

# FEBRUARY 2020

## **BIRTHDAY CELEBRATION!**

FREE Cake and Ice Cream, sponsored by:

John Harford—Humana Insurance

**All members are welcome!**

WHEN: Wed., Feb. 5, 10:00

WHERE: CAC Dining Room



## **BRUNCH AND LEARN**

**Information \* Fun \* Free \* Food**

*Open to the Public!*

### **TOPIC: "Let's Talk About Food"**

Information about proper nutrition and how food affects your blood pressure, diabetes and heart disease!

**Brought to you by Regional Rehabilitation!**

WHEN: Wed., Feb. 19, 10-11 a.m.

WHERE: CAC Dining Room

PRESENTED BY: Hillary Rasmussen, RSVP Director  
Lee-Russell Council of Government

HOSTED BY: Pat Harrell

FREE blood pressure checks from 9:30-10, by Regional Rehab.

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

### **Valentine's Party**

in CAC Dining Room  
Thursday, February 20, 2020  
11:30—1:00

See Teresa Johnson for more Information!



**Our RED HATS are looking for NEW members!  
Come to the February Meeting and be our GUEST!**



## **Exercise Class**

Tuesdays from 9-10 am, in the CAC Auditorium

**INSTRUCTOR:** Lloyd Frey

## **Gentle Yoga** with Erika Bloodworth

**(New Hours!)** Wednesdays 10-11 a.m.  
in the Card Room



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)**

## **Zumba Class with Antoine Patterson**

Tuesdays & Thursdays (10-11 a.m.)  
\$5.00/Class



**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

CUSTODIAN: Lee Mack

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

PRESIDENT: Dianne Davis

VICE PRESIDENT: Denise Bagley

SECRETARY: Cathy Murray

TREASURER: Debbie Pierce

## **Daughtry Travelers Presents:**

Myrtle Beach "Show Trip" - April 27—May 1, 2020



See Information Table for mre details, or call Sandra 334-855-9099

## **2019 "Walk to Music" - "100-MILE CLUB" ACHIEVERS**

CONGRATULATIONS.....Corella Jackson—422 Miles

CONGRATULATIONS.....Carolyn Toole...—203 Miles



## **BIBLE STUDY—with Bud Whitaker**

Mondays, 10-11 a.m., in the Conference Room

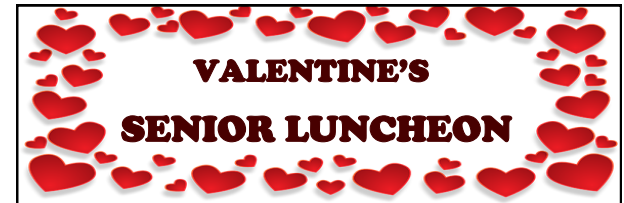
# FEBRUARY 2020 NEWSLETTER



## **CENTRAL ACTIVITY CENTER**

1500 14th Street, Phenix City, Alabama 36867

334-291-4743



**VALENTINE'S**

**SENIOR LUNCHEON**

WHEN: .....Wed., February 12

DOORS OPEN.....11:00 am

BUSINESS 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 & tea provided by your Senior Club!*



## **Taste of Chocolate**

**Senior Club Fundraiser**

Thurs., Feb. 13, 10-1

See a staff member to get your ticket: \$5.00  
(Gift Boxes Available!)

## **MARDI GRAS MASQUERADE PARTY**

at American Legion Fletcher-McCollister Post 135, 511 13th Street, Phenix City, AL

**FOOD \* LIVE MUSIC \* DANCING \* PRIZES**

**FRIDAY, February 28, 7-10 p.m.**

Fundraiser Benefitting **American Cancer Society**

Brought to you by

"SASSY SENIORS" RELAY FOR LIFE TEAM

*Music by David Tyler*

*See a Sassy Seniors member or staff member for tickets!*



## **"SASSY SENIORS" VALENTINE BAKE SALE**

Friday, February 14, (Piggly Wiggly on 13th and Broad St.)

# DAILY ACTIVITIES



## Monday

Walk to Music.....8:00 am-10:00 am  
 Billiards / Pool .....8:00 am-4:45 pm  
 Quilting .....9:00 am-12:00 pm  
 (w/ Star Walton - Master Quilter)  
 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 Dominos.....1:00 pm-3:00 pm

## Tuesday

Walk to Music.....8:00 am-10:00 am  
 Billiards / Pool .....8:00 am-8:00 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  
 (Instructors—Tom Corley and Janice Crain)  
 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.....12:30 am-4:30 pm  
 Night Ceramics.....5:00 pm—8:30 pm  
 Tuesday Night Dance..... 6:30 pm-8:30 pm

## Tuesday Night DANCE—EVERY TUESDAY NIGHT



w/DAVID TYLER BAND  
 WHERE: CAC Auditorium  
 TIME: 6:30-8:30 p.m.  
 \$4 Donation at the Door!  
 Please bring a snack to share!



MARDI GRAS MASQUERADE DANCE  
 TUESDAY, FEB. 25, 6:30 P.M.

VALENTINE'S DINNER/DANCE  
 TUESDAY, FEB. 11, 6:30 PM

## Wednesday

Walk to Music..... 8:00 am-10:00 am  
 Billiards / Pool .....8:00 am-4:45 pm  
 Gentle Yoga...**NEW HOURS**.....10:00 am-11:00 am  
 (Instructor—Erika Bloodworth)  
 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  
 Billiards / Pool .....8:00 am-4:45 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 Dominos.....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  
 Billiards / Pool .....8:00 am-4:45 pm  
 Chair Exercise.....10:00 am-10:30 am  
 Ceramics .....CLOSED  
 Line Dancing.....11:00 am-12:30 pm  
 (Instructor—Norma Glass)  
 Advanced Line Dancing (Polly) .....1:00 pm-2:00 pm  
 Beginner's Line Dancing (Polly) .....2:00 pm-3:00 pm  
 (Instructor—Polly Black)



Celebrating Black History

## Second Annual BLACK HISTORY Celebration!

Black History Display \* Guest Speakers, Old Hymn Singing  
 FREE Lunch provided by Phenix City Parks and Recreation Department

**Tuesday, February 18, 11:30-12:30**

Limited Seating! See a staff member to get your FREE ticket.



## "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

Instructor: Norma Glass (No Charge!)  
 Wednesdays 12:00 pm—1:30 pm and Fridays 11:00 am-12:30 pm



## Polly's "Beginner's & Advanced LINE DANCE

Instructor: Polly Black (No Charge!)

**Every Friday - In the CAC Auditorium**  
 Polly's Advanced Group Meets 1:00 pm —2:00 pm  
 Polly's Beginner's Group Meets 2:00 pm —3:00 pm

## FEBRUARY FIELD TRIPS

See Information Desk to sign up for these trips!  
 Costs for fees and lunches are your responsibility!  
 Transportation provided by Parks and Recreation!

Mon., Feb. 10.—**National Civil War Naval Museum**  
 Lunch at *Minnie's Uptown Restaurant*  
 Fri., Feb. 14—**FDR's Little White House**  
 Lunch at *The Farmhouse Restaurant, Ellerslie, GA*

## MOVIE DAY

on the BIG SCREEN, CAC Auditorium  
 FREE Refreshments and a Movie

Friday, February 28, 1:00-3:00  
 The movie we are showing, will be announced soon!



## COMING IN MARCH 2020.....

Field Trip to: National Infantry Museum, Fort Benning