

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

July 2009

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

Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday
		<u><i>Sewing Techniques return Sept. 9</i></u> 7- <u><i>Zoo Trip**</i></u> 8- Golf Tee Time** 8:30-1 Woodwork Shop** 9-9:45 Exercise 9-1 Ceramics** 10-11 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**	<u><i>Singers return Sept. 10</i></u> 8:30-1 Woodwork Shop** 9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Sassy Quilters** 12:30 Canasta* 1- Double Deck Pinochle* 6-6:30 Yoga/Stretch** Standard 7-9 Dance	C L O S E D July 4th Holiday
6	7	8	9	10
CLOSED FOR RENOVATION	CLOSED FOR RENOVATION	CLOSED FOR RENOVATION	CLOSED FOR RENOVATION	CLOSED FOR RENOVATION
13	14	15	16	17
CLOSED FOR RENOVATION	CLOSED FOR RENOVATION	CLOSED FOR RENOVATION	CLOSED FOR RENOVATION	CLOSED FOR RENOVATION
20	21	22	23	24
<u><i>Woodwork Shop Returns Aug. 10</i></u> 9-1 Ceramics** 9-9:45 Exercise 10- Baskets** 10-11 Yoga/Stretch** Breathing/Relax 11:15-12 Range of Motion (Arthritis) 1-2 Basic Line Dance Steps 2-4 Line Dance/ Silverliners	9-1 Ceramics** 9-12 Handwork** 10- Spanish Club 11-1 Clay/Pottery** 10-12 Spades* 1-3 Clay Houses** 1- Tuesday Bridge* 2- <u><i>Alzheimer's Association & Caregiver's Support Group</i></u> 6-6:45 Yoga/Stretch** Breathing/Relax	8- Golf Tee Time** 9-9:45 Exercise 9-1 Ceramics** 10-11 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**	9-1 Ceramics** 10-12 Advanced Line Dance 10-2 Sassy Quilters** 12:30 Canasta* 1- Double Deck Pinochle* 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 Open Bowling** Skyway Lanes
27	28	29	30	31
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General information and Membership Registration information on back >>>

Ellen Fitzgerald Senior Center

MEMBERSHIP: Requires completion of Membership Registration Form

Fees: 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

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.