








MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	4 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	5 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	6 JOLLY SENIORS Holiday Luncheon @Palacio Restaurant Rt. 17M Goshen 12 noon (No early birds)	7 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
10 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	11 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Mens Cards 11:30 Ladies Cards 11:30	12 Aerobics 9:30-10:30 Osteo 10:30-11:30 Young @ Heart Holiday Party @ Captain's Table 12 noon	13 JOLLY SENIORS 11:30 am Blood Pressure 1pm	14 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
17 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Visual Entertain (bring lunch) 12:00-2:00	18 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Mens Cards 11:30 Ladies Cards 11:30	19 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Intro to Spanish 11:30-12:30	20 PIZZA & BINGO 12 noon \$1.50  Spkr: Janice Vilardo	21 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
24 Yoga (cancelled) Stretch (cancelled) No Afternoon Activities CHRISTMAS EVE	 CENTER CLOSED CHRISTMAS	26 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	27 Bring your own Lunch & BINGO 12 noon	28 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
31 Yoga 9:30-10:30 Stretch 10:30-11:30 Center Closes at 11:30 New Year's Eve		First Day of Winter Dec. 21 st 	Hanukkah  Begins @ Sundown Dec 2	

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