



MONROE SENIOR CENTER

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

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>Stretch with Tamara 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>3</p> <p>Meditation/Move with Dana 8:30-9:15 (new) Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>4</p> <p>Balance/Flexibility with Dana 8:30-9:15 (new) Fire & Flow with Tamara 9:30-10:30 YOUNG at HEART ❤️ & BINGO 12 noon</p>	<p>5</p> <p>Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink ~BINGO~ 12 noon</p>
<p>9</p> <p>Stretch with Tamara 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>10</p> <p>Meditation/Move with Dana 8:30-9:15 (new) Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>11</p> <p>Balance/Flexibility with Dana 8:30-9:15 (new) Fire & Flow with Tamara 9:30-10:30 Bring Lunch & Drink ~BINGO~ 12 noon</p>	<p>12</p> <p>Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink ~BINGO~ 12 noon</p>
<p>16</p> <p>Stretch with Diane 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>17</p> <p>Meditation/Move with Dana 8:30-9:15 (new) Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>18</p> <p>Balance/Flexibility with Dana 8:30-9:15 Fire & Flow with Tamara 9:30-10:30 YOUNG at HEART ❤️ & BINGO 12 noon</p>	<p>19</p> <p>Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink ~BINGO~ 12 noon SPKR: SUE- Lyme Disease Prevention & Blood Pressure</p>
<p>23</p> <p>Stretch with Diane 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>24</p> <p>Meditation/Move with Dana 8:30-9:15 (new) Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>	<p>25</p> <p>Balance/Flexibility with Dana 8:30-9:15 (new) Fire & Flow with Tamara 9:30-10:30 Bring Lunch & Drink ~BINGO~ 12 noon</p>	<p>26</p> <p>Yoga with Dawn 9:45-10:45 Men's Cards 12 Bring Lunch & Drink ~BINGO~ 12 noon</p>
<p>30</p> <p>Stretch with Diane 9:30-10:30 Yoga with Gabby 10:45-11:30 Men's Cards 12</p>	<p>31</p> <p>Meditation/Move with Dana 8:30-9:15 (new) Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12</p>		<p>***** WEAR your MASK if you are NOT Vaccinated *****</p>

Thank you for caring about the health & safety of our participants & staff

The following is required:

- *A Facial Covering is required for anyone not vaccinated.
- *Sign in & Temperature will be taken upon entrance to the building.
- *Clearance note from your physician is required for exercise program.
- *We are still adhering to social distancing & no sharing of food/drink.