






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

OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Yom Kippur begins @ sunset Oct 8</p>	<p>1</p> <p>GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30</p>	<p>2</p> <p>Casino bus lvs @9am Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00</p> <p>(NO BINGO TODAY)</p>	<p>3</p> <p>PIZZA & BINGO 12 noon \$1.50</p>  <p>Men's Cards 11:30</p>	<p>4</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>7</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30</p>	<p>8</p> <p>GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30</p>	<p>9</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>10</p> <p>JOLLY SENIORS 11:30 am</p> <p>Blood Pressure 12:30 Men's Cards 11:30</p>	<p>11</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>14</p> <p>CENTER CLOSED</p> <p>Columbus Day</p>	<p>15</p> <p>GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30</p>	<p>16</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>17</p> <p>Bring your own Lunch & BINGO 12 noon</p> <p>Men's Cards 11:30</p>	<p>18</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>21</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 MahJong 12:30</p>	<p>22</p> <p>GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30</p>	<p>23</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>24</p> <p>JOLLY SENIORS 11:30 am</p> <p>Men's Cards 11:30</p>	<p>25</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>28</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 MahJong 12:30</p>	<p>29</p> <p>GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30</p>	<p>30</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>31</p> <p>Costume Halloween Luncheon & BINGO 12 noon \$ 10 (must prepay by 10/24)</p>  <p>Men's Cards 11:30</p>	

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