








Monroe Senior Center

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

NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> <p>Daylight Saving Time Ends</p>  <p>November 5</p>		<p style="text-align: right;">2</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Intro to Spanish 11:30-12:30</p> <p>Young @ Heart 12:30</p>	<p style="text-align: right;">3</p> <p>PIZZA & BINGO 12 noon \$1.50</p>  <p>Spkr: Tony Cardone</p>	<p style="text-align: right;">4</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Ladies Cards 12 noon Mens Cards 11:30</p>
<p style="text-align: right;">6</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Coloring & Coffee (cancelled)</p>	<p style="text-align: right;">7</p> <p>Sr. Ctr. Activities Cancelled ELECTION DAY (Center is voting site)</p> 	<p style="text-align: right;">8</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Visual Entertain 12:00 (bring lunch)</p>	<p style="text-align: right;">9</p> <p>Men's Cards 11:30 JOLLY SENIORS 12:30pm</p> <p>Spkr: Heart Healthy Myth Busters Blood Pressure 1pm</p>	<p style="text-align: right;">10</p> <p>CENTER CLOSED Veteran's Day (observed)</p> 
<p style="text-align: right;">13</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00</p> <p>Coloring & Coffee 12noon-2:30pm</p>	<p style="text-align: right;">14</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30</p>	<p style="text-align: right;">15</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Intro to Spanish 11:30-12:30</p> <p>Young @ Heart 12:30</p>	<p style="text-align: right;">16</p> <p>Thanksgiving Luncheon DJ & High School Students 12noon \$12 (**must pay by 11/9 <u>NO</u> exceptions**)</p>	<p style="text-align: right;">17</p> <p>Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30</p> <p>Ladies Cards 12 noon Mens Cards 11:30</p>
<p style="text-align: right;">20</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00</p> <p>Coloring & Coffee 12noon-2:30pm</p>	<p style="text-align: right;">21</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30</p>	<p style="text-align: right;">22</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Visual Entertain (cancelled)</p>	<p style="text-align: right;">23</p> <p>CLOSED</p>  <p>THANKSGIVING DAY</p>	<p style="text-align: right;">24</p> <p>CENTER CLOSED</p> 
<p style="text-align: right;">27</p> <p>Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00</p> <p>Coloring & Coffee 12noon-2:30pm</p>	<p style="text-align: right;">28</p> <p>Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30</p>	<p style="text-align: right;">29</p> <p>Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Visual Entertain 12:00 (bring lunch)</p>	<p style="text-align: right;">30</p> <p>Bring your own lunch & BINGO \$1.50 coffee/tea 12 noon</p>	

*****If Center is closed OR has a delayed opening due to inclement weather, call Office Phone after 8 am for information**