



# MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

## SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CLOSED</b> <b>LABOR DAY</b></p> 	<p>3</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15</p> <p>Ladies Cards 11:30</p>	<p>4</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 YOUNG at HEART 12:30 Men's Cards 11:30</p>	<p>5</p> <p>Pizza &amp; BINGO 12 noon \$1.50</p>  <p>Men's Cards 11:30</p>	<p>6</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>9</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30</p> <p>Ladies Cards 11:00 Men's Cards 11:30</p>	<p>10</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15</p> <p>Ladies Cards 11:30</p>	<p>11</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00</p> <p>Bingo – 12 noon Bring lunch</p>	<p>12</p> <p>JOLLY SENIORS 11:30 am</p> <p>Blood Pressure 12:30</p>	<p>13</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Men's Cards 11:30</p>
<p>16</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30</p> <p>Ladies Cards 11:00 Men's Cards 11:30</p>	<p>17</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15</p> <p>Ladies Cards 11:30</p>	<p>18</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00</p> <p>YOUNG at HEART 12:30</p>	<p>19</p> <p>BINGO IS CANCELLED TODAY (DUE TO THE BUS TRIP)</p>	<p>20</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Men's Cards 11:30</p>
<p>23</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30</p> <p>Ladies Cards 11:00 Men's Cards 11:30</p>	<p>24</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30</p> <p>Ladies Cards 11:30</p>	<p>25</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00</p> <p>Bingo – 12 noon Bring lunch</p>	<p>26</p>  <p>FLU CLINIC 11am-12:30 pm (must pre-register)</p> <p>JOLLY SENIORS 11:30 am</p>	<p>27</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Men's Cards 11:30</p>
<p>30</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30</p> <p>Ladies Cards 11:00 Men's Cards 11:30</p>		<p>September 8<sup>th</sup></p>  <p>Sept 11<sup>th</sup> Remembrance</p>	<p>Wildwood Trip Sept 16-Sept 19</p>  	<p>Autumn --- Sept. 23</p>  <p>9/29 Rosh Hashanah (begins @ sundown)</p>