



MILTON CHEER Activity Center

24855 Broadkill Rd., Milton, DE • 302-684-4819

September 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Happy Labor Day — We are closed —</p>	<p>3</p> <p>10:00-2:00 DMV on the GO 8-3:30 Fitness Room Open 10:00 Revive Positive Music 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO 12:45 Board Games</p>	<p>4</p> <p>8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth 1:00 Trip to PO & Bank</p>	<p>5</p> <p>8-3:30 Fitness Room Open 9:30 Memory Cafe 10:30 Beckett's Bulletin 11:00 Chair Yoga 11:30 Lunch 12:30 Mahjong for Fun</p>	<p>6</p> <p>Trap Pond Fall Festival. Center is closed.</p>
<p>9</p> <p>8-3:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch</p>	<p>10</p> <p>10:00-2:00 DMV on the GO 8-3:30 Fitness Room Open *Harbor Lights visiting* 10:00 Alicia Vogel "Nutrition For Older Adults" Part 1 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO! 12:45 Board Games</p>	<p>11</p> <p>8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth 1:00 Trip to PO and Bank</p>	<p>12</p> <p>8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:30-3 Mahjong for Fun</p>	<p>13</p> <p>8-3:30 Fitness Room Open 9:00-10 BREAKFAST (\$2 for seniors) 10:00 am PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>
<p>16</p> <p>8-3:30 Fitness Room Open 9:30 Tai Chi 10:00 LIFE COACH Virginia "Managing Emotions" 11:00 Yoga 11:30 Lunch</p>	<p>17</p> <p>10:00-2:00 DMV on the GO 8-3:30 Fitness Room Open 10:00 Alicia Vogel "Nutrition For Older Adults" Part 2 11:00 Chair Yoga 11:30 Lunch 12:00 BINGO 12:45 Board Games</p>	<p>18</p> <p>8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 4-6 Dinner & Mingo</p>	<p>19</p> <p>8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 11:30 Lunch 12:00 Sept Birthday Party 12:30-3 Mahjong for Fun</p>	<p>20</p> <p>8-3:30 Fitness Room Open 9:00-10 Breakfast (\$2 for seniors) 9:00 Trip to Harbour Lights for lunch & Bingo</p>
<p>23</p> <p>8-3:30 Fitness Room Open 9:30 Tai Chi 10:00 Chair Exercises 11:00 Yoga 11:30 Lunch</p>	<p>24</p> <p>10:00-2:00 DMV on the GO 10:00 Alicia Vogel—"Nutrition For Older Adults" Part 3 8-3:30 Fitness Room Open</p>	<p>25</p> <p>8-3:30 Fitness Room Open 9:00 Arts & Crafts 9:30 Bible Study 10:00 Bridge 11:00 Yoga 11:30 Lunch 12:30 Moving to the Oldies w/DJ Dan Feth 1:00 Trip to PO and Bank</p>	<p>26</p> <p>8-3:30 Fitness Room Open 9:30 Memory Cafe 11:00 Chair Yoga 12:00 Mason Dixon 11:30 Lunch 12:30-3 Mahjong for Fun</p>	<p>27</p> <p>8-3:30 Fitness Room Open 9:00-10 Breakfast (\$2 for seniors) 10:00 am PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>