

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

OCTOBER 2017 ver 2

Aging Well, Living Well
40 years of serving seniors 55+

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
8-1 Woodwork** 9-9:45 Range of Motion Fitness 9-12 Puzzles & Games 9-1 Ceramics** 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch** 11-1 Table Tennis** 1-2 Basic Line Dance 2-4 Advanced Line Dance	8-1 Woodwork** 9-11 Ceramics** 9-12 Puzzles & Games 9-12 Monroe Pickleball Club** 10- <u>Out of Sight Support Group</u> 10-12 Spades* 10-12 Handwork** 11-2 Clay/Pottery** 1- Tuesday Bridge* 1- Game Time 1- Cribbage	9-1 Woodwork** 9-9:45 Range of Motion Fitness 9-1 Ceramics** 9-12 Puzzles & Games 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**	Senior Center CLOSED 8-1 Senior Wellness Expo Ag Center 1- Jewelry/Baskets** 2- <u>Singers to Elizabethan Gardens*</u> 7-9 Thursday Night Dance Club	9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 10- Bowling** 10-12 Euchre* 11-11:45 Yoga/Stretch** 12- Senior Center Closes
9	10	11	12	13
8-1 Woodwork** 9-9:45 Range of Motion Fitness 9-11 <u>Flu Shot Clinic</u> 9-12 Puzzles & Games 9-1 Ceramics** 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch** 11-1 Table Tennis** 1-2 Basic Line Dance 2-4 Advanced Line Dance	8-1 Woodwork** 9-11 Ceramics** 9-12 Puzzles & Games 9-12 Monroe Pickleball Club** 10-12 Spades* 10-12 Handwork** 11-2 Clay/Pottery** 1- Tuesday Bridge* 1- Game Time 1- Cribbage	9-1 Woodwork** 9-9:45 Range of Motion Fitness 9-1 Ceramics** 9-12 Puzzles & Games 10-10:45 Aerobic Exercise 10-11:15 <u>Blood Pressure Check</u> <u>Wingate University</u> <u>Pharmacy School - ΦΔΧ</u> 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 & Games 9-12 Monroe Pickleball Club** 10- <u>Living with Diabetes*</u> 10-12 Advanced Line Dance 10-2 Handwork/Quilting** 12- Canasta 1- Jewelry/Baskets** 2- <u>Singers to Lake Park*</u> 7-9 Thursday Night Dance Club	9-9:45 Range of Motion Fitness 9a <u>Pickleball Tournament**</u> 10-10:45 Aerobic Exercise 10- Bowling** 10-12 Euchre* 11-11:45 Yoga/Stretch** 12- Senior Center Closes
16	17	18	19	20
8-1 Woodwork** 9-9:45 Range of Motion Fitness 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Puzzles & Games 9-1 Ceramics** 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch** 11-1 Table Tennis** 1-2 Basic Line Dance 2-4 Advanced Line Dance	8-1 Woodwork** 9-11 Ceramics** 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Puzzles & Games 9-12 Monroe Pickleball Club** 10-12 Handwork** 10-12 Spades* 11-2 Clay/Pottery** 1- Tuesday Bridge* 1- Game Time 1- Cribbage 2:30 <u>Alzheimer's Association & Caregivers Support Group</u>	9-1 Woodwork** 9-9:45 Range of Motion Fitness 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Puzzles & Games 9-1 Ceramics** 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 & Games 9-12 Monroe Pickleball Club** 10-12 Advanced Line Dance 10-2 Handwork/Quilting** 12- Canasta 1- Jewelry/Baskets** 2- <u>Singers to Monroe Manor*</u> 7-9 Thursday Night Dance Club	9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 10- Bowling** 10-12 Euchre* 11-11:45 Yoga/Stretch** 12- Senior Center Closes


Remainder of schedule, General Information, and Day Trip on back>

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8-1 Woodwork** 9-9:45 Range of Motion 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Puzzles & Games 9-1 Ceramics** 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch** 11-1 Table Tennis** 1-2 Basic Line Dance 2-4 Advanced Line Dance	8-1 Woodwork** 9-11 Ceramics** 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Puzzles & Games 9-12 Monroe Pickleball Club** 10-12 Handwork** 10-12 Spades* 11-2 Clay/Pottery** 1- Tuesday Bridge* 1- Game Time 1- Cribbage	9-1 Woodwork** 9-9:45 Range of Motion Fitness 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Puzzles & Games 9-1 Ceramics** 10-10:45 Aerobic Exercise 11- <u>Lunch & Learn*</u> Wingate School of Pharmacy Topic: OTC Cold Meds 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 & Games 9-12 Monroe Pickleball Club** 10-12 Advanced Line Dance 10-2 Handwork/Quilting** 11:15-4:30 <u>Riverboat Cruise Trip**</u> 12- Canasta 1- Jewelry/Baskets** 2- <u>Singers Practice*</u> 7-9 Thursday Night Dance Club	9-9:45 Range of Motion Fitness 10-10:45 Aerobic Exercise 10- Bowling** 10-12 Euchre* 11-11:45 Yoga/Stretch** 12- Senior Center Closes
30 No Woodwork Today! 9-9:45 Range of Motion 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-1 Ceramics** 9-12 Puzzles & Games 10-10:45 Aerobic Exercise 11-11:45 Yoga/Stretch** 11-1 Table Tennis** 1-2 Basic Line Dance 2-4 Advanced Line Dance	31  8-1 Woodwork** 9-11 Ceramics** 9-11:30 <u>Medicare PDP* Apt thru COA</u> 9-12 Monroe Pickleball Club** 9-12 Puzzles & Games 10-12 Handwork** 10-12 Spades* 11- <u>Un Co Chapter AARP #5164</u> 11-2 Clay/Pottery** 1- Tuesday Bridge* 1- Game Time 1- Cribbage			

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 -- Contact Hillary Carpio, Fox's Alley Bowling Center: 704-776-9518 or <http://foxsalley.com>



GOLF** Visit website: www.monroecountryclubgolf.com Contact Nick Jacobi at Monroe Country Club: 704-282-4661 or njacobi@monroenc.org



TABLE TENNIS**** - Mon & Wed at Dickerson Center - contact Karen Ritter, Recreation Volunteer, 586-596-2661 or kar4u2@hotmail.com

PICKLEBALL** Tue & Thurs – contact Rae Moore 704-282-4663 or 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 at web address: Monroenc.org/Services/Parks & Recreation

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.