

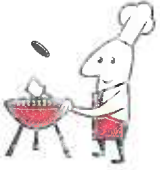




# MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

## AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 PIZZA & BINGO 12 noon \$1.50  Mens Cards 11:30	3 Summer Hours Closed on Fridays Longer hours Monday-Thursday
6 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	7 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	8 Stone Hill Trip Bus leaves@ 9:30am Aerobics (cancelled) Osteo (cancelled) Cards-Ladies 12:00 Intro to Spanish (resumes in Sept)	9 JOLLY SENIORS 11:30 am Spkr: Sleep Disorders Mens Cards 11:30	10 Summer Hours Closed on Fridays Longer hours Monday-Thursday
13 Yoga 9:30-10:30 Stretch (cancelled) Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	14 Aerobics (cancelled) Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	15 Aerobics (cancelled) Osteo (cancelled) Cards-Ladies 12:00 Intro to Spanish (resumes in Sept) YOUNG at HEART 12:30	16 Bring your own lunch & BINGO \$.25 coffee/tea 12 noon Mens Cards 11:30	17 Summer Hours Closed on Fridays Longer hours Monday-Thursday
20 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	21 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	22 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish (resumes in Sept)	23 JOLLY SENIORS 11:30 am Spkr: Physical Therapy Blood Pressure 2 pm Mens Cards 11:30	24 Summer Hours Closed on Fridays Longer hours Monday-Thursday
27 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	28 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	29 Casino Trip bus lvs 9am Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish (resumes in Sept)	30 Chinese Lunch & BINGO \$ 7 12 noon (Pre-order lunch by 8/27 Monday) Mens Cards 11:30	31 Summer Hours Closed on Fridays Longer hours Monday-Thursday

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