

NEWSLETTER

MAY 2025


Happy Mother's Day

MOTHER'S DAY
SUNDAY, MAY 11, 2025

On May 9, in honor of Mother's Day, there will be a Mother's Day Tea from 10-11 AM

MONTHLY HEALTH EDUCATION

MAY 15 - HASMUKH KANABAR, MD-
HEALTH TOPIC - 9:00



BOOK CLUB - WEDNESDAY,
MAY 21, 2025 @ 2:00

Book: The Nightingale by
Kristin Hannah



SUPPORT GROUPS

MAY 19 Community Circle 10:30
MAY 12- Alzheimers Support Group 2:00-3:00
MAY 13 - Diabetes Support Group 2:00-3:30

DANCE

May 16, 2025 - Dance with the
Country Connection Band
6-9 PM. Admission \$7 per person.
Food available for
purchase.

BOARD MEETING
Thursday, May 15 - 4:30 PM

KARAOKE
MAY 8th AND 22th - 6-8

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

New Open! By appointment only, sign up at the front desk.

LEARN

PHS LUNCH AND LEARN
MAY 30, 2025 @ 12:00
SPEAKER TO BE DETERMINED

ASK THE LAWYER - CLIFFORD WILSON
MAY 6 AND 20, 2025
1:30 PM

Walk About Town

Monday, May 5, 2025
One of three trails to choose from - 1) Health Dept Trail, 2) Access Care Trail or 3) Meet at Cora Veal to walk around town. Snacks and water will be provided at each station.

CORTHOLE TOURNAMENT
MAY 16 6:30-9:30



FARMERS' MARKET
MAY 15, 12:00-1:00
BY PENNY WITH HUMANA

THE LUNCH MENU WILL BE POSTED ON FACEBOOK

FOLLOW US ON FACEBOOK:

MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.

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

