

## Monroe Senior Center



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

## **SEPTEMBER 2017**

Grandparents	0./2.0			Friday
	9/20			1
Day Sept 10	Rosh Hashanah	get your		Stretch Yoga 8:45-9:30
				Osteo 9:30-10:30
Sept 11 <sup>th</sup>	9/29	<b>Shot</b>		Aerobics 10:30-11:30
Remembrance	Yom Kippur			
Autumn boging	both holidays begin	C4 204l 11 12-20		Ladies Cards 12 noon
	@ sundown)	Sept 28th 11-12:30		Mens Cards 11:30
	_	(by appointment)	7	8
CLOSED 4 A	5 Aerobics 9:30-10:30	NYC Broadway Trip	PIZZA & BINGO	ð
	leditation 10:30-11:30	bus leaves at 11:00am	12 noon	Stretch Yoga 8:45-9:30
	ZUMBA 11:30-12:30	bus leaves at 11.00am	\$1.50	Osteo 9:30-10:30
	Mens Cards 11:30	Aerobics 9:30-10:30	Ψ1.50	Aerobics 10:30-11:30
MODERA	Ladies Cards 11:30	Osteo 10:30-11:30		
		Young @ Heart		Ladies Cards 12 noon
		(cancelled due to trip)		Mens Cards 11:30
11	12	13	14	15
	SENIOR CENTER	Aerobics 9:30-10:30		
Stretch 10:30-11:30	ACTIVITIES	Osteo 10:30-11:30	JOLLY SENIORS	Stretch Yoga 8:45-9:30
Ladies Cards 11:00	CANCELLED TODAY	Mens Cards 11:30	12 noon	Osteo 9:30-10:30
Mens Cards 11:30	TOTE			Aerobics 10:30-11:30
Coloring & Coffee		Visual Entertain 12:00	Spkr: Elder Law	
12noon-2:30pm	Polling Site for	(bring lunch)		Ladies Cards 12 noon
	Primaries		Blood Pressure 1pm	Mens Cards 11:30
18	19	20	21	22
	Aerobics 9:30-10:30	20	21	Stretch Yoga 8:45-9:30
	Ieditation 10:30-11:30	Aerobics 9:30-10:30	Bring your own	Osteo 9:30-10:30
F'-	ZUMBA 11:30-12:15	Osteo 10:30-11:30	lunch & BINGO	Aerobics 10:30-11:30
	Mens Cards 11:30		\$.25 coffee/tea	
	Ladies Cards 11:30	Young @ Heart	12 noon	Ladies Cards 12 noon
12noon-2:30pm		12:30		Mens Cards 11:30
25	26	27	28	29
	Aerobics 9:30-10:30	Brownstone Trip	**FLU CLINIC	Stretch Yoga 8:45-9:30
	leditation 10:30-11:30	bus leaves @ 9:30	11am-12:30 pm **	Osteo 9:30-10:30
	ZUMBA 11:30-12:15	ous icaves & 3.30	(must pre-register)	Aerobics 10:30-11:30
	Mens Cards 11:30	Aerobics 9:30-10:30	(must bio register)	TICIONICO IVIOV IIIOV
	Ladies Cards 11:30	Osteo 10:30-11:30	JOLLY SENIORS	Ladies Cards 12 noon
12noon-2:30pm	and out up 11:00	Cards-Ladies 12:00	12 noon	Mens Cards 11:30
- r			Spkr: CountyExecutive	
			Steve Neuhaus	