








MONROE SENIOR CENTER

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

JULY 2018 (REVISED)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (cancelled today)	3 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	4  Senior Center Closed	5 PIZZA & BINGO 12 noon \$1.50 	6 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Mens Cards 11:30 Ladies Cards 12 noon
9 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	10 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	11 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish (cancelled for summer) YOUNG at HEART 12:30	12 JOLLY SENIORS Meeting & BINGO 11:30 am Blood Pressure 1pm	13 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Mens Cards 11:30 Ladies Cards 12 noon
16 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00- 4:45p Visual Entertain (cancelled today)	17 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30-4:45p Ladies Cards 11:30-4:45p	18 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish (cancelled for summer)	19 Bring your own lunch & BINGO \$.25 coffee/tea 12 noon Men's Cards 11:30-4:45p	20 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 (building closes at 12 noon)
23 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00-4:45p Visual Entertain (bring lunch) 12:00-2:00	24 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30-4:45p Ladies Cards 11:30-4:45	25 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish (cancelled for summer) YOUNG at HEART 12:30	26 JOLLY SENIORS Meeting & BINGO 11:30 am Men's Cards 11:30-4:45p	27 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 (building closes at 12 noon)
30 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00-4:45p Visual Entertain (bring lunch) 12:00-2:00	31 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30-4:45p Ladies Cards 11:30-4:45p			

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