



Monroe Senior Center

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

SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Grandparents Day Sept 10 Sept 11th Remembrance Autumn begins September 22	9/20 Rosh Hashanah 9/29 Yom Kippur <i>(both holidays begin @ sundown)</i>	 Sept 28th 11-12:30 <i>(by appointment)</i>		1 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
4 CLOSED LABOR DAY 	5 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	6 NYC Broadway Trip bus leaves at 11:00am Aerobics 9:30-10:30 Osteo 10:30-11:30 Young @ Heart <i>(cancelled due to trip)</i>	7 PIZZA & BINGO 12 noon \$1.50 	8 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
11 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Mens Cards 11:30 Coloring & Coffee 12noon-2:30pm	12 SENIOR CENTER ACTIVITIES CANCELLED TODAY  Polling Site for Primaries	13 Aerobics 9:30-10:30 Osteo 10:30-11:30 Mens Cards 11:30 Visual Entertain 12:00 <i>(bring lunch)</i>	14 JOLLY SENIORS 12 noon Spkr: Elder Law Blood Pressure 1pm	15 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
18 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	19 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	20 Aerobics 9:30-10:30 Osteo 10:30-11:30 Young @ Heart 12:30	21 Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	22 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
25 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	26 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	27 Brownstone Trip bus leaves @ 9:30 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00	28 **FLU CLINIC 11am-12:30 pm ** <i>(must pre-register)</i> JOLLY SENIORS 12 noon Spkr: CountyExecutive Steve Neuhaus	29 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30