









MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

February 2019 (revised)

Monday	Tuesday	Wednesday	Thursday	Friday
Groundhog Day Feb 2nd 	Valentine's Day Feb 14th 			1 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
4 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (cancelled) 12:00-2:00 Mens Cards 11:30	5 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	6 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 pm-2:30 pm Spkr: Closed Caption	7 PIZZA & BINGO 12 noon \$1.50 	8 Casino bus lvs 9:30 Tax-Prep Help by (by appt: dial 2-1-1) Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
11 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 Mens Cards 11:30	12 CENTER CLOSED  Lincoln's Birthday	13 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Canasta 11:00-1:00 Bingo – 12 noon Bring lunch \$.25 coffee/tea	14 JOLLY SENIORS Valentine Luncheon 11:30am-3pm \$9 (check payable to 'Jolly Seniors' see Angie/Louise) Blood Pressure 1:30p	15 Tax-Prep Help by (by appt: dial 2-1-1) Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
18 CENTER CLOSED  President's Day (Observed)	19 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	20 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Canasta 11:00-1:00 YOUNG at HEART 12:30 pm -2:30 pm	21 Bring your own Lunch & BINGO \$.25 coffee/tea 12 noon	22 Tax-Prep Help by (by appt: dial 2-1-1) Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
25 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00 Mens Cards 11:30	26 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30	27 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Canasta 11:0-1:00 Bingo – 12 noon Bring lunch \$.25 coffee/tea	28 JOLLY SENIORS 11:30am- 3pm Spkr: TBA	

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