

NEWSLETTER

DECEMBER 2025



MERRY CHRISTMAS

The center will be closed
Dec. 24th, 25th, 26th & 31st

LUNCH & LEARN

DEC 18th - HASMUKH KANABAR, MD-H
"Mental Clarity" 12pm-2pm
Upstairs

MEDICARE



Dec. 3rd - Questions &
Answers 10pm - 12pm

Dec. 5th - Plan D Workshop
2pm - 4:30pm

Enrollment Ends December 7th, 2025



SUPPORT GROUPS

DEC 8 - Alzheimers Support Group 2:00-3:00
DEC 9 - Diabetes Support Group 2:00-3:30

Mountain Music Christmas Concert

Dec. 8th Starts at 6pm

Exercise with Mitzi
December 17th 1pm - 2pm

MACA CLASSES

DECEMBER 12th & 19th

Classes limited - sign up required

FOLLOW US ON FACEBOOK:

MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.

[HTTPS://CORAVEALSENIORCITIZENSCENTER.GODADDYSITES.COM](https://coravealseniorcitizenscenter.godaddysites.com)

EVIDENCE-BASED PROGRAMS OFFERED



- MEMORY MOTIVATORS
- EAT SMART, LIVE STRONG
- TAI CHI ARTHRITIS
- TAI CHI FOR ARTHRITIS & FALLS PREVENTION
- TAKE CHARGE OF YOUR DIABETES
- MATTER OF BALANCE
- EAT WELL, FEEL WELL
- STAY STRONG, STAY HEALTHY

BEAUTY SHOP OPEN ON WEDNESDAYS



By appointment, sign up at the front desk,
Danny Gardner is available for hair
appointments (men and women) and
eyebrows. Rates are reasonable.



LUNCH AND LEARN

Dec 10th - Immunity/Elderberries
Lynn Carangelo - Speaker 12pm

ASK THE LAWYER - CLIFFORD WILSON
December 9th & December 23rd 1:30 pm

Kiwanis Meetings

Every Tuesday 11:30am - 1pm
"upstairs"

KARAOKE

DECEMBER 4th AND 18th - 6-8

Inclement weather closures - will follow
school closures for Monroe County

