The GO 10am– 2pm 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00 TaiChi/ Qihong Room</p>	<p>13 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 11:30 PT WORKS Lunch and Learn 11:00-12:15 YOGA 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug 1:00 Bridge Club</p>	<p>14 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11am Chair YOGA 11:30 Lunch 12:00 Around the Table Workshop w/ University of Delaware 12:00 Birthday Celebrations 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.</p>	<p>15 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:30 Sunshine Singers performing Spring Songs! 11:30 Lunch 12:30 Prize Bingo 1:00 Dollar General</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00-12:15 Yoga 11:30 Lunch 12:00 Arts and Crafts w/ Cindy , Erin and Stephanie</p>	<p>19 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV ON The GO 10am– 2pm 10:00 Blood Pressure Checks 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00 Tai Chi/ Qihong Room</p>	<p>20 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 1:00 Bridge Club <u>Dinner and Bingo 4pm-6pm</u></p>	<p>21 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 Around the Table Workshop w/ University of Delaware 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.</p>	<p>22 ALL CENTERS CLOSED OLDER AMERICAN CELEBRATION at GEORGETOWN COMMUNITY CENTER! 10:00am– 2:00pm FOR TICKETS SEE ASHLYN!</p>
<p>25 CENTER CLOSED MEMORIAL DAY</p> 	<p>26 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV ON The GO 10am– 2pm 10:00 Blood Pressure Checks 10:30am Arts & Crafts 11:00-12:15 Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00 Tai Chi/ Qihong Room</p>	<p>27 8-4:00 Fitness Room Open 8:00am Trip to Parsons Farm in Dagsboro. Sign up. If not enough people sign up, trip will be cancelled. 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 1:00 Bridge Club</p>	<p>28 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 Around the Table Workshop w/ University of Delaware 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.</p>	<p>29 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 12:30 Dollar General</p>



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!!**

LUNCH AND LEARN MAY 4th discussing wellness tips for healthy aging, community resources and support programs and how NICHE supports seniors
TIME: 12:00pm
Bring yourself, enjoy lunch and be open to ask questions!

Hello May

Maybe life Isn't going upward
As you wish, but If you can learn from
Yesterday, you can win tomorrow