











MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>CLOSED LABOR DAY</p> 	<p>4</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30</p> <p>Mens Cards 11:30 Ladies Cards 11:30</p>	<p>5</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>6</p> <p>PIZZA & BINGO 12 noon \$1.50</p>  <p>Mens Cards 11:30</p>	<p>7</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
<p>10</p> <p>Yoga TBA Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00</p>	<p>11</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30</p> <p>Mens Cards 11:30 Ladies Cards 11:30</p>	<p>12</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>13</p> <p>SENIOR CENTER ACTIVITIES CANCELLED TODAY</p>   <p>Polling Site Primaries</p>	<p>14</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
<p>17</p> <p>Yoga TBA Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00</p>	<p>18</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30</p> <p>Mens Cards 11:30 Ladies Cards 11:30</p>	<p>19</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>20</p> <p>JOLLY SENIORS 11:30 am</p> <p>Mens cards 11:30</p>	<p>21</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
<p>24</p> <p>Yoga TBA Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00</p>	<p>25</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15</p> <p>Mens Cards 11:30 Ladies Cards 11:30</p>	<p>26</p> <p>NYC Trip to see "Beautiful" bus leaves 8:30am</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish (cancelled)</p>	<p>27</p>  <p>11am-12:30pm today (by appointment)</p> <p>JOLLY SENIORS 11:30 am</p> <p>Mens Cards 11:30</p>	<p>28</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
 <p>GRANDPARENTS DAY</p> <p>September 9th</p>	 <p>Sept 11th Remembrance</p>	<p>9/9 <i>Rosh Hashanah</i></p> <p>9/18 <i>Yom Kippur</i> (both holidays begin @ sundown)</p>		<p>Autumn begins September 22</p> 

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