



# Monroe Senior Center

101 MINE ROAD, MONROE, NY 10950  
 Ann Marie Morris -- Director 783-9486 (office)

## SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Grandparents Day Sept 10</b>  <b>Sept 11<sup>th</sup> Remembrance</b>  Autumn begins September 22	<b>9/20 Rosh Hashanah</b>  <b>9/29 Yom Kippur</b> <i>(both holidays begin @ sundown)</i>	  Sept 28th 11-12:30 (by appointment)		<b>1</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>4</b> <b>CLOSED LABOR DAY</b>  	<b>5</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>6</b> <b>NYC Broadway Trip bus leaves at 11:00am</b>  Aerobics 9:30-10:30 Osteo 10:30-11:30 Young @ Heart (cancelled due to trip)	<b>7</b> <b>PIZZA &amp; BINGO</b> 12 noon \$1.50 	<b>8</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>11</b> Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Mens Cards 11:30 Coloring & Coffee 12noon-2:30pm	<b>12</b> SENIOR CENTER ACTIVITIES CANCELLED TODAY  Polling Site for Primaries	<b>13</b> Aerobics 9:30-10:30 Osteo 10:30-11:30 Mens Cards 11:30  Visual Entertain 12:00 (bring lunch)	<b>14</b> <b>JOLLY SENIORS</b> 12 noon  Spkr: Elder Law  Blood Pressure 1pm	<b>15</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>18</b> Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00  Coloring & Coffee 12noon-2:30pm	<b>19</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>20</b> Aerobics 9:30-10:30 Osteo 10:30-11:30  Young @ Heart 12:30	<b>21</b> Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	<b>22</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>25</b> Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00  Coloring & Coffee 12noon-2:30pm	<b>26</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>27</b> <b>Brownstone Trip bus leaves @ 9:30</b>  Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00	<b>28</b> <b>**FLU CLINIC</b> 11am-12:30 pm ** (must pre-register)  <b>JOLLY SENIORS</b> 12 noon Spkr: CountyExecutive Steve Neuhaus	<b>29</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