



MONROE COUNTY SENIOR CITIZEN'S AND FRIENDS, INC.,
144 COLLEGE STREET S. MADISONVILLE, TN. PHONE: 423-442-2022



NEWSLETTER

MARCH 2026



DAYLIGHT SAVINGS TIME BEGINS SUNDAY,
MARCH 8, 2026



SUPPORT GROUPS

MARCH 9 - Caregiver Support Group 2:00-3:00
MARCH 10 - Diabetes Support Group 2:30-3:30
MARCH 16 - COMMUNITY CIRCLE- 1:30



Chair Yoga
Wednesdays and Fridays 9:00-10:00
Mat Yoga
Monday March 9 and 23 @ 5:30

EVIDENCE-BASED PROGRAMS OFFERED



- MEMORY MOTIVATORS
- EAT SMART, LIVE STRONG
- TAI CHI ARTHRITIS/& FALLS PREVENTION
- WALK WITH EASE - NEW
- 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.

HEALTH SCREENINGS/EDUCATION

BP Checks - March 4, 2026 - 12:00-1:00
Fyzical Therapy - March 3RD & 17TH, 2026 - 1:00 - 5:00
Nutrition Class - March 11 - 2:00, Refreshments available
Health Topic: Arthritis - Dr. Kanabar March 12, 2026 - 2:00-3:00, Refreshment available
Lunch and Learn - Health In Your Hands by Safepath - March 5, 2026 @ 11:30
Nutrition for the Body: Digestion - March 19 @ 1:30
Nutrition for the body: Nervous System-March 25 @ 1:30

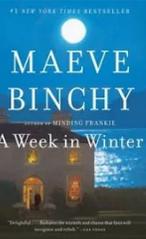
Coming Thursday, April 2, 2026 - HEALTH FAIR
from 10:00-2:00



Save the Date



ASK THE LAWYER - CLIFFORD WILSON
February 3rd, 17th and 31st @ 1:30 Pm



MARCH BOOK CLUB
READING SELECTION
A Week in Winter by Maeve Binchy
March 18, 2026

Kiwanis Meetings

Every Tuesday
12:00am - 1:30pm
2nd floor

MACA CLASSES - MARCH 13th and 27th - 12:00-3:00
Classes limited - sign up required



NEW Evidence Based Program - Walk With Ease - 3 days a week for 6 weeks. Mondays, Wednesdays and Fridays @ 3 PM starting March 2 thru April 10

Exercise with Mitzi
March 18 1pm - 2pm

FOLLOW US ON FACEBOOK:

MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.

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

CPR CLASS

MARCH 27, 9-2
RSVP required



Your paragraph text

