








Monroe Senior Center

101 MINE ROAD, MONROE, NY 10950

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

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Pearl Harbor Day Dec. 7th	Hanukkah  Begins @ Sundown Dec 12	First Day of Winter Dec. 21st 		1 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
4 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	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 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Young @ Heart 12:30	7 JOLLY SENIORS Holiday Luncheon Falkirk Estate & Country Club 12 noon (No early birds)	8 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
11 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	12 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	13 Aerobics 9:30-10:30 Osteo 10:30-11:30 Young @ Heart HolidayParty @ Captain's Table 12 noon	14 JOLLY SENIORS 12 noon Spkr: Managing stress @ during the holidays & Blood Pressure 1pm	15 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon
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 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30 Visual Entertain 12:00 (bring lunch)	21 PIZZA & BINGO 12 noon \$1.50 	22 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Center Closes at 12 noon
25 CENTER CLOSED Christmas 	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 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)	28 New Year's Chinese Lunch & BINGO \$ 7 12 noon (Pre-order lunch by 12/22 Friday)	30 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30 Ladies Cards 12 noon

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