

# 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



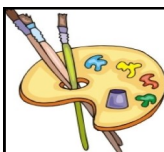
**FREE Refreshments for our senior members!**

Best “Fifties” Costume Contest

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

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**:

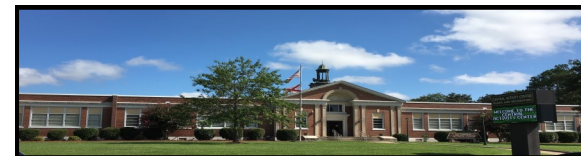
PRESIDENT: *Sandra Daughtry*  
VICE PRESIDENT: *Dianne Davis*  
SECRETARY: *Vickie Meadows*

# **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

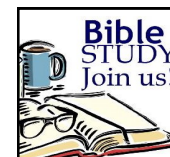
WHERE: .....DINING ROOM

HOSTED BY: .....Your “Senior Club”

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

## **BIBLE STUDY**

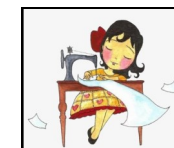
With **Bud Whitaker**



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.....10:30-11:30 am  
 Yoga.....11:00 am-12:00 pm  
 Ceramics.....9:30 am-12:00 pm  
 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  
 Basic Sewing.....10:00 am-12:00 pm  
 (Starting Aug. 6. With 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  
 (Starting back 8/6/19)  
 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  
 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

# YogaClass

Every Monday  
**11 am -12 pm**  
 In the CAC  
 Auditorium



*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

