

TREASURER: Debbie Pierce

# MARCH 2020

## BIRTHDAY CELEBRATION!

**FREE** Cake and Ice Cream, sponsored by:

John Harford—Humana Insurance

**All members are welcome!**

**WHEN:** Wed., Mar. 4, 10:00

**WHERE:** CAC Dining Room



## BRUNCH AND LEARN

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

*Open to the Public!*

### TOPIC: "Scams Against Seniors"

*Brought to you by Regional Rehabilitation!*

**WHEN:** Wed., Mar. 18, 10-11 a.m.

**WHERE:** CAC Dining Room

**PRESENTED BY:** Issac Chappell, Human Sci Reg Ext Agent III  
Alabama Extension System/Auburn

**HOSTED BY:** Pat Harrell

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

## RED HATS "Magnolia Belles"

*Field Trip to "West Point Pepperell Outlet"*

Thursday, March 19, 2020

10:00—3:00

See Teresa Johnson for more information!



## Exercise Class



Tuesdays from 9-10 am, in the  
CAC Auditorium

**INSTRUCTOR:** Lloyd Frey

## Gentle Yoga with Erika Bloodworth

Wednesdays 10-11 a.m., in the Card Room



### **Tues., Mar. 3— NATIONAL PRIMARY ELECTIONS**

**in the CAC Dining Room –ALL DAY**

*All other activities in the DR are cancelled or moved on this day!*

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**ALL ACTIVITIES IN AUDITORIUM - CANCELLED**

**WEDNESDAY, MARCH 11, FOR "IRISH" SENIOR LUNCHEON, WITH BAND!**

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:**

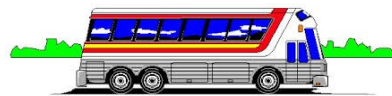
**PRESIDENT:** Dianne Davis

**VICE PRESIDENT:** Denise Bagley

**SECRETARY:** Cathy Murray

## Daughtry Travelers Presents:

### BILOXI-NEW ORLEANS—CASINO TRIP



**June 22-26, 2020**

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

**CANCELLED: Myrtle Beach "Show Trip"**



**BIBLE STUDY—with Bud Whitaker**

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

## MARCH 2020

# NEWSLETTER



## CENTRAL ACTIVITY CENTER

1500 14th Street, Phenix City, Alabama 36867

**334-291-4743**

## ST. PATTY'S

### SENIOR LUNCHEON



*Live Irish Band*



*"Wolf and Clover"*

**WHEN:** .....Wed., March 11

**DOORS OPEN.....11:00 am**

**BUSINESS MEETING:** 11:30 am

**LUNCH:** .....12:00 p.m.

**WHERE:** .....CAC AUDITORIUM

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

*Please bring a side dish or dessert to share.*

*Meat & tea provided by your Senior Club!*

For more information, call CAC at 334-291-4743



## *St. Patrick's Day*

### IRISH STEW - LUNCH

**Fundraiser for Your Senior Club**

*Prize for BEST Leprechaun Hat!*

*Lunch includes: Stew, Muffins, Tea and Dessert*

**WHEN:** Tuesday, March 17, 2020 from 11:30-1:00

**WHERE:** CAC DINING ROOM

**COST:** \$7 DONATION

**FREE SEMINAR: "BOOKS 101"** By Author: Curtis Jones

HOW TO SELF-PUBLISH YOUR OWN BOOK FOR FREE

**Thursday, March 19, 10:00 a.m.**

Sign up on Information Table! No Charge!

# 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  
 (Instructor—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)  
 Healthy Weight Loss.....11:00 am-12:30 am  
 Canasta.....11:00 am-3:00 pm  
 Night Ceramics.....5:00 pm—8:30 pm  
 Tuesday Night Dance..... 6:30 pm-8:30 pm

**Tuesday Night DANCE** EVERY ESDDAY 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



**ST. PATRICK'S DAY DANCE** TUESDAY, MAR. 17, 6:30

## Wednesday

Walk to Music..... 8:00 am-10:00 am  
 Billiards / Pool .....8:00 am-4:45 pm  
 Gentle Yoga.....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.....11:00 am-3:00 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)

## Sassy Seniors "Relay for Life" Team

**100% of funds raised go to American Cancer Society!**

Mar. 6 - FUNDRAISING DRIVE—Piggly Wiggly on 280

Mar. 13- BUNCO — at Woodman Life 6-10 pm,

(\$20 Includes Game, Meal, Refreshments, Prizes)

(Must Pre-Register!)

Mar. 20- FUNDRAISING DRIVE—Piggly Wiggly on 280

Mar. 24- BAKE SALE FUNDRAISER—CAC Front Hallway

For more info, call team captain, Lisha Johnson (706) 580-9061



## "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**

## MARCH 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!**

Thur., Mar. 12.—**National Infantry Museum—FREE**

*Lunch at Fife & Drum Cafe*

Wed., Mar. 25—**Andersonville Site & Museum—FREE**

*Lunch at "Yoders", Montezuma, GA*

## MOVIE DAY

on the BIG SCREEN, CAC Auditorium

**FREE Refreshments and a Movie**

Friday, March 27, 1:00-3:00

**Look for poster in front hall**

**for this month's movie selection!**



## NEW "HEALTHY WEIGHTLOSS" PROGRAM

*"Focusing on Healthy Weight Loss, Recipes and Snacks"*

Hosted by: June Hays - **NO CHARGE!**

Tuesdays at 11:00 in the CAC Dining Room

**Moved to Conf. Room on March 3, due to Elections!**