

MILTON CHEER CENTER AUGUST 2026 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10:00am Arts and Crafts 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo	4 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00am Blood Pressure Checks 11:00-12:15 Chair Yoga 11:30 Lunch 12:00 Bingo 1:00pm Tai Chi	5 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize Depart from Center @ 8:00am Sign up in Center for Parsons Farm 11:00am YOGA 11:30 Lunch 12:30 Bank PO, & Drug Store 1:00 Bridge Club	6 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.	7 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
10 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10:00 Arts and Crafts 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo 1:00pm Drum Circle and Rhythm Dance	11 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00am Membership Meeting 11:00-12:15 Chair Yoga 11:30 Lunch 12:00 Bingo 1:00pm Tai Chi	12 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 12:00 Wordle 1:00 Bridge Club	13 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	14 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 1:00pm Cardmaking Class
17 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10:00 Arts and Crafts 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo	18 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00am CARDS 11:00-12:15 Chair Yoga 11:30 Lunch 12:00 Bingo	19 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 12:00 Wordle 1:00 Bridge Club	20 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	21 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 Senior Citizen Celebration Celebration
24 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 10:00 Arts and Crafts 11:00-12:15 Yoga 11:30 Lunch 12:00 Bingocize with Lyndsie from PACE your life	25 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize DMV on the GO 10am– 2pm 10:00am CARDS 11:00-12:15 Chair Yoga 11:30 Lunch 12:00 Bingo 1:00pm Tai Chi	26 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 12:00 Wordle 1:00 Bridge Club	27 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.	28 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 1:00pm Cardmaking Class

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24855 BROADKILL ROAD, MILTON DE 19968, Tel # 302-684-4819

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

8-4:00 Fitness Room Open
9:00 Morning Chat, Snack
and
Socialize
9:00 Tai Chi
10:00 Arts and Crafts
11:00-12:15 **Yoga**
11:30 Lunch
12:00 **Mingo**

New Class Starting In August

Cardmaking Class

July 10th and July 24th come
learn what cardmaking entails!

Both Interest Classes start at 1pm!!

In August we will start having
classes on the 2nd and 4th Friday
of every month at 1pm.

PLEASE CALL TO SIGN UP!
Only 12 Slots Open!

NATIONAL
SENIOR
CITIZENS
DAY

Hello August

Authenticity starts with

Understanding your worth and

Glowing in your way because a

Unique, Imperfect, and different

Self is much better

Than the perfect clone

**HAPPY LAST
MONTH OF
SUMMER!!**

Let's All
Get in the Habit of Using
The TOUCH SCREEN in
The Lobby Area
Also, Don't Forget to
Choose Socialize, Snack
and
Morning Chat
Thank you!!

**JOIN US FOR DINNER
AUGUST 19th at
4:00pm at the
MILTON CHEER
CENTER.**

