

Milton CHEER Activities October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00-4:00 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 Mahjongg Computer and Smartphone clinics every Thursday by Appointment Only	2 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
5 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 9:30-10:30 Bible Study 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo	6 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00am Blood Pressure Checks 10am-2pm DMV on the GO 11am Chair YOGA 11:30 Lunch 11:00 DINE & DONATE LUNCH TRIP 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi DINE & DONATE Bethany BLUES 4pm-9pm	7 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	8 8:00-4:00 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 Mahjongg Computer and Smartphone clinics every Thursday by Appointment Only	9 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
12 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00 Tai Chi 9:30-10:30 Bible Study 11:00-12:15 Yoga 11:30 Lunch 12:00 Mingo	13 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am-2pm DMV on the GO 10am CARDS 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	14 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00- God's Way Thrift Store Trip 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	15 8:00-4:00 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 Mahjongg Computer and Smartphone clinics every Thursday by Appointment Only	16 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
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Interested in Setting a Trunk up at our Trunk
or Treat? October 21st from 4pm-7pm
Call 302-684- 4819

