







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

JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	 Welcome 2020	1 NEW YEAR's DAY  CENTER CLOSED	2 PIZZA & BINGO 12 noon \$1.50  Men's Cards 11:30	3 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
6 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	7 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	8 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 YOUNG at HEART 12:30 (collect dues)	9 JOLLY SENIORS 11:30 am (dues will be collected, **checks only) SPKR: Digestive Issues Men's Cards 11:30 Blood Pressure 12:30	10 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
13 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	14 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	15 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 BINGO 12 noon (Bring lunch)	16 Bring your own Lunch & BINGO 12 noon Men's Cards 11:30	17 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
20 CENTER CLOSED Martin Luther King Day	21 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	22 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 YOUNG at HEART 12:30 (collect dues)	23 JOLLY SENIORS 11:30 am (dues will be collected, **checks only) SPKR: TBA Men's Cards 11:30	24 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
27 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	28 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30	29 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 BINGO 12 noon (Bring lunch)	30 Chinese Lunch & BINGO \$ 7 12 noon (Pre-order lunch by 1/27 Monday)	31 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30

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