













# MILTON CHEER Activity Center

## JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8-3:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Bowling 11:00 Yoga 11:30 Lunch</p> 	<p>2 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO 12:45 Board Games</p>	<p>3 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies 1:00 Trip to Post Office &amp; Bank</p>	<p>4 <b>CENTER CLOSED</b></p> 	<p>5 8-3:30 Fitness Room Open 9:00-10 BREAKFAST 10:00 5th of JULY PARTY ft Mike Long 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p> 
<p>8 8-3:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Games 11:00 Yoga 11:30 Lunch 12:15 Oldies Trivia</p>	<p>9 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO 12:45 Board Games</p> 	<p>10 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies with DJ Dan Feth 1:00 Trip to Post office and Bank</p> 	<p>11 8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p>	<p>12 8-3:30 Fitness Room Open 9:00-10 BREAKFAST 10:00 am PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p> 
<p>15 8-3:30 Fitness Room Open 9:30 Tai Chi 10:00 Wii Games 11:00 Yoga 11:30 Lunch</p> 	<p>16 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO 12:45 Board Games</p>	<p>17 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies with DJ Dan Feth 1:00 Trip to Post Office and Bank</p>	<p>18 8-3:30 Fitness Room Open 9:30 Memory Cafe 10:00 Oldies Trivia 11:00 Chair Yoga 11:30 Lunch 12:30-3 Majong for Fun</p>	<p>19 8-3:30 Fitness Room Open 9:00-10 BREAKFAST 10:00 am PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>

# Milton CHEER Activity Center July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>8-3:30 Fitness Room Open</p> <p>9:30 Tai Chi</p> <p>10:00 Wii Games</p> <p>11:00 Yoga</p> <p>11:30 Lunch</p> 	<p>23</p> <p>8-3:30 Fitness Room Open</p> <p>10:00 Oldies Trivia</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch</p> <p>12:00 BINGO</p> <p>12:45 Board Games</p>	<p>24</p> <p>8-3:30 Fitness Room</p> <p>9:00 Arts &amp; Crafts</p> <p>9:30 Bible Study</p> <p>10:00 Bridge</p> <p>11:00 Yoga</p> <p>11:30 Lunch</p> <p>12:30 Moving to the Oldies w/DJ Dan Feth</p> <p>1:00 Post Office and Bank</p> 	<p>25</p> <p>8-3:30 Fitness Room Open</p> <p>9:30 Memory Cafe</p> <p>11:00 Chair Yoga</p> <p>12:00 Mason Dixon</p> <p>11:30 Lunch</p> <p>12:30-3 Majong for Fun</p> 	<p>26</p> <p>8-3:30 Fitness Room Open</p> <p>9:00-10 BREAKFAST (\$2 for seniors)</p> <p>9:00 - TRIP TO LEWES CHEER (Harbor Lights) for lunch &amp; BINGO</p>
<p>29</p> <p>3:30 Fitness Room Open</p> <p>9:30 Tai Chi</p> <p>10:00 Wii Games</p> <p>11:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 JULY BIRTHDAY PARTY</p> 	<p>30</p> <p>8-3:30 Fitness Room Open</p> <p>10:00 Oldies Trivia</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch</p> <p>12:00 BINGO</p> <p>12:45 Board Games</p>	<p>31</p> <p>8-3:30 Fitness Room Open</p> <p>9:00 Arts &amp; Crafts</p> <p>9:30 Bible Study</p> <p>10:00 Bridge</p> <p>11:00 Yoga</p> <p>11:30 Lunch</p> <p>12:30 Moving to the Oldies with DJ Dan Feth</p> <p>1:00 Trip to Post Office and Bank</p>		



**MILTON CHEER  
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Check out our FB Page!**

