Milton CHEER Activities November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 Empowering Voices Lunch and Learn with Robin Forensic Nurse Coordinator	**3** 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10:00am Blood Pressure Checks 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	**4** 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	**5** 8:00-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15 Chair YOGA 11:30 Lunch 12:00pm Wordle 12:30 Mahjongg Computer and Smartphone clinics every Thursday by Appointment Only	**6** 8-1:00pm Fitness Room Open 9:00 Breakfast Café 9:30 Morning Chat, Snack, and Socialize 10:00 Prize Bingo 11:30 Lunch 12:00 The REAL Women of Vietnam: Nancy Lynch provided by Delaware Humanities 1:00pm CLOSING EARLY due to Veterans dinner dance at CCC
9 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 Karaoke	**10** 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am CARDS 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	**11** 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	**12** 8:00-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15 Chair YOGA 11:30 Lunch 12:00pm Wordle 12:30 Mahjongg Computer and Smartphone clinics every Thursday by Appointment Only	**13** 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
16 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	**17** 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 10am CARDS 11am Chair YOGA 11:30 Lunch 12:00 Bingo 12:45 Mexican Train/ GAMES Room B 1:00pm Tai Chi	**18** 8-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:00- Delaware Assistive Technology Initiative 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 Dinner 4pm-6pm	**19** 8:00-4:00 Fitness Room Open 9:00 Morning Chat, Snack and Socialize 9:30 Memory Café 11:15 Chair YOGA 11:30 Lunch 12:00pm Wordle 12:30 Mahjongg Computer and Smartphone clinics every Thursday by Appointment Only	**20** 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 Thanksgiving Party! 1:00 Dollar General

Monday	Tuesday	Wednesday	Thursday	Friday
23 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 Karaoke	24 All Centers Closed, Thanksgiving Holiday Feast 10am-2pm at CCC	25 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	26 All Centers Closed happy thanksgiving	27 All Centers Closed happy thanksgiving
30 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 Bingocize w/ Lindsay PACE				

24855 Broadkill Rd, Milton DE

Questions Call: 302-515- 0001 Ext. 1461

CHEER

Over 50 Years Serving Sussex Seniors

