

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 2008

Ageing Well, Living Well
 31 years of serving seniors 55+

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
<p>CLOSED</p> <p>LABOR DAY</p>	8:30-1 Woodwork Shop** 9-12 Handwork** 9-11 Ceramics** 10-12 <u>Visually Impaired Support Group</u> 11-1 Clay/Pottery** 1-3 Spades* 1- Tuesday Bridge* 2-4 <u>Ombudsman Counseling</u> 6-6:30 Yoga/Stretch** Breathing/Relax	8- Golf Tee Time** 8:30-12 Sewing Techniques Returns 8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10:15-11 Yoga/Stretch** Breathing/Relax 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 Sassy Quilters** 12:30 Canasta* 1-3 Bead Studio** 6-6:30 Yoga/Stretch** Standard 7-9 Dance	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis Video) 10- Senior Bowling League** Skyway Lanes
8	9	10	11	12
<p><u>Clay Houses return TBA</u></p> 8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10- Baskets** 10:15-11 Yoga/Stretch** Breathing/Relax 11:15-12 Range of Motion(Arthritis) 12- Spades and Bid Whist* 1-2 Basic Line Dance Steps 2-4 Line Dance/ Silverliners	8:30-1 Woodwork Shop** 9-11 Ceramics ** 9-12 Handwork** 10 Spanish Club 10 <u>Senior Center Member Meeting</u> Please put suggestions in box by 9/5 11-1 Clay/Pottery** 1-3 Spades* 1- Tuesday Bridge* 6-6:45 Yoga/Stretch** Breathing/Relax	8- Golf Tee Time** 8:30-1 Woodwork Shop** 8:30-12 Sewing Techniques** 9-9:45 Exercise 9-1 Ceramics** 10 <u>Senior Center Member Meeting</u> Please put suggestions in box by 9/5 10:15-11 Yoga/Stretch** Breathing/Relax 11:15-12 Range of Motion (Arthritis) 12:15 Pinochle 12:30 Progressive Bridge* 1- Clay/Pottery** 1:30 Art Studio**	8:30-1 Woodwork Shop** 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Sassy Quilters** 12:30 Canasta* 1-3 Bead Studio** 1-3 <u>Pinochle Lessons- Double Deck according to Hoyle*</u> (1 of 3) 2:30 <u>Senior Singers Return</u> 6-6:30 Yoga/Stretch** Standard 7-9 Dance	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis Video) 10- Senior Bowling League** Skyway Lanes
15	16	17	18	19
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Remainder of schedule and general information on back >

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22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
8:30-1:00 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10- Baskets** 10:15-11 Yoga/Stretch** Breathing/Relax 11:15-12 Range of Motion(Arthritis) 12- Spades and Bid Whist* 1-2 Basic Line Dance Steps 2-4 Line Dance/Silverliners	<u>COA Annual Meeting *</u> 8:30-1 Woodwork Shop** 9-11 Ceramics ** 9-12 Handwork** 10 Spanish Club 11-1 Clay/Pottery** 1-3 Spades* 1- Tuesday Bridge* 2- <u>Un Co Chapter # 5164 AARP</u> 6-6:45 Yoga/Stretch** Breathing/Relax	8- Golf Tee Time** 8:30-1 Woodwork Shop** 8:30-12 Sewing Techniques** 9- <u>Trip to Flat Rock Playhouse**</u> 9-9:45 Exercise 9-1 Ceramics** 10:15-11 Yoga/Stretch** Breathing/Relax 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 Sassy Quilters** 12:30 Canasta* 1-3 Bead Studio** 1-3 Pinochle Lessons- Double Deck according to Hoyle* (3 of 3) 2:30 Senior Singers 6-6:30 Yoga/Stretch** Standard 7-9 Dance	8-12 Ceramics Studio** 9-9:45 Exercise 10-10:45 Range of Motion (Arthritis Video) 10- Senior Bowling League** Skyway Lanes
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NOTES:

MEMBERSHIP: 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 – Computer Classes \$30 for 9-hours of instruction - 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.

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

STAR TRAC NATURAL RUNNER machines available for use. See Hank Baucom for instructions and schedule...

MONTHLY SCHEDULE IS AVAILABLE ON THE WEB: 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.