



MILTON CHEER CENTER

September ACTIVITIES 2026



	1 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Word Search & Crosswords 10am-2pm DMV GO 10:00 Blood Pressure Check and Chair Exercise 10:00am Arts and Crafts 11am Chair YOGA 11:30 Lunch 12:00 Bingo 1:00pm Tai Chi	2 WEDNESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am– 10:30am Creative Dance w/ Janaea 11:00am YOGA 11:30 Lunch 12:00 Yahtzee 12:30 Bank PO, & Drug Store 1:00 Bridge Club	3 THURSDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11am Chair YOGA 11:30 Lunch 12:00pm Wordle 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	4 FRIDAY TRAP POND FESTIVAL CENTER CLOSED 10:00am –2:00pm Laurel, DE
7 MONDAY LABOR DAY ALL CENTERS CLOSED	8 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am-2pm DMV GO 10:00am Arts and Crafts 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	9 WEDNESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am– 10:30am Creative Dance w/ Janaea 11:00am YOGA 11:30 Lunch 12:00 Yahtzee 12:30 Bank PO, & Drug Store 1:00 Bridge Club	10 THURSDAY 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 wordle 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	11 FRIDAY 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
14 MONDAY 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 Mingo	15 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am-2pm DMV GO 10:00am Arts and Crafts 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	16 WEDNESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am– 10:30am Creative Dance w/ Janaea 11:00am YOGA 11:30 PT WORKS LUNCH AND LEARN 11:30 Lunch 12:00 Yahtzee 12:30 Bank PO, & Drug Store 1:00 Bridge Club Dinner and Bingo w/	17 THURSDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 8:00 Patriots Celebration Day Trip CCC 11am 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.	18 FRIDAY 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

MILTON CHEER

September 2026

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



21 MONDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 11:00 Yoga 11:30 Lunch 12:00 Mingo w/ Dan Feth	22 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am-2pm DMV GO 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	23 WEDNESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30am- 10:30am Creative Dance w/ Janaea 11:00am YOGA 11:30 Lunch 12:00 Yahtzee 12:30 Bank PO, & Drug Store 1:00 Bridge Club 1:00 Quilting Club	24 THURSDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11am Chair YOGA 11:30 Lunch 12:00pm Arts & Crafts w/ Phoebe 12:30 Mahjong Computer and Smartphone clinics every Thursday by Appointment Only Call to get your time.	25 FRIDAY 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
28 MONDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and socialize 9:00 Tai Chi 11:00 Yoga 11:30 Lunch 12:00 Bingocize w/ Lindsey	29 TUESDAY 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am-2pm DMV GO 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	WELCOME TO MILTON CHEER!!		



MILTON CHEER
CENTER
24855 BROADKILL RD
MILTON DE
Tel: (302) 684-4819
Check out our FB Page



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