





Monroe Senior Center
101 Mine Road, Monroe, NY 10950
Ann Marie Morris -- Director 783-9486 (office)

AUGUST 2017 (revised)

Monday	Tuesday	Wednesday	Thursday	Friday
 7 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	1 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	2 Aerobics 9:30-10:30 Osteo 10:30-11:30 Young @ Heart 12:30	3 PIZZA & BINGO 12 noon \$1.50 	4 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 ZUMBA (cancelled) Ladies Cards 12 noon Mens Cards 11:30
7 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	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 Visual Entertain 12:00 (bring lunch)	10 JOLLY SENIORS 12 noon ** (*note time change) Spkr: OsteoHealth Blood Pressure 1pm	11 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 ZUMBA 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
14 Sands Casino Trip bus leaves @ 9am Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	15 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	16 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Young @ 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 ZUMBA 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
21 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	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 Visual Entertain 12:00 (bring lunch)	24 JOLLY SENIORS 12 noon ** (*note time change) Spkr: United Monroe	25 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Ladies Cards 12 noon Mens Cards 11:30
28 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Coloring & Coffee 12noon-2:30pm	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 Visual Entertain 12:00 (bring lunch)	31 Bring your own lunch & BINGO \$.25 coffee/tea 12 noon	