

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

**Call Office Phone after 8 am for information**





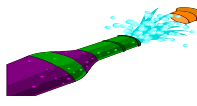

# MONROE SENIOR CENTER

101 Mine Road, Monroe, NY 10950

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

**DECEMBER 2025**

Hanukkah sundown 12/14

Monday	Tuesday	Wednesday	Thursday
<b>1</b> 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	<b>2</b> Just Flow with Tamara 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 <b>Coloring 11:30-1:30 (bring lunch)</b> <b>Knit &amp; Crochet 1:00-2:30 pm</b> Ladies Cards 12	<b>3</b> Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 <b>YOUNG at HEART</b> ♥ <b>&amp; BINGO 12 noon</b>	<b>4</b> Yoga with Dawn 9:45-10:45 <b>PIZZA &amp; BINGO</b> <b>12 noon \$1.50</b> 
<b>8</b> 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	<b>9</b> Just Flow with Tamara 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 <b>Coloring 11:30-1:30 (bring lunch)</b> <b>Knit &amp; Crochet 1:00-2:30 pm</b> Ladies Cards 12	<b>10</b> Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 <b>Young at Heart's</b> <b>Christmas Luncheon</b> <b>@ Capt. Table 12 noon</b>	<b>11</b> Yoga with Dawn 9:45-10:45 <b>JOLLY SENIORS</b> <b>~ BINGO~</b> <b>11:30 am</b> <b>Spkr: Sue Nichols</b> <b>Nutritionist</b>
<b>15</b> 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	<b>16</b> Just Flow with Tamara 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 <b>Coloring 11:30-1:30 (bring lunch)</b> <b>Knit &amp; Crochet 1:00-2:30 pm</b> Ladies Cards 12	<b>17</b> Yoga with Dawn 8:30-9:15 Fire & Flow with Tamara 9:30-10:15 <b>Jolly Seniors'</b> <b>Holiday Luncheon</b> <b>@ Delaney's Goshen</b> <b>12 noon (NO early birds)</b>	<b>18</b> Yoga with Dawn 9:45-10:45 <b>BRING YOUR OWN</b> <b>LUNCH &amp; BINGO</b> <b>12 noon</b>
<b>22</b> 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	<b>23</b> Just Flow with Tamara 8:30-9:15 Aerobics with Marty 9:30-10:15 Osteo with Marty 10:30-11:15 <b>Coloring 11:30-1:30 (bring lunch)</b> <b>Knit &amp; Crochet 1:00-2:30 pm</b> Ladies Cards 12	<b>24</b>  <b>Senior Center</b> <b>CLOSED</b>	<b>25</b>  <b>CENTER CLOSED</b> <b>CHRISTMAS</b>
<b>29</b> Osteo with Marty <b>(cancelled)</b> Chair Aerobics with Diane 9:15-10:00 Fire & Flow with Tamara 10:15-11:00 Mahjong 12:30	<b>30</b> Just Flow with Tamara 8:30-9:15 Aerobics with Marty <b>(cancelled)</b> Osteo with Marty <b>(cancelled)</b> <b>Coloring 11:30-1:30 (bring lunch)</b> <b>Knit &amp; Crochet 1:00-2:30 pm</b> Ladies Cards 12	<b>New Year's Eve 31</b>  <b>Senior Center</b> <b>CLOSED</b>	 <b>2026</b>

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. 😊