


MILTON CHEER CENTER JULY 2026 ACTIVIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club</p>	<p>2 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>3 Observed for Independence Day Center Closed </p>
<p>6 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 Advanced Care planning w/ Chaplain Paula White</p>	<p>7 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search & Crosswords DMV on the GO 10am– 2pm 10:00 Blood Pressure Check and Chair Exercise 11:00-12:15 Chair Yoga 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi</p>	<p>8 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am– 10:30am Creative Dance w/ Janaea 11:30 PT WORKS LUNCH AND LEARN 11:00-12:15 Yoga 11:30 Lunch 12:00 Wordle 12:30 Bank PO, & Drug Store 1:00 Bridge Club</p>	<p>9 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>10 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:00 Prize Bingo 1:00 Dollar General 1:00– 2:30 Card Making Inductory Interest Class Sign Up In person or Call</p>
<p>13 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 Depart @11:30 to Georgetown Center for Ocean City Recreation Dancers 1:00pm Drum Circle and Rhythm Dance</p>	<p>14 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Membership Meeting DMV on the GO 10am– 2pm 10:00am CARDS 11:00-12:15 Chair Yoga 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi</p>	<p>15 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am– 10:30am Creative Dance w/Janaea 11:00-12:15 Yoga 11:30 Lunch 12:00 Nutrition Education w/ Lisa Harkins 12:30 Bank PO, & Drug Store 1:00 Bridge Club Dinner and Bingo 4pm-6pm</p>	<p>16 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>17 8-4:00 Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:00 Prize Bingo 1:00 Dollar General</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</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 Yoga</p> <p>11:30 Lunch</p> <p>12:00 Mingo</p>	<p>21</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>DMV on the GO 10am– 2pm</p> <p>10:00am CARDS</p> <p>11:00-12:15 Chair Yoga</p> <p>11:30 Lunch</p> <p>12:00 Bingo</p> <p>1:00pm Tai Chi</p>	<p>22</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30am– 10:30am Creative Dance w/ Janaea</p> <p>11:00-12:15 Yoga</p> <p>11:30 Lunch</p> <p>12:00 Wordle</p> <p>12:30 Bank PO, & Drug Store</p> <p>1:00 Bridge Club</p>	<p>23</p> <p>8-4:00 Fitness Room Open</p> <p>8am Trip to Ollies, please sign up in the center!</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30 Memory Café</p> <p>11am Chair YOGA</p> <p>11:30 Lunch</p> <p>12:30 Mahjong</p>	<p>24</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>10:00 Prize Bingo</p> <p>11:30 Lunch</p> <p>12:30 Prize Bingo</p> <p>12:30 Dollar General</p> <p>1:00– 2:30 Card Making Industry Interest Class</p> <p>Sign Up In person or Call</p>
<p>27</p> <p>8-4:00 Fitness Room Open</p> <p>Depart the Center at 8am for the Delaware State Fair Senior Day!!</p> <p>\$2 for bus ride – Free Admission</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:00 Tai Chi</p> <p>11:00-12:15 Yoga</p> <p>11:30 Lunch</p>	<p>28</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>DMV on the GO 10am– 2pm</p> <p>10:00am CARDS</p> <p>11:00-12:15 Chair Yoga</p> <p>11:30 Lunch</p> <p>12:00 Bingo</p> <p>1:00pm Tai Chi</p>	<p>29</p> <p>8-4:00 Fitness Room Open</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30am– 10:30am Creative Dance w/ Janaea</p> <p>11:00-12:15 Yoga</p> <p>11:30 Lunch</p> <p>12:00 Wordle</p> <p>12:30 Bank PO, & Drug Store</p> <p>1:00 Bridge Club</p>	<p>30</p> <p>8-4:00 Fitness Room Open</p> <p>Rain Date for 27th-Depart the Center at 8am for the Delaware State Fair Senior Day!!</p> <p>\$2 for bus ride-Free Admission</p> <p>9:00 Morning Chat, Snack and Socialize</p> <p>9:30 Memory Café</p> <p>11am Chair YOGA</p> <p>11:30 Lunch</p> <p>12:00 Jeopardy</p> <p>12:30 Mahjong</p>	<p>31</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>10:00 Prize Bingo</p> <p>11:30 Lunch</p> <p>12:30 Prize Bingo</p> <p>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!!

