

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
8-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch 11-1 Table Tennis \$ 12:30-2 Basic Line Dance 12:30- Bridge Lessons 2-4 Advanced Line Dance	8-1 Woodwork \$ <b>8:30-5:30 Hamricks Trip *\$</b> 9-11 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Chair Yoga 9-12 Monroe Pickleball Club \$ <b>10- Advance Directives *            w/Atrium Health</b> <b>10- Out of Sight Support Group</b> 10-12 Spades * 11-2 Clay/Pottery \$ 12:30- Cribbage 12:30- Bridge * 1- Game Time	9-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch 11-1 Table Tennis \$ 12:15 Pinochle 12:30 Progressive Bridge * 1-2 Clay/Pottery \$ 1:30 Art Studio \$	8-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc <b>10-11 Walk at Monroe Crossing</b> 9-12 Monroe Pickleball Club \$ 10-12 Advanced Line Dance 10- Quilting/Handworking 12- Canasta <b>1-2:30 Fit &amp; Strong *</b> 2- Senior Center Singers – Practice at EFSC  7-9 Thursday Night Dance	9-9:45 Range of Motion Fitness 9:50- Bowling at Fox's Alley \$ 10-10:45 Aerobic Exercise 10-12 Euchre * 11-11:45 Yoga/Stretch  12- Senior Center Closes to Members
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch 11-1 Table Tennis \$ 12:30-2 Basic Line Dance 12:30- Bridge Lessons 1- Audrey Grant Bridge Group * <b>1-2 Operation Bed Roll</b> 2-4 Advanced Line Dance	8-1 Woodwork \$ 9-11 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Chair Yoga 9-12 Monroe Pickleball Club \$ 10-12 Spades * 11-2 Clay/Pottery \$ 12:30- Cribbage 12:30- Bridge * 1- Game Time <b>1-2:30 Fit &amp; Strong *</b>	9-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise <b>10-11:15 Blood Pressure Monitoring            Wingate Pharmacy - ΦΔΧ</b> 11-11:45 Yoga/Stretch <b>11-12 Heart Failure &amp; Med Adherence *            w/Wingate School of Pharmacy</b> 11-1 Table Tennis \$ 12:15 Pinochle 12:30 Progressive Bridge * 1-2 Clay/Pottery \$ <b>1-2 Living with Diabetes Group            (Guest Speaker from Wingate)</b> 1:30 Art Studio \$	<b>8- Myrtle Beach, SC Trip Depart *\$</b> 8-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-10 Walk at Monroe Crossing 9-12 Monroe Pickleball Club \$ 10-12 Advanced Line Dance 10- Quilting/Handworking 12- Canasta <b>1-2:30 Fit &amp; Strong *</b> 2- Senior Center Singers – Lake Park	9-9:45 Range of Motion Fitness 9:50- Bowling at Fox's Alley \$ 10-10:45 Aerobic Exercise 10-12 Euchre * 11-11:45 Yoga/Stretch  12- Senior Center Closes to Members  <b>6- Myrtle Beach Trip Return *\$</b>
<b>16</b>	<b>17</b> 	<b>18</b>	<b>19</b>	<b>20</b>
<b>March Madness</b> <b>Wear your favorite</b> <b>college team sportswear</b> 8-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Range of Motion 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch 11-1 Table Tennis \$ 12:30-2 Basic Line Dance 12:30- Bridge Lessons 2-4 Advanced Line Dance	<b>St Patrick's Day</b> <b>Wear Green</b> 8-1 Woodwork \$ 9-11 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Chair Yoga 9-12 Monroe Pickleball Club \$ 10-12 Spades * 11-2 Clay/Pottery \$ 12:30- Cribbage 12:30- Bridge * 1- Game Time <b>1-2:30 Fit &amp; Strong *</b> <b>2-4 Caregivers Support Group</b>	<b>7:45-3:30 Billy Graham Library Trip *\$</b> 9-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch 11-1 Table Tennis \$ 12:15 Pinochle 12:30 Progressive Bridge * 1-2 Clay/Pottery \$ 1:30 Art Studio \$	8-1 Woodwork \$ 9-1 Ceramics \$ 9-12 Puzzles—Jigsaw, Word, etc 9-10 Walk at Monroe Crossing 9-12 Monroe Pickleball Club \$ 10-12 Advanced Line Dance 10- Quilting/Handworking <b>11- Suncrest Cemetery Walk            with Patricia Poland *</b> 12- Canasta <b>1-2:30 Fit &amp; Strong *</b> 2- Senior Center Singers – PruittHealth  7-9 Thursday Night Dance	9-9:45 Range of Motion Fitness 9:50- Bowling at Fox's Alley \$ 10-10:45 Aerobic Exercise 10-12 Euchre * 11-11:45 Yoga/Stretch <b>12- USG Registration Deadline!</b>  12- Senior Center Closes to Members

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p align="center"><b><u>National Chip &amp; Dip Day</u></b>  <b>Snacks Provided</b></p> <p><b>Woodshop Closed</b>                      9-1 Ceramics \$                      9-12 Puzzles—Jigsaw, Word, etc                      9-9:45 Range of Motion                      10-10:45 Aerobic Exercise  <b>10:30-11:15 Fall Prevention w/Wingate *</b>                      11-11:45 Yoga/Stretch                      11-1 Table Tennis \$                      12:30-2 Basic Line Dance                      12:30- Bridge Lessons  <b>1-2 Operation Bed Roll</b>                      2-4 Advanced Line Dance</p>	<p><b>Woodshop Closed</b>                      9-11 Ceramics \$                      9-12 Puzzles—Jigsaw, Word, etc                      9-9:45 Chair Yoga                      9-12 Monroe Pickleball Club \$                      10-12 Spades *  <b>11-12:30 AARP Meeting</b>                      11-2 Clay/Pottery \$                      12:30- Cribbage                      12:30- Bridge *                      1- Game Time  <b>1-2:30 Fit &amp; Strong *</b></p>	<p><b>Woodshop Closed</b>                      9-1 Ceramics \$                      9-12 Puzzles—Jigsaw, Word, etc                      9-9:45 Range of Motion Fitness                      10-10:45 Aerobic Exercise                      11-11:45 Yoga/Stretch  <b>11-12 Lunch &amp; Learn*</b>  <b>Wingate School of Pharmacy</b>                      11-1 Table Tennis @ Dickerson \$                      12:15 Pinochle                      12:30 Progressive Bridge *                      1-2 Clay/Pottery \$                      1:30 Art Studio \$</p>	<p><b>Woodshop Closed</b>                      9-1 Ceramics \$                      9-12 Puzzles—Jigsaw, Word, etc                      9-10 Walk at Monroe Crossing                      9-12 Monroe Pickleball Club \$                      10-12 Advanced Line Dance                      10- Quilting/Handworking                      12- Canasta                      2- Senior Center Singers – Woodridge  <b>1-2:30 Fit &amp; Strong *</b>  <b>2- BINGO - Bring a Prize</b>  <b>Sponsor: Hope Home Care</b></p>	9-9:45 Range of Motion Fitness 9:50- Bowling at Fox's Alley \$ 10-10:45 Aerobic Exercise 10-12 Euchre * 11-11:45 Yoga/Stretch  12- Senior Center Closes to Members
<b>30</b>	<b>31</b>			
<p><b>Woodshop Closed</b>                      9-1 Ceramics \$                      9-12 Puzzles—Jigsaw, Word, etc                      9-9:45 Range of Motion                      10-10:45 Aerobic Exercise  <b>11-11:45 Physical Activity for Seniors *</b>  <b>With Wingate</b>                      11-11:45 Yoga/Stretch                      11-1 Table Tennis \$                      12:30-2 Basic Line Dance                      12:30- Bridge Lessons                      1- Audrey Grant Bridge Group *                      2-4 Advanced Line Dance</p>	<p><b>Woodshop Closed</b>                      9-11 Ceramics \$                      9-12 Puzzles—Jigsaw, Word, etc                      9-9:45 Chair Yoga                      9-12 Monroe Pickleball Club \$                      10-12 Spades *                      11-2 Clay/Pottery \$                      12:30- Cribbage                      12:30- Bridge *                      1- Game Time  <b>1-2:30 Fit &amp; Strong *</b></p>			

**MEMBERSHIP:** Requires completion of Membership Registration Form

Non-city of Monroe residents are subject to an annual facility maintenance fee \$60/individual, \$90/married couple due when register

\* **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 - woodwork, ceramics and clay/pottery, check with instructor.



**BOWLING \$** - Friday mornings (September – April): Contact Hillary Carpio, Fox's Alley Bowling Center: 704-776-9518 or <http://foxsalley.com>



**GOLF \$** Visit website: [www.monroecountryclubgolf.com](http://www.monroecountryclubgolf.com) Contact Nick Jacobi at Monroe Country Club: 704-282-4661 or [njacobi@monroenc.org](mailto:njacobi@monroenc.org)



**TABLE TENNIS \$ \$** - Mon & Wed at Dickerson Center - contact Karen Ritter, Recreation Volunteer, 586-596-2661 or [kar4u2@hotmail.com](mailto:kar4u2@hotmail.com)

**PICKLEBALL \$** Tue & Thurs – contact Rae Moore 704-282-4663 or [rmoore@monroenc.org](mailto:rmoore@monroenc.org)

**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.

**MONTHLY SCHEDULE ON INTERNET** Web address: [Monroenc.org/Departments](http://Monroenc.org/Departments). From the pull-down menu, click the blue Parks-Recreation selection. Senior Services is on the left. Select Programs tab.

**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, ACTIVITIES, AND SOCIALIZATION WHICH ENHANCE THEIR DIGNITY, SUPPORT THEIR INDEPENDENCE, AND ENCOURAGE THEIR INVOLVEMENT IN THE COMMUNITY.

**INCLEMENT WEATHER POLICY:** When Union County Public Schools are closed due to ice/snow, Senior Center classes and activities are cancelled. If delayed school or schools closing early, call the Senior Center for information. The Senior Center will always ere on the side of caution.