







Monroe Senior Center

101 MINE ROAD, MONROE, NY 10950

Ann Marie Morris -- Director 783-9486 (office)

JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday
June 14th Flag Day 	Father's Day June 18th 	 Summer Begins June 21th	PIZZA & BINGO 12 noon \$1.50 	Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
5 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	6 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	7 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Young @ Heart 12:30	8 JOLLY SENIORS 12:30pm Blood Pressure 1pm	9 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
12 Yoga 9:30-10:30 Stretch (cancelled) Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	13 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	14 Healthy Steps with Sue 8:30am Aerobics (cancelled) Osteo (cancelled) Cards-Ladies 12:00	15 19th yr. Anniversary SENIOR CENTER BBQ luncheon & BINGO At SmithsClovePark \$8 (pay @thePARK) 12 noon	16 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
19 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	20 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	21 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Young @ Heart 12:30	22 JOLLY SENIORS InstallationLuncheon \$10 (checks payable to Jolly Seniors see Julie) 12:30pm	23 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
26 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	27 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	28 Healthy Steps with Sue 8:30am Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00	29 Chinese Lunch & BINGO \$ 7 12 noon (Pre-order lunch by 6/26 Monday) \$.25 coffee/tea 12 noon	30 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30