

December

Brunch and Learn

No "Brunch and Learn" in December!

RED HATS "Magnolia Belles"

Party with "Bedazzling Red Hats" in Columbus

See Teresa Johnson for more information

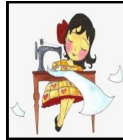


Tai Chi Exercise Class

Tuesdays from 9-10 am, in the CAC Auditorium
INSTRUCTOR: Lloyd Frey

BASIC SEWING CLASS

WHERE: CAC Sewing Room
WHEN: Tuesdays 10 a.m.-12 p.m.
INSTRUCTOR: Keyana "KeKe" Parker



All Activities in the Auditorium are CANCELLED ON THESE DATES:
Wednesday, Dec. 11 (for Christmas Senior Luncheon)
No Dance or Night Ceramics on Tues., Dec. 31.

WE WILL BE CLOSED FOR THE FOLLOWING HOLIDAYS:

Tuesday, Dec. 24 (Christmas Eve)
Wednesday, Dec. 25 (Christmas Day)
Wednesday, Jan. 1 (New Year's Day)

Come celebrate

December BIRTHDAYS

Wednesday, December 18 at 10:00
in the CAC Dining Room

Cake provided 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.

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



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

SCRAPBOOKING & CRAFT CLASS

Classes cancelled until further notice!

Yoga is BACK!

Wednesdays 9-10 a.m.
In the Card Room



Zumba Class \$5.00/Class

INSTRUCTOR: Antoine Patterson
Tues & Thurs 10-11 a.m.



For Questions Concerning the CENTRAL ACTIVITY CENTER please see a Staff Member, 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

CONGRATULATIONS TO THE NEW 2020 SENIOR BOARD!

PRESIDENT: Dianne Davis
VICE PRESIDENT: Denise Bagley
SECRETARY: Cathy Murray
TREASURER: Debbie Pierce

SEE A STAFF MEMBER TO RENEW YOUR MEMBERSHIP

Membership is still just \$10 per year!

DECEMBER 2019

NEWSLETTER



CENTRAL ACTIVITY CENTER

1500 14th Street
Phenix City, Alabama 36867
334-291-4743

CAC SENIOR LUNCHEON

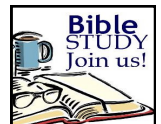


WHEN:Wed., December 11, 2019
BUS. MEETING:11:30 am
LUNCH:12:00 pm
WHERE:AUDITORIUM
HOSTED BY:Your "Senior Club"

*Please bring a side dish or dessert to share.
Meat, dressing, gravy and tea will be provided by your Senior Club*

BIBLE STUDY

with Bud Whitaker,
in the CAC Conference Room
Mondays from 10:00-11:00 a.m.



DAILY ACTIVITIES



Monday

Walk to Music.....8:00 am-10:00 am
 Pool Play.....8:00 am-5:00 pm
 Quilting9:00 am-12:00 pm
 (w/ Star Walton - Master Quilter)
 SOS Chair Exercise10:00 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 Foot1:00 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 Classes9:00 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
 Ceramics9:30 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.....12:30 am-4:30 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”

6:30-8:30 p.m. in the CAC Auditorium
 \$4 Donation at the Door!

Tuesday, December 17 –Christmas Dance!
 Please bring a covered dish to share!
 MEAT and TEA provided!

No Dance on 24th or 31st!

Wednesday

Walk to Music..... 8:00 am-10:00 am
 Pool Play.....8:00 am-5:00 pm
 Gentle Yoga.....9:00 am-10:00 am
 SOS Chair Exercise10:00 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.....12:30 am-4:30 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
 CeramicsCLOSED
 Line Dancing.....11:00 am-12:30 pm
 (Instructor—Norma Glass)
 Beginner's Line Dancing.....2:00 pm-3:00 pm
 (Instructor—Polly Black)

New Hours for:



**Tuesdays and Thursdays
 12:30—4:30**



“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



Adopt a Senior Angel

Be an Angel or Adopt an Angel

See a Staff Member for More Information

See “Angel Tree” in the front hall!

Local Events for the Holidays!

Wonderful FREE events for the whole family!

- Fri. Dec. — “**Movie Night**” - PC Art Park, “**Elf**” - 6:30 pm
- Sat, Dec. 7—“**Tri-City Christmas Parade**” 10 a.m.
- Sat. Dec. 14—“**Breakfast with Santa**”, at CAC 8 a.m.
 (Must have purchased tickets in advance!)
- Sat. Dec. 14—“**Carnival at Moon Lake**” 3-9 p.m.