







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

NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daylight Saving Time Ends  November 3rd</p>	<p align="center"><i>Thankful</i> </p>	<p>NYC bus trip Nov 17-Sunday </p>		<p>1 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>4 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mahjong 12:30</p>	<p>5 Ctr. Activities Cancelled ELECTION DAY (Center is voting site) </p>	<p>6 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 YOUNG at HEART 12:30</p>	<p>7 PIZZA & BINGO 12 noon \$1.50  Men's Cards 11:30</p>	<p>8 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>11 CENTER CLOSED Veteran's Day (observed) </p>	<p>12 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30</p>	<p>13 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 Bingo – 12 noon Bring lunch</p>	<p>14 JOLLY SENIORS 11:30 am Spk: Physical Therapist Blood Pressure 12:30 Men's Cards 11:30</p>	<p>15 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>18 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mahjong 12:30</p>	<p>19 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30</p>	<p>20 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 YOUNG at HEART 12:30</p>	<p>21 Thanksgiving Luncheon & Music (High School Students) 12 noon \$12 (*must prepay by 11/14 <u>NO</u> exceptions**) Men's Cards 11:30</p>	<p>22 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p>
<p>25 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mahjong 12:30</p>	<p>26 Defensive Driving 9a-4p (must pre-register no walk-ins) GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30</p>	<p>27 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 Bingo – 12 noon Bring lunch</p>	<p>28 CLOSED  THANKSGIVING DAY</p>	<p>29 CENTER CLOSED </p>

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