






MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950
Ann Marie Morris -- Director 783-9486 (office)

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
NEW YEAR's DAY  CENTER CLOSED	2 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	3 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 YOUNG at HEART 12:30 (annual dues)	4 PIZZA & BINGO 12 noon \$1.50 	5 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
8 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 Coloring & Coffee 2:00-3:30	9 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	10 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Coloring & Coffee 12noon-2:30pm	11 JOLLY SENIORS 12 noon (dues will be collected, **checks only) Blood Pressure 1pm	12 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
15 CENTER CLOSED Martin Luther King Day	16 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	17 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 YOUNG at HEART 12:30 (annual dues)	18 Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	19 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
22 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 Coloring & Coffee 2:00-3:30	23 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	24 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Coloring & Coffee 12noon-2:30pm	25 JOLLY SENIORS 12 noon (dues will be collected, **checks only)	26 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
29 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 Coloring & Coffee 2:00-3:30	30 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	31 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Coloring & Coffee 12noon-2:30pm		

*****If Center is closed or has a delayed opening due to inclement weather, call Office Phone after 8 am for information**