



GOLDEN SNEAKERS

EXERCISE CLASS



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

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

FREE CLASSES. Donations accepted!

FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, Nov. 23, 2024
from 9:30 am—2:00



RED HATS—Magnolia Belles



Meeting in the Dining Room
Monday, Nov. 4, 11 am—2 pm
“Private Luncheon”



HOLIDAY CRAFT AND GIFT FAIR

In the CAC AUDITORIUM

Friday, November 8, from 10:00-2:00

Our members will be selling their handmade crafts as well as unique gifts, including quilted items, jewelry, local honey, fresh vegetables, baskets, baked goods, and our Senior Club will be selling Chili Dog Lunches for \$7
CASH SALES ONLY! OPEN TO THE PUBLIC!

ALL AUDITORIUM PROGRAMS CANCELLED ON THE FOLLOWING DATES DUE TO OTHER SCHEDULED EVENTS IN THE AUDITORIUM. WE APOLOGIZE FOR ANY

INCONVENIENCE THIS MAY CAUSE!

MONDAY, NOV 4 (Set Up for Voting)

TUESDAY, NOV 5 (General Election)

FRIDAY, NOV 8 (Holiday Craft & Gift Fair)

WEDNESDAY, NOV 13 (Thanksgiving SR. Luncheon)

“Sassy Seniors” 2025 Officers

“RUSSELL COUNTY “Relay for Life”

Lisha Johnson - Chair

Betty Shepard - Vice-Chair

Georgia Richardson- Secretary

Madeline Struble - Treasurer

Relay for Life – Sales Tables at CAC

Nov. 6 and Nov. 13, from 10am-2pm

ELECTIONS WERE HELD OCT. 9 FOR OUR 2025 SENIOR BOARD

CONGRATULATIONS TO THE NEW

BOARD MEMBERS:

PRESIDENT: CAROL FOLEY

VICE PRESIDENT: LESLIE ADE

SECRETARY: MARY ANN BROSSETT

TREASURER: JUNE ALLEN

CONGRATULATIONS

TO OUR NOVEMBER SENIOR CLUB

VOLUNTEER OF THE MONTH:

DAVID TYLER

Please see LuLu if you would like to sign up to ride on our Parks and Recreations float in the Bi-City Christmas Parade on December 7, 2024.

THE COTTON CANDY BAND

will be playing a FREE CONCERT in our CAC AUDITORIUM, Friday, Nov. 1, from 6-9 pm. They will be playing a variety of music, including golden oldies as well as dance tunes.

SHOWTIME AT CAC

No movie day during November and December due to holiday scheduling conflicts!

NOVEMBER 2024

NEWSLETTER



CENTRAL ACTIVITY CENTER

1500 14th Street, Phenix City, AL 36867

334-291-4743

NOVEMBER BIRTHDAY CELEBRATION

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

Wed, November 6, at 10:00 am.

Cake sponsored by John Harford



NOVEMBER SENIOR LUNCHEON

Hosted by Your Senior Board

WEDNESDAY, NOV. 13, 11:30-1:00

IN the CAC AUDITORIUM

Meat, Dressing and Tea will be provided. Please bring a “quality” side-dish or dessert to share!

No BRUNCH and LEARN

In November or December

We will be CLOSED Thursday and Friday

NOVEMBER 28-29

For THANKSGIVING HOLIDAYS



NOVEMBER 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-11:45 am
 Ceramics.....1:30 pm-4:15 pm
 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 Classes.....1:30 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-11:45 am
 Ceramics.....1:30 pm-4:15 pm

ACRYLIC ART CLASS

With Instructor:

CYNTHIA GOLDEN-FRASIER

First three Tuesdays each month
1:30-3:00 PM.



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

Seniorcenter(CAC)news



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
 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-11:45 am
 Chair YOGA (with Takidia).....10:00 am-10:30 am
 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
 Ceramics.....CLOSED
 Line Dancing.....11:00 am-12:30 pm
(Instructor—Beverly Milner)

Instructor:

CHAIR YOGA



Takidia Ligon

in the CAC Auditorium - Thursdays 10:00-10:30 a.m.
No Charge! Donations accepted!

Please donate to the

COFFEE FUND

if you enjoy drinking our **HOT COFFEE**.
See Lisa in the front office to donate.

LINE DANCING



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!**



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 TOUR

with Shelia Hughes

Trip to: **San Antonio, TX – Feb 23 – Mar 1, 2025**

Departure from Winn Dixie, Phenix City

Call Shelia Hughes @ 706-887-7771

for more information on this trip or future trips!

www.grouptrips.com/sheliahughes



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.

We will be **CLOSED** Monday, November 11,
in observance of Veterans Day Holiday,
To our Veteran CAC Members...Thank you for your Service!

**Happy
Veterans Day!**

**"Thank
You"**

...to our Veterans
for their Service to
our Country.

