

# ELLEN FITZGERALD SENIOR CENTER

City of Monroe Parks and Recreation  
 327 South Hayne Street Monroe, North Carolina 28112-5506  
 Telephone 704-282-4657 Fax 704-238-9187

## SEPTEMBER 2010

**Ageing Well, Living Well**

34 years of serving seniors 55+

Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday
<p><b>Mark your calendars:</b></p> <p><b>Friday, Oct 15, 1-3PM</b>                      Seasonal Flu Vaccinations at Sr.Center                      by                      Community Health Services of Un Co</p> <p><b>Thursday, Nov 4, 9AM-Noon</b>                      5<sup>th</sup> Un Co Senior Wellness Expo                      at                      Agricultural Conference Center</p>		8- Golf Tee Time** 8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 11:15-12 Range of Motion (Arthritis) 12:15 Pinochle 12:30 Progressive Bridge* 1-3 Clay/Pottery** 1:30 Art Studio	8:30-1 Woodwork Shop** 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Handwork/Quilting 12:30 Canasta* 1-2 <u>Yoga/Stretch** Standard</u> 1-3 <u>Beading**</u> 7-9 Thursday Night Dance Club	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis) 10- Senior Bowling League ** Skyway Lanes 12- Senior Center Closes
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p><b>C L O S E D</b></p> <p><b>LABOR DAY</b></p>	8:30-1 Woodwork Shop** 9-12 Handwork** 9-11 Ceramics** 10-12 Spades* 10- <u>Visually Impaired Support Group</u> 11-1 Clay/Pottery** 1-2 <u>Yoga/Stretch** Breathing/Relax</u> 1- Tuesday Bridge* 2- <u>Cribbage*</u>	8- Golf Tee Time** 8:30-12 <u>Sewing Techniques**</u> 8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 11:15-12 Range of Motion (Arthritis) 12:15 Pinochle 12:30 Progressive Bridge* 1-3 Clay/Pottery** 1:30 Art Studio**	8:30-1 Woodwork Shop** 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Handwork/Quilting 1-2 Yoga/Stretch** Standard 2:30 <u>Singers' Practice*</u> 12:30 Canasta* 7-9 Thursday Night Dance Club	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis) 10- Senior Bowling League ** Skyway Lanes 12- Senior Center Closes
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10- Baskets** 11:15-12 Range of Motion (Arthritis) 1-2 Basic Line Dance Steps 2-4 Line Dance/Silverliners	8:30-1 Woodwork Shop** 9-12 Handwork** 9-11 Ceramics** 10-12 Spades* 11-1 Clay/Pottery** 1-2 Yoga/Stretch** Breathing/Relax 1- Tuesday Bridge* 2- Cribbage*	8- Golf Tee Time** 8:30-1 Woodwork Shop** 8:30-12 Sewing Techniques** 9-9:45 Exercise 9-1 Ceramics** 11:15-12 Range of Motion (Arthritis) 12:15 Pinochle 12:30 Progressive Bridge* 1-3 Clay/Pottery** 1:30 Art Studio**	8:30-1 Woodwork Shop** 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Handwork/Quilting 1-2 Yoga/Stretch** Standard 12:30 Canasta* 1-3 Beading** 2:30 <u>Singers*- Autumn Care</u> 7-9 Thursday Night Dance Club	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis) 10- Senior Bowling League ** Skyway Lanes 12- Senior Center Closes

**Alzheimer's & Caregivers Support Group • Living with Diabetes • Un Co Chapter AARP >**



Recreation Bus Day Trip Flat Rock Playhouse >

**Remainder of schedule and general information on back >**

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20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10- Baskets** 11:15-12 Range of Motion (Arthritis) 1-2 Basic Line Dance Steps 2-4 Line Dance/Silverliners	8:30-1 Woodwork Shop** 9-12 Handwork** 9-11 Ceramics** 10-12 Spades* 11-1 Clay/Pottery** 1-2 Yoga/Stretch** Breathing/Relax 1- Tuesday Bridge* 2- Cribbage* 2- <u>Alzheimer's Association &amp; Care Givers Support Group</u>	8- Golf Tee Time** 8:30-1 Woodwork Shop** 8:30-12 Sewing Techniques** 9-9:45 Exercise 9-1 Ceramics** 11:15-12 Range of Motion (Arthritis) 12:15 Pinochle 12:30 Progressive Bridge* 1-3 Clay/Pottery** 1:30 Art Studio**	8:30-1 Woodwork Shop** 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Handwork/Quilting 1-2 Yoga/Stretch** Standard 12:30 Canasta* 2:30 <u>Singers*- Rehab &amp; Nursing Center of Monroe</u> 7-9 Thursday Night Dance Club	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis) 10- Senior Bowling League ** Skyway Lanes 12- Senior Center Closes
27	28	29	30	
8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10- Baskets** 11:15-12 Range of Motion (Arthritis) 1-2 Basic Line Dance Steps 2-4 Line Dance/Silverliners	8:30-1 Woodwork Shop** 9-12 Handwork** 9-11 Ceramics** 10-12 Spades* 10- <u>Living with Diabetes</u> 11-1 Clay/Pottery** 1-2 Yoga/Stretch** Breathing/Relax 1- Tuesday Bridge* 2- Cribbage* 2- <u>Un Co Chapter AARP</u>	8- Golf Tee Time** 8:30-1 Woodwork Shop** 8:30-12 Sewing Techniques** 9-9:45 Exercise 9-1 Ceramics** 11:15-12 Range of Motion (Arthritis) 12:15 Pinochle 12:30 Progressive Bridge* 1-3 Clay/Pottery** 1:30 Art Studio**	<p style="text-align: center;"><b>No Singers</b></p> 8:30-1 Woodwork Shop** 9- <u>Flat Rock Playhouse Trip**</u> 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Handwork/Quilting 1-2 Yoga/Stretch** Standard 12:30 Canasta* 7-9 Thursday Night Dance Club	

**MEMBERSHIP:** Requires completion of Membership Registration Form  
**Fee:** City of Monroe Residents: No Fee; Non-city Residents: 12-Month Membership Fee: \$25/individual, \$37.50/married couple

\* **MUST PRE-REGISTER TO PARTICIPATE** in class/activity/trip

\*\* **ADDITIONAL FEES** – Fee required in addition to registration for specific class/activity/trip – yoga mat required for yoga classes – golf fee, check w/ Hank Baucom – bowlers required to be sanctioned during league in addition to bowling charges — woodwork, ceramics and clay/pottery, check w/ instructor

**COMPUTER LAB WITH HIGH-SPEED INTERNET ACCESS** is available to center members except during scheduled classes, activities, and income tax appointments.

**CLAY/POTTERY STUDIO** is open during regular center hours.

**MONTHLY SENIOR CENTER DAY TRIPS:** Information is posted on center travel board.

**RESOURCES TO ENJOY AT HOME:** Paperback books, large print books, books on tape, puzzles, DVD's, and videos

**MONTHLY SCHEDULE IS AVAILABLE ON THE WEB:** [monroenc.org](http://monroenc.org) > DEPARTMENTS > PARKS AND RECREATION > SENIOR CENTER SCHEDULE

**MISSION STATEMENT:** THE ELLEN FITZGERALD SENIOR CENTER WAS BUILT BY THE CITY OF MONROE. THIS PARKS AND RECREATION FACILITY PROVIDES A COMMUNITY FOCAL POINT WHERE SENIORS 55+ COME TOGETHER FOR SERVICES, CLASSES, AND ACTIVITIES WHICH ENHANCE THEIR DIGNITY, SUPPORT THEIR INDEPENDENCE, AND ENCOURAGE THEIR INVOLVEMENT IN THE COMMUNITY.