



December 2018 - Center Activities

609-448-7140

Enrollment into any Instructional Class must be done at least five (5) business days prior to the start date, in order to guarantee attendance.

Monday

Tuesday

Wednesday

Thursday

Friday

Pre-Registration is REQUIRED for ALL Activities During the Month.

Effective January 2019, Checks Made Payable to: "Township of Monroe"

COMING SOON in 2019!

Thursday Evening and Saturday Morning Classes!

Ballroom Dance... Gentle Mat Yoga... Boomers Boot Camp... Meditation... Core Fitness... and, more!

The Worldly Book Tour Commences January 17, 2019

Get Your Book, "Midwinter Break", by Bernard MacLaverly, at the Library now, and Register for the January discussion, at the Senior Center.

3 9:00 SHAPE IT UP
9:30 Drop-In Bridge
9:00 Move & Groove
10:30 De-Stress Yourself
1 Yarn It / Games / T. Tennis
11:15 Tai Chi
1:15 Cheesy Goodness
2:30 Karaoke with Rick
3 Happy Travel Club

4 8:45 **Drivers Safety(\$)**
9:00 Games
9:30 Body Works
10:30 Triple 15
10:30 Easy Holiday Treat
11:30 POUND
12 Chess-Mates/ 1 T. Tennis
2:00 Wendy & Rik Perform
2:00 Charcoals/Pastels (LD)
3:30 Pilates Class (LD)

5 9 Healthy Bones Grads
9:00 Total Toning (LD)
10:00 Artist Meet/Greet
10:15 Bodies in Motion
10:15 Line Dancing
11:15 Breathe/Stretch Demo
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
1:00 Parkinson's Support
1:30 Name That Tune

6 9 Adv. Healthy Bones
9:00 Chair Yoga
10:00 Ceramics
10:15 Body Works
10:30 Gift of Gratitude
12:15 Duplicate Bridge
Mixed Watercolor (Flex?)
2:00 The Bell-Tones
2:00 Mandolin Class

7 9:00 Zumba Gold
10:00 Boot Camp
10:00 Bagels Plus
10:00 Jewelry By-U
10:30 Harmonica
Watercolor Exp. (Flex?)
1:00 Table Tennis
1:30 Top TV Shows
Chair Massage/ By Appt.

10
9:00 SHAPE IT UP
9:30 Drop-In Bridge
9:00 Move & Groove
10:30 The Holiday "10"
11:15 Tai Chi
11:30 The Flu & You
1 Yarn It / Games / T. Tennis
1:30 Aaron's Bing Crosby

11 9:30 Body Works (LD)
10:30 Triple 15 (LD)
10:30 Between the Covers
10:30 Make Me Blush
11:00 Green Thumbs
11:30 POUND
12 Chess-Mates/ 1 T. Tennis
2:00 Collage with Karen (\$)
2:00 Musical Wonderland
Pilates (Flex?)

12 9 Healthy Bones Grads
Total Toning (Flex?)
10:15 Bodies in Motion
10:15 Line Dancing (LD)
10:30 TED Talks & Discuss
1:00 Jewelry Gems// Games
1:00 Beg. Healthy Bones
2:00 Leonard Cohen Music

13 9 Adv. Healthy Bones
9:00 Chair Yoga
10 Ceramics
10:15 Body Works (LD)
11:00 Winter Wellness
12:15 Duplicate Bridge
Mixed Watercolor (Flex?)
2:00 Mike & Ted Present
2:00 Mandolin Class

14 9:00 Zumba Gold
10:00 Jewelry By-U (LD)
10:00 Boot Camp
10:30 The Sugary Truth
10:30 Harmonica
No Table Tennis Today
12:30 *Bonnie's Kids*
1:00 Chainmaille Demo
1:00 Friends BINGO (\$)

17 9:00 SHAPE IT UP (LD)
9:30 Drop-In Bridge
10:00 Move & Groove (LD)
10:00 Art of the Masters
10:30 Reflexology
11:00 Boomers Fit Demo
11:15 Tai Chi
1 Yarn It / Games / T. Tennis
12:30 Bonnie's Kids
2:00 Misunderstood Goat

18 9:00 Games
Body Works/Triple 15 (Flex?)
10:30 All About Dickens
10:30 Meditation
10:30 PaperTrails Project
11:30 POUND (LD)
12 Chess-Mates/ 1 T. Tennis
1:30 Cancer Support
2:00 The Matt Daniel Band
2:00 Collage with Karen (LD)

19 9 Health Bones Grads
Total Toning (Flex?)
10:15 Bodies in Motion (LD)
Line Dancing (Flex?)
10:30 Wolf's Holland
1 Gems/ Games/ 2 Cribbage
1 Beg. Healthy Bones
2:00 Three Holiday Shorts
2:30 Diabetes Support

20
9 Adv. Healthy Bones
9:00 Chair Yoga (LD)
10 Ceramics
10:15 Body Works (LD)
11 Gentle Mat Yoga Demo
12:15 Duplicate Bridge
2:00 Kris' Holiday Show
2:00 Mandolin Class

21 9:00 Zumba Gold
10:00 Boot Camp
10:30 Doing What's Right
10:30 Harmonica
1:00 Bead Weaving Demo
1:30 Songs of the Season
6:00 Jersey Chix Holiday Dinner Show (\$)

24 Flex Day Shape & Move
10:00 Brain Games
11:15 West of Hester
11:15 Tai Chi (LD)

25
OFFICE CLOSED



31
10:30 Like an Astronaut
Tai Chi (Flex ?)
1:30 Amici Forever

26
10:30 a.m. to 2:00 p.m.
"Here's Johnny!" Marathon
*Enjoy a Blast from the Past!
Brown Bag Your Lunch.
(Lite Refreshments on Us!)*

No Beg. Healthy Bones
1:00 Gems/ Games
2:00 Caregivers Support

27
Chair Yoga (Flex?)
10:00 Ceramics
Body Works (Flex?)
10:30 Staying Sharp
12:15 Duplicate Bridge
1:00 Malt Shop Concert
2:00 Mandolin Class

28
9:00 Zumba Gold (LD)
10:00 Boot Camp (LD)
10 Gogh's Impressionism
10:30 Harmonica
1:30 Jerry's Travels