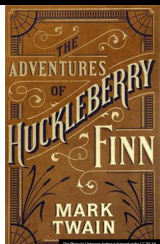


NEWSLETTER

OCTOBER 2025

Senior Center October Activities

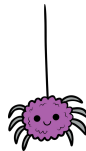
- October 8 - Biscuit Making Class 4:30-5:30 Class size is limited to 6 slots @ \$25.00 each, 1 or 2 people per slot.
- October 16 - Bean Bag Baseball
- October 28 - Drug Take Back Day 10:00 - 2:00
- October 30 - Halloween Dance with Chuck Becker - wear costume - 6:30-9:30
- October 31 - Halloween Party - wear costume - 12:00
- Mondays in October - Minute to Win It - 12:00 - 1:00



book
club

WEDNESDAY,

OCTOBER 15, 2025 @ 2:00



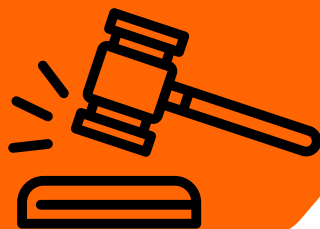
SUPPORT GROUPS

OCT 20 Community Circle 11:30

OCT 13 - Caregivers Support Group 2:00-3:00

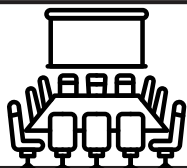
OCT 14 - Diabetes Support Group 2:00-3:30

Bean Auction -
by Brandy with Our Place
Thursday, Oct 23 @
1:00-2:00



KARAOKE

OCTOBER 9 AND 23 - 6-8



BOARD MEETING

Thursday, OCT 16 -
4:30 PM

EVIDENCE-BASED PROGRAMS OFFERED

- Certification classes Pending for:
 - SAIL
 - Tai Chi
 - Tai Chi for Memory
- MATTER OF BALANCE
- EAT WELL, FEEL WELL
- STAY STRONG, STAY HEALTHY
- TAKE CHARGE OF YOUR DIABETES
- Memory Motivators



CHAIR YOGA

Wednesdays and Fridays

9:00 - 10:00

Memory Motivators

UT Extension will be continuing this class on
Tuesdays through October @ 1:00

ASK THE LAWYER - CLIFFORD WILSON
OCTOBER 7TH AND 21ST, 2025
1:30 PM

REMOTE AREA MEDICAL-

Will be available at the center on
Tuesday, October 14, 2025
Time: 11-3

WELLNESS

- Belton - Oct 29 - 11:00 - 1:00
- Health Topic - "Stress" by Dr. Kanabar -
Oct 9 - 9:00 - 10:00



Pool Tournament
winners -

CONGRATULATIONS

Vaughn Goodson
Dan McJunkin



FOLLOW US ON FACEBOOK:

MONROE COUNTY SENIOR CITIZENS AND FRIENDS, INC.

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

