




MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

MAY 2019 (Revised)

Monday	Tuesday	Wednesday	Thursday	Friday
Mother's Day May 12th 		1 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 YOUNG at HEART 12:30	2 PIZZA & BINGO 12 noon \$1.50 	3 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30
6 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Walk with Ease 11:30	7 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30 Walk with Ease 12:15	8 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 BINGO 12 noon Bring lunch	9 Walk with Ease 9:30 JOLLY SENIORS 11:30 am Spkr: MWSchoolAdm Blood Pressure 12:30	10 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Men's Cards 11:30
13 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Walk with Ease 11:30	14 Westchester Theatre bus leaves at 9:30 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30 Walk with Ease 12:15	15 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 YOUNG at HEART 12:30	16 Walk with Ease 9:30 Bring your own Lunch & BINGO 12 noon	17 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Men's Cards 11:30
20 Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30	21 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30	22 Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 BINGO 12 noon Bring lunch	23 JOLLY SENIORS 11:30 am Spkr: YMCA-Michele	24 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Men's Cards 11:30
27 CENTER CLOSED MEMORIAL DAY 	28 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30 Men's Cards 11:30	29 O.C Health & Fitness Day 10am-2pm Trip Thomas Bull Park For info & sign up See Ann Marie in Office Aerobics 9:30-10:30 Osteo 10:30-11:30 Cards-Ladies 12:00 Bingo - 12 noon Bring lunch	30 Chinese Lunch & BINGO \$ 7 12 noon (Pre-order lunch by 5/24 Friday)	31 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30 Mens Cards 11:30