

# EVENTS FOR AUGUST 2019

## BRUNCH AND LEARN

Blood Pressure Checks by Regional Rehab @ 9:30 a.m.

**BRUNCH PROVIDED BY:** Regional Rehab Hospital

**HOSTED BY:** Pat Harrell

**TOPIC:** "Legal Services for Seniors"

**PRESENTED BY:** Dawn Glascock, Legal Assistant

**WHEN:** Wed., Aug. 21, 2019, 10-11 a.m.

**WHERE:** CAC Dining Room

## **RED HATS** "Magnolia Belles"



**WHERE:** CAC Dining Room

**WHEN:** Thurs, Aug. 15, 11:30 a.m.

**THEME:** Games and Dance

See Diann for more information!

## **Sock Hop Dance**

with **David Tyler Band**

**WHEN:** Tues, Aug. 6, 7-9 p.m.

**COST:** \$4 Donation at the Door

- Twist Dance Contest
- 50's Costume Contest
- Bring snack to share (optional!)



## **FUN in the 50's PARTY**

with **DJ -Sam Beman**

**WHEN:** Wed, August 7, 2019

**TIME:**—11 a.m.-1 p.m.

**WHERE:** CAC Auditorium

**FREE** Refreshments , Contests, Prizes!



August Birthday Celebrations will be combined with the Fun in the Fifties party. Birthday portion sponsored by John Harford of Humana!



## **Tai Chi** Exercise Classes

**TUESDAYS, Beginning 8/13/19, from 9-10 am**

in the CAC Auditorium

**Instructor:** Lloyd Frye

PLEASE CHECK FOR NEW ACTIVITIES AT THE INFORMATION TABLE, LOCATED IN THE FRONT HALL.  
ALL PROGRAMS ARE SUBJECT TO CHANGE!

## ACRYLIC ART CLASSES



Sign up on the Information Table in the Front Hall. See schedule and price on the reverse side of this newsletter!

Our Acrylic Art Classes are regularly scheduled on the first three Tuesdays of each month!

## SCRAPBOOKING & CRAFT CLASS

Bring your pictures and supplies and receive instructions on how to create themed pages.  
Additional supplies available for purchase.

**NIGHT CLASS:** THURSDAYS, 5:30 PM—8:30 PM

**WHERE:** CAC Ping-Pong Room



For Questions Concerning the CENTRAL ACTIVITY CENTER please see a Staff Members, or call **(334) 291-4743**:

**CENTER COORDINATOR:** LuLu McInnis  
**PROGRAM COORDINATOR:** Linda Porch  
**RECEPTIONIST:** Lisa Smith  
**CERAMICS COORDINATOR:** Lisa Ritter  
**CERAMICS POURER:** Sherri Holland  
**CUSTODIAN:** Lee Mack

For Questions Concerning your SENIOR CLUB please see a "Senior Club" Board Member:

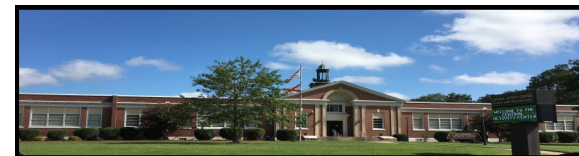
**PRESIDENT:** Sandra Daughtry  
**VICE PRESIDENT:** Dianne Davis  
**SECRETARY:** Vickie Meadows

# **AUGUST 2019** **NEWSLETTER**

## CENTRAL ACTIVITY CENTER

1500 14th Street

Phenix City , Alabama 36867



## CAC SENIOR LUNCHEON

**WHEN:** .....Wed., Aug. 14, 2019

**BUS. MEETING:** ....11:30 am

**LUNCH:** .....12:00 pm

**WHERE:** .....DINING ROOM

**HOSTED BY:** .....Your "Senior Club"

Please bring a side dish or dessert to share.  
Meat and Tea provided by Senior Club



## **BIBLE STUDY**

With **Bud Whitaker**

In the CAC Conference Room  
**Mondays** from 10:30-11:30 a.m.

## **BASIC SEWING CLASS**

Keyana Parker, Instructor  
Beginning **Tues. Aug. 6**  
10 a.m.—12 p.m.



Sign up on the Information Table!

# DAILY ACTIVITIES



## Monday

Walk to Music.....8:00 am-10:00 am  
 Pool Play.....8:00 am-5:00 pm  
 Quilting .....9:00 am-12:00 pm  
 (w/ Star Walton - Master Quilter)  
 SOS Chair Exercise .....10:00 am-10:30 am  
 Bible Study.....10:30 am-11:30 am  
 Ceramics.....9:30 am-12:00pm  
 Ceramics.....1:00 pm-4:00 pm  
 Chicken Foot .....1:00 pm-3:00 pm

## Tuesday

Walk to Music.....8:00 am-10:00 am  
 Pool Play.....8:00 am-5:00 pm  
 Tai Chi.....9:00 am-10:00 am  
 (Instructor—Lloyd Frye)  
 Basic Sewing.....10:00 am-12:00 pm  
 (Instructor: Keyana Parker)  
 Art Classes .....9:00 am-12:00 pm  
 (Instructor—Tom Corley )  
 Every 1st, 2nd, & 3rd Tuesday of each month.  
 Classes for beginners and advanced painters.  
 Cost \$40 includes canvas, paint & instructions  
 Ceramics .....9:30 am-12:00 pm  
 Ceramics.....1:00 pm-4:00 pm  
 Zumba Dance Class.....10:00 am-11:00 am  
 (Instructor—Antoine Patterson)  
 Canasta.....11:00 am-3:00 pm  
 Night Ceramics.....5:00 pm—8:30 pm  
 Tuesday Night Dance..... 7:00 pm-9:00 pm



**Tuesday Night DANCE**  
 with "DAVID TYLER BAND"  
 7-9 p.m. at the CAC Auditorium



Every Tuesday Night!  
 \$4 Donation at the Door!  
 Please bring a snack to share!

## Wednesday

Walk to Music..... 8:00 am-10:00 am  
 Pool Play.....8:00 am-5:00 pm  
 Yoga.....9:00 am—10:00 am  
 (Instructor—Erika)  
 SOS Chair Exercise .....10:00 am-10:30 am  
 Ceramics.....9:30 am-12:00 pm  
 Ceramics.....1:00 pm-4:00 pm  
 Line Dancing.....12:00 pm-1:30 pm  
 (Instructor—Norma Glass)  
 Crocheting & Knitting.....1:00 pm-4:00 pm

## Thursday

Walk to Music.....8:00 am-10:00 am  
 Pool Play.....8:00 am-5:00 pm  
 Quilting.....9:00 am-4:00 pm  
 (w/Linda Jones or JoAnna Pearson)  
 Ceramics.....9:30 am-12:00 pm  
 Ceramics.....1:00 pm-4:00 pm  
 Zumba Dance Class.....10:00 am-11:00 am  
 (Instructor—Antoine Patterson)  
 Canasta.....11:00 am-3:00 pm  
 Chicken Foot.....1:00 pm-3:00 pm  
 Let's Pick.....6:30 pm-9:00 pm  
 Scrapbook Class.....(See Reverse Side for Times)

## Friday

Walk to Music.....8:00 am-10:00 am  
 Pool Play..... 8:00 am-5:00 pm  
 SOS Chair Exercise.....10:00 am-10:30 am  
 Ceramics .....CLOSED  
 Line Dancing.....11:00 am-12:30 pm  
 (Instructor—Norma Glass)  
 Beginner's Line Dancing.....2:00 pm-3:00 pm  
 (Instructor—Polly Black)

## Daughtry Travelers Presents



a bus trip to Nova Scotia, Prince Edward Island and New Brunswick. This trip was originally planned for July, but has been postponed to **August 9-21**  
 Sign up on Information Table!  
 For more info call Sandra Daughtry @  
 (334) 855-9099

# Yoga Class

*New Time—See Below!*

**Every Wednesday  
 9 am -10 am  
 in the "Card Room"**



*Dress comfortable and bring a mat!*



## "Let's Pick"

6:30 PM—9:00 PM  
**EVERY THURSDAY NIGHT**

*FREE admission for the whole FAMILY!*  
 FOR MORE INFORMATION CALL:  
**DARNELL PENNINGTON 334-298-8878**

## Norma's LINE DANCE



(No Charge!)

*Wednesdays 12:00 pm—1:30 pm and Fridays 11:00 am-12:30 pm*

## Beginner's & Advanced Line Dancing

with Polly Black

Help with Basic Line Dance

**Every Friday**

Advanced Group Meets 1:00 pm—2:00 pm  
 Beginner's Group Meets 2:00 pm—3:00 pm

In the CAC Auditorium!

## Coming in **SEPTEMBER:**

\* **End of Summer Luau**

