





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

**AUGUST 2017 (revised)**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	<b>2</b> Aerobics 9:30-10:30 Osteo 10:30-11:30  Young @ Heart 12:30	<b>3</b> PIZZA & BINGO 12 noon \$1.50 	<b>4</b> Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 ZUMBA (cancelled)  Ladies Cards 12 noon Mens Cards 11:30
<b>7</b> Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00  Coloring & Coffee 12noon-2:30pm	<b>8</b> Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	<b>9</b> Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Visual Entertain 12:00 (bring lunch)	<b>10</b> JOLLY SENIORS 12 noon ** (*note time change)  Spkr: OsteoHealth  Blood Pressure 1pm	<b>11</b> Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 ZUMBA 10:30-11:30  Ladies Cards 12 noon Mens Cards 11:30
<b>14</b> Sands Casino Trip bus leaves @ 9am Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00  Coloring & Coffee 12noon-2:30pm	<b>15</b> Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	<b>16</b> Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00  Young @ Heart 12:30	<b>17</b> Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	<b>18</b> Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 ZUMBA 10:30-11:30  Ladies Cards 12 noon Mens Cards 11:30
<b>21</b> Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00  Coloring & Coffee 12noon-2:30pm	<b>22</b> Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	<b>23</b> Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Visual Entertain 12:00 (bring lunch)	<b>24</b> JOLLY SENIORS 12 noon ** (*note time change)  Spkr: United Monroe	<b>25</b> Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30  Ladies Cards 12 noon Mens Cards 11:30
<b>28</b> Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00  Coloring & Coffee 12noon-2:30pm	<b>29</b> Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	<b>30</b> Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Visual Entertain 12:00 (bring lunch)	<b>31</b> Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	