





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

MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 May 13 th	1 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA (cancelled) Mens Cards 11:30 Ladies Cards 11:30	2 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	3 PIZZA & BINGO 12 noon \$1.50 	4 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
7 Casino Trip bus 9am Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 11:45 Visual Entertain 12:00-2:00	8 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	9 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30	10 JOLLY SENIORS 12 noon Spkr: St. Luke's Hosp. Arthritis Issues MW School Q&A Budget Questions Blood Pressure 1pm	11 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
14 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 11:45 Visual Entertain 12:00-2:00	15 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	16 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	17 Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	18 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
21 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 11:45 Visual Entertain 12:00-2:00	22 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	23 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30	24 Westchester Dinner Theater 'Sister Act' bus lvs @ 9:30am (No BINGO today)	25 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
28 CENTER CLOSED MEMORIAL DAY 	29 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	30 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30	31 JOLLY SENIORS 12 noon	

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