



# Milton CHEER Activity Center


## FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. 8-3:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch <b>12:00- MINGO w/Dan Feth</b></p>	<p>4. 8-3:30 Fitness Room Open 11:00 Chair Yoga 11:30 Lunch 12:00 PRIZE BINGO 12:45 Board Games</p>	<p>5. 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 11:00 Yoga 11:30 Lunch <b>12:00 LIFE COACH VIRGINIA</b> 1-3:00 BRIDGE 1:00 Trip to Post Office and Bank</p>	<p>6. 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> <b>10:30 Beckett's Bulletin</b> 11:00 Chair Yoga 11:30 Lunch 12:30 Hangman 12:30-3 Mahjong for Fun</p>	<p>7. 8-3:30 Fitness Room Open 9:00-10:30 BREAKFAST (Only \$2.50!) 11:30 Lunch 12:30 <b>PRIZE BINGO</b> 1:00 Trip to Dollar General</p> 
<p>10. 8-3:30 Fitness Room Open 9:30 Tai Chi 11:00 Yoga 11:30 Lunch <b>12:00- MINGO w/Dan Feth</b></p>	<p>11. 8-3:30 Fitness Room Open 11:00 Chair Yoga <b>11:00 FIRE SAFETY W/ BOBBY ROGERS</b> 11:30 Lunch <b>12:00 PRIZE BINGO</b> 12:45 Board Games</p> 	<p>12. 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to Post office and Bank <b>VALENTINE SOCK-HOP DINNER DANCE! 4PM-6PM</b></p>	<p>13. 8-3:30 Fitness Room Open <b>TRIP TO BOSCOVS &amp; FOOD COURT, DOVER MALL</b> 12:30-3 Majong for Fun</p> 	<p>14. 8-3:30 Fitness Room Open <b>9:00-10 BREAKFAST (\$2 for seniors)</b> 10:00 - <b>PRIZE BINGO</b> 11:30 Lunch <b>12:00 Valentine's Party!</b> 12:30 Prize Bingo 1:00 Trip to Dollar General <b>HAPPY VALENTINE'S DAY!</b></p> 
<p>17. 8-3:30 Fitness Room Open 9:30 Tai Chi <b>10:00 MINGO w/Dan Feth</b> 11:00 Yoga 11:30 Lunch</p> 	<p>18. 8-3:30 Fitness Room Open <b>10:00 MUSIC W/HERMAN PYATT</b> 11:00 Chair Yoga 11:30 Lunch <b>12:00 PRIZE BINGO</b> 12:45 Board Games</p>	<p>19. 8-3:30 Fitness Room Open 9:00 Arts &amp; Crafts 9:30 Bible Study 11:00 Yoga 11:30 Lunch 1-3:00 BRIDGE 1:00 Trip to Post Office and Bank</p> 	<p>20. 8-3:30 Fitness Room Open <b>9:30 Memory Cafe</b> 11:00 Chair Yoga 11:30 Lunch 12:30 Wii Bowling 12:30-3 Majong for Fun</p>	<p>21. 8-3:30 Fitness Room Open <b>9:00-10 BREAKFAST (\$2 for seniors)</b> 10:00 PRIZE BINGO 11:30 Lunch 12:30 Prize Bingo 1:00 Trip to Dollar General</p>

# Milton CHEER Activity Center

## February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>24.</b>            8-3:30 Fitness Room Open            9:30 Tai Chi            10:00 MINGO w/Dan Feth            11:00 Yoga            11:30 Lunch</p> 	<p><b>25.</b>            8-3:30 Fitness Room Open            11:00 Chair Yoga            11:30 Lunch            12:00 <b>PRIZE BINGO</b>            12:45 Board Games</p>	<p><b>26.</b>            8-3:30 Fitness Room Open            9:00 Arts &amp; Crafts            9:30 Bible Study            11:00 Yoga            11:30 Lunch            1-3:00 BRIDGE            1:00 Trip to Post office and Bank</p>	<p><b>27.</b>            8-3:30 Fitness Room Open            9:30 <b>Memory Cafe</b>            11:00 Chair Yoga            11:30 Lunch            12:30-3 Mahjong for Fun</p> 	<p><b>28.</b>            8-3:30 Fitness Room Open            9:00-10 BREAKFAST (\$2 for seniors!)            10:00 am <b>PRIZE BINGO</b>            11:30 Lunch            12:30 Prize Bingo            1:00 Trip to Dollar General</p>

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

