

# NEWSLETTER

FEBRUARY 2026



CLOSED PRESIDENT'S DAY  
FEBRUARY 16, 2026



## SUPPORT GROUPS

FEB 9 - Alzheimers Support Group 2:00-3:00

FEB 10 - Diabetes Support Group 2:30-3:30

COMMUNITY CIRCLE- 3<sup>RD</sup> MONDAY -CLOSED FOR PRESIDENT'S DAY



Chair Yoga  
Wednesdays and Fridays  
9:00-10:00

## HEALTH SCREENINGS/EDUCATION

Beltone - February 18, 2026 - 12:00 - 2:00

Fyzical Therapy - February 3, 2026 - 1:00 - 5:00

Snack and Learn - Fyzical Therapy - February 18, 2026  
1:30-5:00

Snack & Learn - Nutrition Class - February 3, 2026 - 2:00

Snack & Learn - Budgeting - February 24, 2026 - 2:00

## 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.

# LEARN

## AI Class

Tuesday, February 3, 2026 12:00-1:00

## ASK THE LAWYER - CLIFFORD WILSON

February 3<sup>rd</sup> and 17<sup>th</sup> @ 1:30 Pm

## Kiwanis Meetings

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

## KARAOKE

2nd & 4th Thursdays of the month

February 12<sup>th</sup> and 26<sup>th</sup>, 2026

Exercise with Mitzi

February 18 1pm - 2pm

## FEBRUARY'S BOOK CLUB

### READING SELECTION

*Tragedy in Tin Can Holler* by

Rozetta Mowery

February 18, 2026

## MACA CLASSES

FEBRUARY 13<sup>TH</sup> and 27<sup>TH</sup>

Classes limited - sign up required

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MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.

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

