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 | 4 | | 5 | Yoga with Dawn 6 |
| Osteo with Marty | | All Activities Cancelled Today | Yoga with Dawn | | 9:45-10:45 |
| 8:30 - 9:15 | | (Sr. Ctr is a polling site) | 8:30-9:15 | | |
| Chair Aerobics with Diane | | ELECTION DAY | Fire & Flow with Tamara | | PIZZA & BINGO |
| 9:15-10:00 | | | 9:30-10:15 | | 12 noon \$1.50 |
| Fire & Flow with Tamara | | **** | | | |
| 10:15-11:00 | | VOTE | YOUNG at HEART | | |
| Mahjong 12:30 | | **** | & BINGO 12 noon | | 3-6 |
| | 10 | 11 | | 2 | Yoga with Dawn 13 |
| Osteo with Marty | 10 | CENTER CLOSED | Yoga with Arlene | _ | 9:45-10:45 |
| 8:30 – 9:15 | | Veteran's Day | 8:30-9:15 | | |
| Chair Aerobics with Diane | | veteran s Day | Fire & Flow with Tamara | | JOLLY SENIORS |
| 9:15-10:00 | | | 9:30-10:15 | | ~ BINGO~ |
| Fire & Flow with Tamara | | | Bring Your Own | | 11:30 am |
| 10:15-11:00 | | T - | Lunch & BINGO | | Spkr: Sue Nichols Nutritionist |
| Mahjong 12:30 | | | 12 noon | | Spkr: Assemblyman Eachus |
| | | | 12 110011 | | |
| | 17 | Just Flow with Tamara 18 | 1 | 19 | 20 |
| Osteo with Marty | | 8:30-9:15 | Yoga with Dawn | | Yoga with Dawn |
| 8:30 - 9:15 | | Aerobics with Marty | 8:30-9:15 | | 9:45-10:45 |
| Chair Aerobics with Diane | | 9:30-10:15 | Fire & Flow with Tamara | | |
| 9:15-10:00 | | Osteo with Marty | 9:30-10:15 | | Thanksgiving Luncheon |
| Fire & Flow with Tamara | | 10:30-11:15 | | | & Music |
| 10:15-11:00 | | Coloring11:30-1:30 (bring lunch) | YOUNG at HEART | | (High School Students) |
| Mahjong 12:30 | | Knit & Crochet 1:00-2:30 pm | & BINGO 12 noon | | 12 noon \$16 |
| | | Ladies Cards 12 | W 211 (30 12 110011 | | (*must prepay by Nov 13) |
| | 24 | Just Flow with Tamara 25 | Yoga with Dawn 26 | 6 | 27 |
| Osteo with Marty | | 8:30-9:15 | 8:30-9:15 | | CLOSED |
| 8:30 - 9:15 | | Aerobics with Marty | Fire & Flow with Tamara | | M ₂ |
| Chair Aerobics with Diane | | 9:30-10:15 | 9:30-10:15 | | |
| 9:15-10:00 | | Osteo with Marty | | | |
| Fire & Flow with Tamara | | 10:30-11:15 | Bring Your Own | | THE NIX CONTROL |
| 10:15-11:00 | | Coloring 11:30-1:30(bring lunch) | Lunch & BINGO | | THANKSGIVING |
| Mahjong 12:30 | | Knit & Crochet 1:00-2:30 pm | 12 noon | | DAY |
| | | Ladies Cards 12 | | | |
| | | | | | |
| | | Daylight Saving Time Ends | STO 000 0 4 | | |
| | | | 💃 Y hankful 🥙 | | |
| | | November 2 nd | 7,5 | | |
| | | | | | |
| | | "fall back one hour" | | | |

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

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



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