








MONroe Senior Center



February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Groundhog Day Feb 2 nd 	Valentine's Day Feb 14th 	1 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards--Ladies 12:00 Young @ Heart 12 noon	2 Computer Class 10-12 (must sign up) PIZZA & BINGO 12 noon \$1.25	3 Osteo 9:30-10:30 Aerobics 10:30-11:30 Canasta 12 noon Cards 12
6 Yoga 9:30-10:30 Stretch 10:30-11:30 Movie 12:30 (bring lunch) Quilting Grannies 12:30	7 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11am Ladies Cards 11:30	8 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards--Ladies 12:00	9 Computer Class 10-12 (must sign up) JOLLY SENIORS Valentines Luncheon & BINGO \$10 Catered by Ceil (must prepay by check only by Feb 2 nd)	10 Osteo 9:30-10:30 Aerobics 10:30-11:30 Canasta 12 noon Cards 12
13 MoheganSunCasino (bus lvs 8:30 sharp) CENTER CLOSED LINCOLN'S B-DAY 	14 Weight-loss class 8:45-9:30 (pre-register) Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11am Ladies Cards 11:30	15 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards--Ladies 12:00 Young @ Heart 12 noon	16 Computer Class 10-12 (must sign up) Bring your own lunch & BINGO 12 noon \$.25 Blood Pressure 1pm	17 Osteo 9:30-10:30 Aerobics 10:30-11:30 Canasta 12 noon Cards 12
20 CENTER CLOSED WASHINGTON B-Day (observed) 	21 Weight-loss class 8:45-9:30 (pre-register) Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11am Ladies Cards 11:30	22 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards--Ladies 12:00	23 Computer Class 10-12 (must sign up) JOLLY SENIORS 12:30 Spk: Physical Therapist	24 Osteo 9:30-10:30 Aerobics 10:30-11:30 Canasta 12 noon Cards 12
27 Yoga 9:30-10:30 Stretch 10:30-11:30 Movie 12:30 (bring lunch) Quilting Grannies 12:30	28 Weight-loss class 8:45-9:30 (pre-register) Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11am Ladies Cards 11:30	29 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards--Ladies 12:00		

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

☺ THINK SPRING !!!! ☺