

NEWSLETTER



FEBRUARY 2024

AT 92, NONA IS AMAZING! NONA 'S SPECIAL HOBBY IS MAKING QUILTS. SHE DRIVES HER CAR AND COMES TO THE CORA VEAL CENTER TO TAKE PART IN ACTIVITIES, SUCH AS BINGO. SHE IS IN GREAT PHYSICAL SHAPE AND LOOKS 20 YEARS YOUNGER THAN HER ACTUAL AGE. GO NONA!



**ELDER HONOREE FOR FEBRUARY 2024
NONA FERGUSON
AGE 92**

FULL ARTICLE WILL BE IN THE BUZZ IN LATE FEBRUARY 2024.

SUPPORT GROUPS

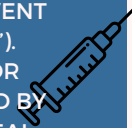
- **VETERANS SUPPORT GROUP - THURSDAYS 9-10 AM**
- **DIABETIC SUPPORT GROUP - SECOND TUESDAY OF THE MONTH 2:30-3:30**

EVIDENCE BASED CLASSES OFFERED

- **TAI CHI FOR ARTHRITIS AND FALL PREVENTION - MONDAY'S 10:30-11:30**
- **SAIL EXERCISE - MONDAY'S 1:00-2:00 PM**
- **TAI CHI FOR MEMORY - WEDNESDAY'S 10:30 - 11:30**

HEALTH AND WELLNESS PROGRAMS

- **FEBRUARY 12 - 1:00 - ACCESSING YOUR HEALTH INFORMATION VIA A PATIENT PORTAL (LUNCH AND LEARN) - DAWN SCHOENHERR**
- **FEBRUARY 14 - 9:30 - 2:30 - VACCINE EVENT (OZZY OSBOURNE "SHOT IN THE DARK"). \$25.00 WALMART GIFT CERTIFICATE FOR EACH VACCINE RECEIVED. SPONSORED BY TEAM, OFFICE ON AGING AND CORA VEAL.**
- **FEBRUARY 21 - 9:30-10:30 - TAKING MEDICATIONS CORRECTLY - DR. HASMUKH KANABAR**
- **FEBRUARY 27 - 11:00-2:00 - BELLTONE**



VALENTINE'S DANCE

**WEDNESDAY, FEBRUARY 14, 2024 6-9 PM
DANCE TO THE JEFF CAMPBELL MULEHEAD EXPRESS BAND.**

**CORNHOLE TOURNAMENT
FEBRUARY 10, 2024 10-12 NOON**

PAINTING CLASSES - 3 HOURS

- **FEBRUARY 13 - 4-7 OIL PAINTING**
- **FEBRUARY 15- 1-4 ACRYLIC PAINTING**

WOODBURNING CLASS - FRIDAYS 9:00-10:30 AM

**LUNCH AND LEARN - ACCESSING YOUR HEALTH INFORMATION VIA A PATIENT PORTAL - DAWN SCHOENHERR
FEBRUARY 8 2024**

FOLLOW US ON FACEBOOK:

**MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.
[HTTPS://CORAVEALSENIORCITIZENSCENTER.GODADDYSITES.COM](https://coravealseniorcitizenscenter.godaddysites.com)**