



## Brunch and Learn

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

BRUNCH PROVIDED BY: Regional Rehab Hospital

HOSTED BY: Pat Harrell

TOPIC: "Medicare Part D and Part B"

Help with your Medicine and Supplement Decisions

PRESENTED BY: Nicole Stroud and John Harford

WHEN: October 16, 2019, 10-11 a.m.

WHERE: CAC Dining Room

## RED HATS "Magnolia Belles"



WHERE: CAC Dining Room

WHEN: Thurs, October 17 at 11:30 a.m.

THEME: Halloween Party!!!

See Alice, Ann & Faye for more information

**TAILGATE PARTY**

WHERE: CAC Auditorium  
WHEN: Thurs, Oct. 24, 11 am -2 pm

**MUST Sign Up on INFORMATION TABLE!**  
FREE CHILI DOG LUNCH  
Games, Prizes, Fun, Fun, Fun!!!!

**Wear your Favorite Team Jersey!**

## Tai Chi Exercise Class

Tuesdays from 9-10 am, in the CAC Auditorium

INSTRUCTOR: Lloyd Frey

All Activities in the Auditorium are CANCELLED ON THESE DATES:

Tuesday, October 8 (for City Council Meeting)

Thursday, October 24 (for Tailgate Party)

"Let's Pick" is cancelled on Thursday, Oct. 31

For "Haunt-Fest" on Back Parking Lot and C-Club

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.

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



FEES—\$45 (Includes canvas, paints & instructions)

## 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

OCTOBER CLASS **CANCELLED** WHILE INSTRUCTOR IS OUT ON SICK LEAVE!

## Zumba Class \$5.00/Class

INSTRUCTOR: Antoine Patterson

Tues & Thurs 10-11 a.m.

(class cancelled on Oct. 8)



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

## OCTOBER IS MEMBERSHIP RENEWAL MONTH

\*See a CAC Staff Member to renew and pay \$10 membership fee.\*

**OCTOBER 2019**

## NEWSLETTER

## CENTRAL ACTIVITY CENTER

1500 14th Street

Phenix City, Alabama 36867

**334-291-4743**



## CAC SENIOR LUNCHEON

WHEN: .....Wed., October 9, 2019

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

LUNCH: .....12:00 pm

WHERE: .....DINING ROOM

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

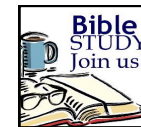
Please bring a side dish or dessert to share.

Meat and Tea provided by Senior Club

## SENIOR BOARD ELECTIONS

WED, OCT 9, IN FRONT HALL

NOTE: Membership must be current to vote!



## BIBLE STUDY

with Bud Whitaker,

In the CAC Conference Room

Mondays from 10:00-11:00 a.m.

## BASIC SEWING CLASS

WHERE: CAC Sewing Room

WHEN: Tuesdays 10 a.m.-12 p.m.

INSTRUCTOR: Keyana "KeKe" Parker



# 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.....10:00-11:00 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 Frey)  
 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 \$45 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—\$5/class)  
 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 w/“DAVID TYLER BAND”  
 7- 9 p.m. in the CAC Auditorium  
 \$4 Donation at the Door! Please bring a snack to share!

**NOTE: TUES, OCT. 8 DANCE CANCELLED.**  
 Rescheduled for **MONDAY, OCT 7**  
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**TUESDAY, OCT. 29**  
**HALLOWEEN DANCE**  
 Prizes for **BEST COSTUMES!**



## 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—\$5/class)  
 Canasta.....11:00 am-3:00 pm  
 Chicken Foot.....1:00 pm-3:00 pm  
 Let's Pick.....6:30 pm-9:00 pm

## 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)

## Gentle "Yoga"

**We regret to inform you, our Yoga class has been CANCELLED, until further notice.**

TAKING RESERVATIONS NOW FOR A TRIP TO  
**PIGEON FORGE & SMOKY MOUNTAINS**

NOVEMBER 18-22, 2019

Sign up on front hall information table!  
**For more info, call Sandra at 334-855-9099**



## "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!



## 6th Annual

## White Water Classic Football Game

Tuskegee University vs. Lane College

**Saturday, Oct. 26, 2019**

Garrett-Harrison Stadium



## CENTRAL ACTIVITY CENTER

WILL BE **CLOSED MONDAY, OCTOBER 14**  
 FOR COLUMBUS DAY HOLIDAY

## Coming in NOVEMBER:

**CRAFT AND GAME DAY, Thurs., Nov., 7**

See a staff member to reserve your table!