

If Center is closed or has a delayed opening due to inclement weather,

Call Office Phone after 8 am for information






MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

ANN MARIE MORRIS ~ DIRECTOR (845)783 - 9486 (OFFICE)

JANUARY 2024

Monday	Tuesday	Wednesday	Thursday
<p>1</p>  <p>CENTER CLOSED</p>	<p>2</p> <p>Meditation/Move with Dana 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Ladies Cards 12</p>	<p>3</p> <p>Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 YOUNG at HEART ❤️ & BINGO 12 noon</p>	<p>4</p> <p>Yoga with Dawn 9:45-10:45 PIZZA & BINGO 12 noon \$1.50 </p>
<p>8</p> <p>Osteo with Marty 8:30 – 9:15 Chair Aerobics with Diane 9:15-10:00 Fire & Flow with Tamara 10:15-11:00 Mahjong 12:30</p>	<p>9</p> <p>Meditation/Move with Dana 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Ladies Cards 12</p>	<p>10</p> <p>Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 Bring Your Own Lunch & BINGO 12 noon</p>	<p>11</p> <p>Yoga with Dawn 9:45-10:45 JOLLY SENIORS ~ BINGO~ 11:30 am Spkr: Sue Nichols Nutritionist /Blood Pressure</p>
<p>15</p> <p>CENTER CLOSED Martin Luther King Jr. Day</p>	<p>16</p> <p>Meditation/Move with Dana 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Ladies Cards 12</p>	<p>17</p> <p>Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 YOUNG at HEART ❤️ 12 noon Luncheon @ La Vera Cucina (SELF-Pay @ restaurant)</p>	<p>18</p> <p>Yoga with Dawn 9:45-10:45 BRING YOUR OWN LUNCH & BINGO 12 noon</p>
<p>22</p> <p>Osteo with Marty 8:30 – 9:15 Chair Aerobics with Diane 9:15-10:00 Fire & Flow with Tamara 10:15-11:00 Mahjong 12:30</p>	<p>23</p> <p>Meditation/Move with Dana 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Ladies Cards 12</p>	<p>24</p> <p>Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 Bring Your Own Lunch & BINGO 12 noon</p>	<p>25</p> <p>Yoga with Dawn 9:45-10:45 JOLLY SENIORS ~ BINGO~ 11:30 am Spkr: Jack Collins Convention of States Project</p>
<p>29</p> <p>Osteo with Marty 8:30 – 9:15 Chair Aerobics with Diane 9:15-10:00 Fire & Flow with Tamara 10:15-11:00 Mahjong 12:30</p>	<p>30</p> <p>Meditation/Move with Dana 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Ladies Cards 12</p>	<p>31</p> <p>Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 Chinese & BINGO 12 noon \$ 9 plus \$2/egg roll (Must prepay by 1/29)</p>	

The following is required: *Clearance note from your physician is required for exercise program.

*If you are not feeling well, please rest at home. Do not attend activities. 😊