



MONROE SENIOR CENTER
101 Mine Road, Monroe, NY 10950
Ann Marie Morris -- Director 783-9486 (office)

MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tax-Prep Help AARP (by appt: dial 2-1-1) Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	3 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:30 Ladies Cards 11:30	4 Aerobics (cancelled) Osteo (cancelled) Coloring 11:30-12:30 YOUNG at HEART 12:30 MW Middle School Play/dinner 4:00 pm Must sign up	5 Office for Aging Lunch @ 12 noon (Baked Chicken w/artichoke sauce) Spkr: Sue Nicols Blood Pressure Men's Cards 11:30	6 Westchester Dinner Theater bus 9:45 am "All Shook Up" Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
9 Tax-Prep Help AARP (by appt: dial 2-1-1) Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	10 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	11 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 BINGO 12 noon (Bring lunch)	12 JOLLY SENIORS 11:30 am Topic: Osteoarthritis Stryker Men's Cards 11:30	13 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
16 Tax-Prep Help AARP (by appt: dial 2-1-1) Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	17 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA 11:30-12:15 Ladies Cards 11:30	18 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 YOUNG at HEART 12:30	19 PIZZA & BINGO 12 noon \$1.50  Men's Cards 11:30	20 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
23 Tax-Prep Help AARP (by appt: dial 2-1-1) Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	24 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA (cancelled) Ladies Cards 11:30	25 Aerobics 9:30-10:30 Osteo 10:30-11:30 Coloring 11:30-12:30 BINGO 12 noon (Bring lunch)	26 MW High School Preview of Play 10am "Chicago HS Edition" JOLLY SENIORS 11:30 am SPKR: MonroeLibrary Men's Cards 11:30	27 Stretch Yoga 8:45-9:30 Osteo 9:30-10:30 Aerobics 10:30-11:30
30 Tax-Prep Help AARP (by appt: dial 2-1-1) Yoga 9:30-10:30 Stretch 10:30-11:30 Ladies Cards 11:00 Men's Cards 11:30 Mah Jong 12:30	31 GuidedMeditation 9-930 Aerobics 9:30-10:30 Meditation 10:30-11:30 ZUMBA (cancelled) Ladies Cards 11:30	Daylight Saving Time Begins  March 8	St. Patrick's Day March 17 th 	Spring Begins March 19 th 

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