

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

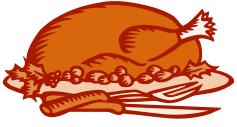


MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday
3 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	4 All Activities Cancelled Today (Sr. Ctr is a polling site) ELECTION DAY 	5 Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 YOUNG at HEART  & BINGO 12 noon	6 Yoga with Dawn 9:45-10:45 PIZZA & BINGO 12 noon \$1.50 
10 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	11 CENTER CLOSED Veteran's Day 	12 Yoga with Arlene 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 Bring Your Own Lunch & BINGO 12 noon	13 Yoga with Dawn 9:45-10:45 JOLLY SENIORS ~ BINGO~ 11:30 am Spkr: Sue Nichols Nutritionist Spkr: Assemblyman Eachus
17 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	18 Just Flow with Tamara 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Coloring 11:30-1:30 (bring lunch) Knit & Crochet 1:00-2:30 pm Ladies Cards 12	19 Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 YOUNG at HEART  & BINGO 12 noon	20 Yoga with Dawn 9:45-10:45 Thanksgiving Luncheon & Music (High School Students) 12 noon \$16 (*must prepay by Nov 13)
24 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	25 Just Flow with Tamara 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 Coloring 11:30-1:30(bring lunch) Knit & Crochet 1:00-2:30 pm Ladies Cards 12	26 Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 Bring Your Own Lunch & BINGO 12 noon	27 CLOSED  THANKSGIVING DAY
	Daylight Saving Time Ends  November 2nd "fall back one hour"		

The following is required: *Sign-in upon entrance to the center

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

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