









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

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daylight Saving Time Ends</p>  <p>November 4th</p>			<p>1</p> <p>Costume Halloween Luncheon & BINGO 12 noon \$ 11 (must prepay by 10/25)</p> 	<p>2</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
<p>5</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (cancelled today)</p>	<p>6</p> <p>Sr. Ctr. Activities CANCELLED ELECTION DAY (Center is voting site)</p> 	<p>7</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 YOUNG at HEART 12:30</p>	<p>8</p> <p>JOLLY SENIORS 11:30 am Spkr: Sue Nichols</p> <p>Mens cards 11:30 Blood Pressure 1pm</p>	<p>9</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
<p>12</p> <p>CENTER CLOSED Veteran's Day (observed)</p> 	<p>13</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30</p> <p>Mens Cards 11:30 Ladies Cards 11:30</p>	<p>14</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30</p>	<p>15</p> <p>Thanksgiving Luncheon & Music (High School Students) 12 noon \$12 (**must prepay by 11/8 <u>NO</u> exceptions**)</p>	<p>16</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens Cards 11:30</p>
<p>19</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00</p>	<p>20</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15</p> <p>Mens Cards 11:30 Ladies Cards 11:30</p>	<p>21</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Men's Cards 11:30 YOUNG at HEART 12:30</p>	<p>22</p> <p>CLOSED</p>  <p>THANKSGIVING DAY</p>	<p>23</p> <p>CENTER CLOSED</p> 
<p>26</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00</p>	<p>27</p> <p>Brownstone Trip bus lvs 9:30 am Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30</p>	<p>28</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30</p>	<p>29</p> <p>JOLLY SENIORS 11:30 am Mens Cards 11:30</p>	<p>30</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Mens 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