



# MONROE SENIOR CENTER

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

## JUNE 2021

Monday	Tuesday	Wednesday	Thursday
<b>HAPPY FATHER'S Day!</b> June 20th	<b>1</b> Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Men's Cards 12	<b>2</b> Fire & Flow with Tamara 9:30-10:30 Men's Cards 12 YOUNG at HEART 12 NOON Bring lunch & drink	<b>3</b> Yoga with Dawn 9:45-10:45 Bring Lunch & Drink & BINGO 12 noon
<b>7</b> Stretch with Diane 9:30-10:30 Yoga with Gabby 11:15-12:00 Men's Cards 12	<b>8</b> Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12	<b>9</b> Fire & Flow with Tamara 9:30-10:30 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon	<b>10</b> Yoga with Dawn 9:45-10:45 Bring Lunch & Drink & BINGO 12 noon
<b>14</b> Stretch with Diane 9:30-10:30 Yoga with Gabby 11:15-12:00 Men's Cards 12 Flag Day Today 	<b>15</b> Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12	<b>16</b> Fire & Flow with Tamara 9:30-10:30 Men's Cards 12 YOUNG at HEART 12 NOON Bring lunch & drink	<b>17</b> Yoga with Dawn 9:45-10:45 Bring Lunch & Drink & BINGO 12 noon SPKR: SUE -Bone Health & BP Screening
<b>21</b> Stretch with Diane 9:30-10:30 Yoga with Gabby 11:15-12:00 Men's Cards 12	<b>22</b> Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12	<b>23</b> Fire & Flow with Tamara 9:30-10:30 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon	<b>24</b> Yoga with Dawn 9:45-10:45 Bring Lunch & Drink & BINGO 12 noon
<b>28</b> Stretch with Diane 9:30-10:30 Yoga with Gabby 11:15-12:00 Men's Cards 12	<b>29</b> Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:30 Ladies Cards 12	<b>30</b> Fire & Flow with Tamara 9:30-10:30 Men's Cards 12 Bring Lunch & Drink & BINGO 12 noon	***** WEAR your MASK if you are NOT Vaccinated *****

**We are pleased to announce that the Senior Center is re-opening with indoor activities.**

**As we progress, other activities will be introduced to the schedule.**

**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.
- \*Please continue social distancing of at least 6 feet.
- \*Clearance note from your physician is required for exercise program.



All exercise classes are open to Monroe residents (proof of residency) ages 60 years or older. Before beginning any exercise regimen, a doctor's note is required (specifying limitations --if any). We do not turn anyone away if there is a limitation(s) but the Instructors may simply need to modify an exercise. Please wear proper footwear, comfortable clothing and stay hydrated with water. Please see Ann Marie, Director, in the office with the above paperwork and we can figure out a strategy if you are a beginner. All levels are welcome!

**\*\*Please note: Due to COVID restrictions, class sizes may be limited, you MUST wear a face covering to enter, have your temperature taken, sign in, answer the COVID screening questions and adhere to social distancing guidelines. Thank you for caring about the health and safety of our participants and staff.**

**Aerobics-Stretch with Diane**

**MONDAYS 9:30 am 10:30 am**

Get your heart rate up through movement, marching, works all parts of your body with great music.

**Yoga with Gabby**

**MONDAYS 11:15 am – 12:15 pm**

Promotes flexibility, balance, strength and relaxation through various postures and breathing.

**Stretch with Marty**

**TUESDAYS 9:30 am -10:15 am**

Promotes cardiovascular health by increasing your heart rate using various mediums.

**Osteo-Weight Class with Marty**

**TUESDAYS 10:30-11:30 am**

Using light hand and leg weights to strengthen bones rather than build muscle. Please bring your own hand weights - 2lbs (women) 5lbs (men)

**Fire & Flow Fitness with Tamara**

**WEDNESDAYS 9:30 am – 10:30 am**

A well-rounded workout that includes dance, movement, flexibility, and strength training set to an eclectic mix of mid and up-tempo beats.

**Yoga with Dawn**

**THURSDAYS 9:45 am - 10:45 am**

Promotes flexibility, balance, strength and relaxation through various p