

**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**

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