



GOLDEN SNEAKERS EXERCISE CLASS

Join us on Mondays & Wednesdays
1:30-2:15 pm (Eastern)
in the CAC Auditorium

Certified Instructor:

Brenda Paiva, A.A., A.O.S.

FREE CLASSES. Donations accepted!

Golden Sneakers Class Cancelled on June 24th



FEEDING THE VALLEY— FOOD GIVEAWAY

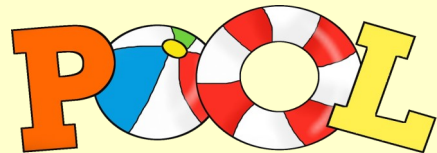
Central Activity Center

(Back Parking Lot)

1500 14th St, Phenix City

Saturday, June 22, 2024

from 9:30 am—2:00



CAC SENIOR SWIM DAY

Come enjoy a day at the "Parks and Rec" pool!

1500 5th Street S, Phenix City, AL 36869

This time has been reserved for our CAC members.

Sign up on the Information Table.

Please bring your swimsuit, towel, lunch, snacks and beverage.

Don't forget your sunglasses, sunblock, and hat!

WHEN: Friday, June 7, 11 am-2 pm

2024 SENIOR BOARD OFFICERS:

PRESIDENT: Michele Kilday

VICE PRESIDENT: Bonnie Nash

SECRETARY: Sue Whitaker

TREASURER: Kathy Clark

VOLUNTEER OF THE MONTH

Voted on by your Senior Board!

CONGRATULATIONS:

FREEDA SHERRER "ANGEL LADY"

We appreciate your dedication and hard work

"Sassy Seniors" TEAM

"RUSSELL COUNTY "Relay for Life"



Dimple Davis	-	Co-Chairman
Jacqui Smith	-	Co-Chairman
Lisha Johnson	-	Secretary
Debbie Pierce	-	Treasurer

Our Sassy Seniors Relay for Life Team meets the 1st Wednesday of each Month, at 10:00 am in the Conference Room. All are welcomed to attend!

For Up-to-Date Information about
Central Activity Center's scheduled programs,
add yourself to our [CAC Facebook group](#):

Seniorcenter(CAC)news

SHOWTIME AT CAC

WHEN: FRIDAY, JUNE 21, 1-3 p.m.

In the CAC Auditorium

Popcorn, Candy & Drinks Provided

FEATURED MOVIE:

"ARTHUR THE KING"

Comedy, Rated PG-13

Heartwarming drama about a dog, based on a true story!

Starring: Mark Wahlberg



Thank You to volunteer, [JAMES WASHINGTON](#)
for assisting with our movie set up.

JUNE 2024 NEWSLETTER



CENTRAL ACTIVITY CENTER

1500 14th Street

Phenix City, AL 36867

334-291-4743

JUNE BIRTHDAY CELEBRATION



Join us in the CAC Dining Room to celebrate
those having a birthday this month.

Wed, June 5, at 10:00 am.

Cake sponsored by John Harford

JUNE SENIOR LUNCHEON

Hosted by your Senior Board

WEDNESDAY, JUNE 12 11:30-1:00

In the CAC Dining Room.

Main course and tea provided. Please bring a side dish or
dessert to share (per person), or pay \$7.00. (per person) .

Sign up on the Information Table.

BRUNCH and LEARN

**NO BRUNCH AND LEARN IN JUNE, DUE TO
JUNETEENTH HOLIDAY. SEE YOU IN JULY!**

CAC WILL BE **CLOSED**

WEDNESDAY JUNE 19

IN OBSERVANCE OF

JUNETEENTH HOLIDAY



Have a super cool summer
full of sunny smiling times!

JUNE 2024 DAILY ACTIVITIES

Monday

Walk to Music (Auditorium).....8:30 am-9:30 am
 Exercise Room.....8:15 am-4:45 pm
 Pool Play.....8:15 am-4:45 pm
 Quilting9:00 am-12:00 pm
 Zumba Dance Class.....10:00 am-11:00 am
(Instructor—Zhavonne—\$5/class)
 Ceramics.....9:00 am-11:45am
 Ceramics.....1:30 pm-4:15 pm
 Exercise GOLDEN SNEAKERS 1:30 pm-2:15 pm
(Instructor—Brenda Paiva)
 Chicken Foot Dominoes.....1:00 pm-3:00 pm

Tuesday

Walk to Music (Auditorium).....8:30 am-9:30 am
 Exercise Room.....8:15 am-4:45 pm
 Pool Play.....8:15 am-4:45 pm
 Acrylic Art Classes1:30 pm-3:00 pm
(Instructor—CYNTHIA GOLDEN-FRASIER)
Every 1st, 2nd, & 3rd Tuesday of each month.
Classes for beginners and advanced painters.
Cost \$60, payable to instructor.
 Quilting10:00 am-4:00 pm
(with Juanita Christian)
 Sewing Class.....11:00 am-2:00 pm
(with Jeannie Berry)
 Ceramics.....9:00 am-11:45am
 Ceramics.....1:30 pm-4:15 pm



ACRYLIC ART CLASS

With Instructor:

CYNTHIA GOLDEN-FRASIER

First three Tuesdays each month from 1:30-3:00
 Sign-up on the information table!

Please donate to the
COFFEE FUND
 if you enjoy drinking our
HOT COFFEE.



See Lisa in the front office to donate.

NARFE (National Active and Retired Federal Employees)
 meets here in our dining room the second Monday of
 each month, at 11:30 a.m. They welcome new members .

Wednesday

Walk to Music (Auditorium).....8:30 am-9:30 am
 Exercise Room.....8:15 am-4:45 pm
 Pool Play.....8:15 am-4:45 pm
 Chair Exercises with Linda.....10:00 am-10:30 am
 Ceramics.....9:00 am-11:45 am
 Ceramics.....1:30 pm-4:15 pm
 Line Dancing.....11:00 am-1:00 pm
(Instructor—Emiko McDonald)
 Crocheting & Knitting.....1:00 pm-4:00 pm
 Canasta1:00 pm-4:00 pm
 Exercise GOLDEN SNEAKERS1:30 pm-2:15 pm
(Instructor—Brenda Paiva)

Thursday

Walk to Music (Auditorium).....8:30 am-9:30 am
 Exercise Room.....8:15 am-4:45 pm
 Pool Play.....8:15 am-4:45 pm
 Ceramics.....9:00 am-11:45am
 Quilting.....10:00 am-4:00 pm
(with Juanita Christian)
 Sewing Class.....11:00 am-2:00 pm
(with Jeannie Berry)
 Ceramics.....1:30 pm-4:15 pm
 Chicken Foot Dominoes.....1:00 pm-3:00 pm
 Mexican Train Dominoes.....1:00 pm-3:00 pm

Friday

Walk to Music (Auditorium).....8:30 am-9:30 am
 Exercise Room.....8:15 am-4:45 pm
 Pool Play.....8:15 am-4:45 pm
 Chair Exercises with Linda.....10:00 am-10:30 am
 CeramicsCLOSED
 Line Dancing.....11:00 am-12:30 pm
(Instructor—Beverly Milner)

CHAIR EXERCISES



WITH PROGRAM COORDINATOR
LINDA PORCH
 in the CAC Auditorium
 Wed. and Fri. 10:00-10:30 a.m.

Ms. Pansy will instruct this program while Linda is out of the office.

UPCOMING CAC POOL TOURNAMENT

In the planning stages! Sign up in the Pool
 Room. Must be a current member of
 Central Activity Center.



LINE DANCE CLASSES



in the CAC Auditorium! **FREE** Classes!
 Wednesdays at 11:00 with Emiko
 Fridays at 11:00 with Beverly

ZUMBA DANCE CLASS

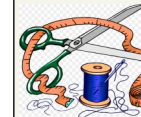
Join Zumba-Gold Certified instructor,
Zhavonne, Mondays at 10:00 a.m.
 In the CAC Auditorium! Cost is \$5 /class!



NO ZUMBA CLASS ON MONDAY, JUNE 3RD

SEWING CLASS

INSTRUCTOR: **JEANNIE BERRY**
 Jeannie has many years of experience as an
 alterations specialist, tailor and sewing instructor.
 Tuesdays & Thursdays 11 am -2 pm



DIAMOND TOURS with Shelia Hughes

Trip to: Cape Cod & Martha's Vineyard, Sept 28-Oct 6
 Trip to: Myrtle Beach Holiday Show Trip, Dec 2-6
 Departure from Winn Dixie, Phenix City
 Call Shelia Hughes @ 706-887-7771
 for more information on this trip or fu-
 ture trips!
www.grouptrips.com/sheliahughes



PICKLEBALL

CLIFF FARRAR TENNIS CENTER,
 1004 Airport Rd., Phenix City

SCRAPBOOKING CLASSES



2nd & 4th Thursdays each month
 In the Auditorium, 1-3 pm
 With Instructor: Cathy Bowden

Don't forget
FATHER'S DAY
 SUNDAY, JUNE 16

