



# JUNE 2022

|   |   |  |   |   |   |  |
|---|---|--|---|---|---|--|
|   |   |  | <b>1 Birthday Dinner</b><br>9:00 Movin' & Groovin'<br>10-1 Massages with JoAnn<br>10:00 Enhance®Fitness<br>12:00 Pinochle<br>3:00 Balance<br>5:00 Trivia                        | <b>2 Medicare with Jackie by appointment</b><br>9:00 Brain Aerobics<br>10:15 Chair Yoga<br><b>7:00 Model A Club</b>   | <b>3</b><br>8:45 Cardi-Yo<br>10:00 Enhance®Fitness<br>11:30 Pinochle<br>12:30 Hand & Foot<br>12:30 Knit / Crochet   | <b>4</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal 11:00 to 1:00</b><br>11:00 Pinochle  |
| <b>5</b><br>Sunday Dinner<br>11 a.m. to 1 p.m.                                | <b>6</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>10—1 Massages with JoAnn<br>11:30 Ford Retirees<br>12:00 Pinochle<br>1:30 Line Dancing<br>3:00 Balance | <b>7</b><br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>6:00 Woodcarvers<br><b>7:00 Coin Club</b>  | <b>8</b><br><b>Monroe Senior Legal</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>12:00 Pinochle<br>1:30 Movie<br>3:00 Balance                                       | <b>9 Medicare with Jackie</b><br>9:00 Brain Aerobics<br>10:00 <b>Library in Motion</b><br>11:00 Library Sign Up<br>10:15 Chair Yoga<br><b>1:30 Fed Up video</b><br><b>Donald Duck Day</b> — Bring in a picture, get \$1 off | <b>10</b> 8:45 Cardi-Yo<br>10:00 Enhance®Fitness<br>11:30 Pinochle<br>12:30 Hand & Foot<br>12:30 Knit / Crochet   | <b>11</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal 11:00 to 1:00</b><br>11:00 Pinochle |
| <b>12 Bingo Cards 1:30 Play at 2:00</b><br>Sunday Dinner<br>11 a.m. to 1 p.m. | <b>13 Canasta</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>10—1 Massages with JoAnn<br>12:00 Pinochle<br>1:30 Line Dancing<br>3:00 Balance               | <b>14 Flag Day</b> <br><b>MCOP Support Services</b><br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>6:00 Woodcarvers | <b>15 8:30 Class of '67 BK</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>12:00 Pinochle<br><b>12:45 Donna Memorial</b><br>1:10 Tigers vs. White Sox<br>3:00 Balance | <b>16 Medicare with Jackie by appointment</b><br>9:00 Brain Aerobics<br>10:15 Chair Yoga<br><b>1:30 That Sugar Film</b><br>3:00 Summer Craft  | <b>17</b> 8:45 Cardi-Yo<br>10:00 Enhance®Fitness<br>11:30 Pinochle<br>12:30 Hand & Foot<br>12:30 Knit / Crochet<br><b>4:15 Evening Meal</b><br>(Chicken Kabobs) | <b>18</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal 11:00 to 1:00</b><br>11:00 Pinochle |
| <b>19</b><br>11 a.m. to 1 p.m.<br><i>Fathers' Day</i>                         | <b>20 8:00 Newsletter Team</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>10—1 Massages with JoAnn<br>12:00 Pinochle<br>1:30 Line Dancing<br>3:00 Balance  | <b>21</b><br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>6:00 Woodcarvers  | <b>22</b><br><b>Monroe Senior Legal</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>12:00 Pinochle<br>3:00 Balance  | <b>23 Medicare with Jackie by appointment</b><br>9:00 Brain Aerobics<br>10:00 Blood Pressure<br>10:15 Chair Yoga<br>11:30 <b>Health Odyssey</b><br>1:30 Book Club<br><b>1:30 Super Size Me</b>                              | <b>24</b><br>8:45 Cardi-Yo<br>10:00 Enhance®Fitness<br>11:30 Pinochle<br>12:30 Hand & Foot<br>12:30 Knit / Crochet  | <b>25</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal 11:00 to 1:00</b><br>11:00 Pinochle |
| <b>26</b><br>11 a.m. to 1 p.m.<br><b>\$6 Special</b>                          | <b>27 Canasta</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>10—1 Massages with JoAnn<br>12:00 Pinochle<br>1:30 Dancing<br>3:00 Balance                    | <b>28</b><br><b>MCOP Support Services</b><br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>6:00 Woodcarvers  | <b>29</b><br><b>Monroe Senior Legal</b><br>9:00 Movin' & Groovin'<br>10:00 Enhance®Fitness<br>12:00 Pinochle<br>3:00 Balance  | <b>30 \$2 Soup &amp; Sandwich</b><br><b>Medicare with Jackie by appointment</b><br>9:00 Brain Aerobics<br>10:15 Chair Yoga<br><b>1:30 Super Size Me—Holy Chicken</b>  | <br><b>Monroe Center</b><br><i>for Healthy Aging</i><br>734.241.0404       |  |