




MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30	2 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	3 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 YOUNG at HEART 12:30 Men's Cards 11:30	4 JULY 4th  Center Closed	5 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
8 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30	9 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	10 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Bingo – 12 noon Bring lunch	11 JOLLY SENIORS 11:30 am Blood Pressure 12:30 Men's Cards 11:30	12 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
15 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30	16 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	17 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 YOUNG at HEART 12:30	18 CITY ISLAND LOBSTER TRIP bus lvs @ 10am BINGO (cancelled) Men's Cards 11:30	19 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
22 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30	23 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30	24 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Bingo – 12 noon Bring lunch	25 JOLLY SENIORS 11:30 am Men's Cards 11:30	26 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
29 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30	30 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30	31 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Bingo – 12 noon Bring lunch	