





MONROE SENIOR CENTER

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

OCTOBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 | Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30 | 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 | Silver Birches Trip Octoberfest Bus leaves at 8:30 am NO BINGO TODAY | Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 |
| 8 | 9 | 10 | 11 | 12 |
| SENIOR CENTER CLOSED COLUMBUS DAY | Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30 | Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 | JOLLY SENIORS 11:30 am Spkr: Candidates S. Martens J. Skouffis Mens cards 11:30 Blood Pressure 1pm | Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 |
| 15 | 16 | 17 | 18 | 19 |
| Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 | Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30 | 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 | PIZZA & BINGO 12 noon \$1.50  Mens Cards 11:30 | Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 |
| 22 | 23 | 24 | 25 | 26 |
| Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 | Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30 | Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 DEFENSIVE DRIVING CLASS 9am-4pm (Must pre-register) | JOLLY SENIORS 11:30 am Spkr: Candidates J. O'Donnell T. Basile Mens Cards 11:30 | Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 |
| 29 | 30 | 31 | *****NOTE***** HALLOWEEN LUNCH & COSTUME PARTY & BINGO NOVEMBER 1 ***** (See Ann Marie PRE-PAY by 10/25) | |
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**If Center is closed or has a delayed opening due to inclement weather,
Call Office Phone after 8 am for information**