



MONROE SENIOR CENTER

101 MINE ROAD, MONROE, NY 10950
Ann Marie Morris -- Director 783-9486 (office)

JULY 2021 (REVISED)

Monday	Tuesday	Wednesday	Thursday
<p>***** WEAR your MASK if you are NOT Vaccinated *****</p>			<p style="text-align: right;">1</p> <p>Yoga with Dawn 9:45-10:45 Men's Cards 12</p> <p>Bring Lunch & Drink & BINGO 12 noon</p>
<p>(observed) 5 JULY 4th CENTER CLOSED</p>	<p>6 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>7 Fire & Flow with Tamara 9:30-10:30 YOUNG at HEART & BINGO 12 noon</p>	<p>8 Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon</p>
<p>12 Stretch with Tamara 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>13 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>14 Fire & Flow with Tamara 9:30-10:30 Bring Lunch & Drink 12 NOON Bring lunch & drink</p>	<p>15 Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon SPKR: SUE -Lyme disease & BP Screening</p>
<p>19 Stretch with Tamara 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>20 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>21 Fire & Flow with Tamara 9:30-10:30 YOUNG at HEART & BINGO 12 noon</p>	<p>22 Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon</p>
<p>26 Stretch with Tamara 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>27 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>28 Fire & Flow with Tamara 9:30-10:30 Bring Lunch & Drink & BINGO 12 noon</p>	<p>29 Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon</p>

We are pleased to announce that the Senior Center is re-opening with indoor activities.

As we progress, other activities will be introduced to the schedule.

Thank you for caring about the health & safety of our participants & staff

- *A Facial Covering is required for anyone NOT vaccinated.
- *Sign in & Temperature will be taken upon entrance to the building.
- *Please continue social distancing during activities.
- *Clearance note from your physician is required for exercise program.