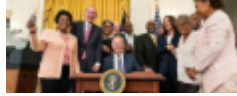


NEWSLETTER

JUNE 2025

CLOSED JUNE 19 FOR JUNETEENTH DAY



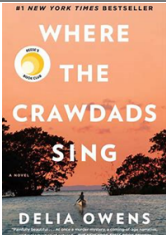
FATHERS' DAY

SUNDAY, JUNE 15, 2025

On Thursday, June 12, in honor of Father's Day, there will be a Father's Day Party from 9-10 AM upstairs.

HEALTH FAIR

Wednesday, June 25, 2025
8-4



BOOK CLUB - WEDNESDAY,
June 18, 2025 @ 2:30

Book: **Where The Crawdads Sing** by Delia Owens



SUPPORT GROUPS

JUNE 16 Community Circle 10:30

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

JUNE 10 - Diabetes Support Group 2:00-3:30

WE NEED YOUR HELP

Please help keep our website section "In Memory Of" up to date with our members who have passed. Please forward a name, obituary and photo, if applicable, to Dawn at wanaminic@gmail.com or Erma at Monroeseniors@gmail.com

KARAOKE

JUNE 12th AND 26th - 6-8

Craft SHOW

Friday, June 20, 2025

Time: 8-4

Vendor Table-\$25.00



EVIDENCE-BASED PROGRAMS OFFERED



- SAIL
- MATTER OF BALANCE
- EAT WELL, FEEL WELL
- TAI CHI
- TAI CHI FOR MEMORY
- QIGONG THERAPEUTIC POSTURES CLASS
- TAKE CHARGE OF YOUR DIABETES

BEAUTY SALON

OPEN ON WEDNESDAYS

Now Open!

By appointment only, sign up at the front desk.

QUARTERLY HEALTH SCREENS

Beltone - June 25 - 11:00 - 1:00

ASK THE LAWYER - CLIFFORD WILSON
JUNE 3 AND 17, 2025
1:30 Pm

Please join us on Saturday, June 28, 2025 @ 6:00 PM for a dinner to help raise funds for our kitchen.

Tickets are \$20.00 each. Bingo will be played after dinner.



Fundraiser

GORTHOLE TOURNAMENT

JUNE 20 6:30-9:30



Wild and Sweet Garden Party
Monday, June 16
@ 1:45

BOARD MEETING
Thursday, June 12 - 4:30 PM

THE LUNCH MENU WILL BE POSTED ON FACEBOOK AND WEBSITE

FOLLOW US ON FACEBOOK:

MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.

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

