







# MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

Ann Marie Morris -- Director 783-9486 (office)

## April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring &amp; Coffee 11:45 Visual Entertain 12:00-2:00</p>	<p>3</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30</p>	<p>4</p> <p>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</p>	<p>5</p> <p>PIZZA &amp; BINGO 12 noon \$1.50  MW School Survey</p>	<p>6</p> <p>Tax-Prep Help (by appt only: dial 2-1-1) Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon</p>
<p>9</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring &amp; Coffee 11:45 Visual Entertain 12:00-2:00</p>	<p>10</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30</p>	<p>11</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30</p>	<p>12</p> <p>JOLLY SENIORS 12 noon Spkr: Village Police Blood Pressure 1pm</p>	<p>13</p> <p>Tax-Prep Help (by appt only: dial 2-1-1) Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon</p>
<p>16</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring &amp; Coffee 11:45 Visual Entertain 12:00-2:00</p>	<p>17</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30</p>	<p>18</p> <p>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</p>	<p>19</p> <p>Bring your own lunch &amp; BINGO \$.25 coffee/tea 12 noon</p>	<p>20</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon</p>
<p>23</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring &amp; Coffee 11:45 Visual Entertain 12:00-2:00</p>	<p>24</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30</p>	<p>25</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30</p>	<p>26</p> <p>JOLLY SENIORS 12 noon Spkr: Alzheimer's Assoc. Healthy Habits for a Healthier You!</p>	<p>27</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon</p>
<p>30</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring &amp; Coffee 11:45 Visual Entertain 12:00-2:00</p>		<p>April Showers Bring May flowers!</p> 	<p>Happy Easter April 1st</p> 	<p>Earth Day</p>  APRIL 22

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