





April 2019

Center Activities

Pre-Registration is REQUIRED
for ALL Activities this Month.

Please Make Checks Payable to:
"Township of Monroe"

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1 Income Tax, By Appt. SHAPE IT UP (Flex) 9:00 Drop-In Bridge Move & Groove (Flex) 10:00 Fun with Yiddish (LD) Yang Tai Chi (Flex) 1:00 Yarn It / Games /Tennis 1:30 <u>Milking It</u></p>	<p>2 9:00 Chorus/ Games Body Work (Flex) Triple 15 (Flex) 10:30 <u>Eating for Microbiome and Smartphone Study</u> 11:15 POUND (LD) 12 Chess-Mates/ 1 T. Tennis 12:00 Brain Injury Support 1:30 <u>Lecture-in-Song</u></p>	<p>3 Income Tax, By Appt. 9:00 Healthy Bones Grads Total Toning (Flex) Bodies in Motion (Flex) 10:30 <u>Promote Independence Breathe/Stretch (Flex)</u> 1:00 Jewelry Gems/ Games 1:00 Beg. Healthy Bones 1:00 Parkinson's Support 2:00 <u>The Joke Teller</u></p>	<p>4 Chair Yoga (Flex) 10:00 Ceramics (<i>w. Students</i>) Body Works (Flex) 10:30 <u>Why Worry?</u> 12:15 Duplicate Bridge 12:30 Mixed Watercolor 2:00 <u>Washington Revisited</u> 2:00 Mandolin Intro</p>	<p>5 Zumba & Boot Camp (Flex) 9:45 Beginners Bridge (LD) Dabble & Do (Flex) 10:30 <u>Ageless Fitness</u> 10:30 Harmonica 11:00 Intermed. Bridge (LD) Watercolor Exp. (flex) 12:30 Bonnie's Kids 1:30 <u>Thomas Presents</u> 2:00 <u>iPhone Basics (\$)</u> 7:00 <u>Sounds of AM GOLD</u></p>	
<p>8 Income Tax, By Appt. 9:00 SHAPE IT UP (\$) 9:30 Drop-In Bridge 10:00 Move & Groove (\$) 10:00 Fun with Yiddish (\$) 10:30 <u>County Services</u> 11:15 Yang Tai Chi (\$) 1:00 Yarn It / Games /Tennis 1:30 <u>Music BINGO</u> 3:00 Happy Travel Club</p>	<p>9 9:00 Chorus/ Games 9:00 Gentle Mat Yoga (\$) 9:15 Body Work (\$) 10:15 Triple 15 (\$) 10:30 <u>Between the Covers</u> 11:00 Green Thumbs 11:15 POUND (\$) 12 Chess-Mates/ 1 T. Tennis <u>Blood Pressure Scr., By Appt.</u> <u>Foot Screening By Appt.</u> 2:00 <u>Soft Pastels (\$)</u></p>	<p>10 Income Tax, By Appt. 9:00 Healthy Bones Grads 9:00 Total Toning (\$) 10:00 Exp. Watercolor (\$) 10:15 Bodies in Motion (\$) 10:30 <u>TED Talk</u> 11:15 Breathe/Stretch (\$) 1:00 Jewelry Gems/ Games 1:00 Beg. Healthy Bones 1:30 <u>Dizziness & You</u> Oral Cancer Scr., By Appt.</p>	<p>11 9:00 Chair Yoga (\$) 10:00 Ceramics (\$) 10:15 Body Works (\$) 10:30 <u>CPR Know-How</u> 11:00 <u>Memory Loss Basics</u> 12:15 Duplicate Bridge 12:30 <u>Mixed Watercolor (\$)</u> 1:30 <u>Alfred Eisenstaedt</u> 2:00 Mandolin Class</p>	<p>12 9:00 Zumba Gold (\$) Bridge: Beg & Intermed. (Flex) 10:00 Boot Camp (\$) 10:00 Dabble & Do (\$) 10:30 <u>Men's Health</u> 10:30 Harmonica 12:30 <u>Watercolor Exp. (\$)</u> 1:00 Table Tennis 1:30 <u>Thomas Presents (LD)</u> 2:00 <u>iPhone Basics (LD)</u> 2:30 <u>PRICE IS RIGHT</u></p>	
<p>15 Income Tax, By Appt. 9:00 SHAPE IT UP 9:30 Drop-In Bridge 10:00 Move & Groove 10:00 Fun with Yiddish 11:15 Yang Tai Chi 1 Yarn It / Games / T. Tennis 1:30 <u>Jerry's Travels</u> 2:30 <u>Let's Play Jeopardy</u></p>	<p>16 9:00 Chorus/ Games 9:15 Body Works 10:15 Triple 15 10:30 <u>Truth About Protein</u> NEW: <u>Meditation Class (\$)</u> 11:15 POUND 12 Chess-Mates/ 1 T. Tennis 1:30 <u>April in Paris</u> 1:30 Cancer Support 2:00 Soft Pastels</p>	<p>17 9:00 H. Bones Grads 9:00 Total Toning 10:00 Exp. Watercolor 10:15 Bodies in Motion 11:15 Breathe/Stretch 11:30 <u>Recycle: Lunch & Learn</u> 1:00 Jewelry Gems/ Games 1:00 Beg. Healthy Bones 1:30 <u>Benefits of Meditating</u> 2:30 Diabetes Support</p>	<p>18 9:00 Chair Yoga 10:00 Ceramics 10:15 Body Works 10:30 <u>P.O.L.S.T.</u> 12:15 Duplicate Bridge 12:30 Mixed Watercolor 1:30 <u>Berlin & The Exodus 6</u> 2:00 Mandolin Class</p>	<p>19 OFFICE CLOSED Good Friday</p>  	
<p>22 9:00 SHAPE IT UP 9:30 Drop-In Bridge 10:00 Move/Groove 10:00 Fun with Yiddish 10:00 <u>Post Surg. Recovery</u> 11:15 Yang Tai Chi 1 Yarn It / Games / T. Tennis 1:30 <u>GymGuys Demo & Do</u> 2:30 <u>Singalong with Teri</u></p>	<p>23 8:45 <u>Drivers Safety</u> 9:00 Chorus/ Games 9:15 Body Works 10:15 Triple 15 10:30 Meditation Class 11:15 POUND 12 Chess-Mates/ 1 T. Tennis 1:30 <u>Science Today</u> 2:00 Soft Pastels 2:30 <u>Mike & Ted Present</u></p>	<p>24 9:00 H. Bones Grads 9:00 Total Toning 10:00 <u>Art of the Masters</u> 10:00 Exp. Watercolor 10:15 Bodies in Motion 10:30 <u>The Lost Cause</u> 11:15 Breathe/Stretch 1:00 Jewelry Gems/ Games 1:00 Beg. Healthy Bones 2:00 <u>Dips with Chef Lori</u> 2:00 Caregiver Support</p>	<p>25 9:00 Chair Yoga 10:00 Ceramics 10:15 Body Works 10:30 <u>About Robert Frost</u> 12:15 Duplicate Bridge 12:30 Mixed Watercolor 1:30 Berlin & The Exodus, 7 2:30 <u>Broadway Musical, 2</u> 2:00 Mandolin Class</p>	<p>26 9:00 Zumba Gold 10:00 Boot Camp 10:00 Dabble and Do 10:30 Harmonica 10:30 <u>Safe & Sane Online</u> 12:30 Watercolor Exp. 1:00 Table Tennis 1:00 <u>Wonders of Man/Nature</u></p>	
<p>29 Income Tax By Appt. 9:00 SHAPE IT UP (LD) 9:30 Drop-In Bridge 10:00 Move & Groove (LD) 10:00 Fun with Yiddish 10:30 <u>Eating with Diabetes</u> 11:15 Yang Tai Chi (LD) 1 Yarn It / Games / T. Tennis 1:00 <u>Life's Support Series</u> 1:30 <u>Daily Money Mgt.</u></p>	<p>30 9:00 Chorus/ Games 9:15 Body Works 10:15 Triple 15 10:30 Meditation Class 10:30 <u>Meet the Author</u> 11:15 POUND 12:00 Chess-Mates/ 1 T. Tennis 12:30 Bonnie's Kids 1:30 <u>David Aaron Presents</u> 2:00 Soft Pastels</p>	<p>Art & Exercise Classes Begin the Week of April 8. See Inserts for Details.</p> <p><u>THE BAFFLING BRAIN</u> Saturday POP-UP! April 6 and 13, at 10:00 a.m. See Newsletter for Details.</p>			<p>Evenings & Weekends Thursday Nights: Ballroom, Circuit & Yoga Saturday Mornings: Get Fit Core, Facial Yoga & Meditation <i>See Insert for Details.</i></p>