



FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, November 22, 2025
from 9:30 am—2:00



Join **DOTTIE** and **BILL**



FRIDAYS from 1:00 – 3:00 pm
In the CAC CARD ROOM

NEW SCRAPBOOKING CLASS

4TH FRIDAYS EACH MONTH, AT 10:00 A.M.
WITH VOLUNTEER INSTRUCTOR: **SANDY CAMPBELL**



IN THE CARD ROOM!

SIGN UP ON THE INFORMATION TABLE!

ALL REGULAR ACTIVITIES IN THE
AUDITORIUM ARE **CANCELLED** ON THE
FOLLOWING DATES FOR SPECIAL EVENTS.

WEDNESDAY, NOVEMBER 12
FRIDAY, NOVEMBER 14

“Sassy Seniors” 2025 Officers “RUSSELL COUNTY “Relay for Life”

Lisha Johnson - Chair
Betty Shepard - Vice-Chair
Madeline Struble – Treasurer

2025 SENIOR BOARD MEMBERS:

PRESIDENT: CAROL FOLEY
VICE PRESIDENT: DONNA CORBITT
SECRETARY: MARY ANN BROSSETT
TREASURER: JUNE ALLEN

CONGRATULATIONS TO THE NEW 2026 SENIOR BOARD MEMBERS:

PRESIDENT: DARNELL PENNINGTON
VICE PRESIDENT: DONNA CORBITT
SECRETARY: CATHY CHAPLIN
TREASURER: VIKI GILMORE

YOUR MEMBERSHIP DUES ARE DUE FOR 2026

BEGINNING OCTOBER 1, 2025. PLEASE SEE A STAFF
MEMBER IN THE FRONT OFFICE TO RENEW OR JOIN,
DUES ARE STILL JUST \$10 (CASH PLEASE)



YARD SALE

AND

MINI-HEALTH FAIR

Friday, November 14
10:00 – 2:00

CAC AUDITORIUM

See a staffmember to reserve a table.

Must be a member to get a table. Sale is **OPEN TO THE PUBLIC.**

NOVEMBER 2025 **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.
Wednesday, November 5, at 10:00 am.
Cake sponsored by **John Harford**



NOVEMBER SENIOR LUNCHEON



Hosted by Your Senior Board in the
CAC AUDITORIUM

WEDNESDAY, NOVEMBER 12, 11:30 – 1:00.
Please bring a QUALITY SIDE DISH or DESSERT to
share! Main Course and tea/water provided!
Sign up on the Information Table!

NO BRUNCH AND LEARN IN NOVEMBER

Coming in December:

Dec. 4 – Angel Lady Christmas Giveaway

NOVEMBER 2025

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
 Chair Exercises (with Markelyah) ,,,,,,10:00 am-10:30 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 Class.....9:00 am-12:00 pm
 (Instructors—Peggy Ridley & Donna Rock)

Quilting10:00 am-4:00 pm
 (with Juanita Christian)
 Ceramics.....9:00 am-11:45 am
 Ceramics.....1:30 pm-4:15 pm

ACRYLIC ART CLASSES



Instructors:
Peggy Ridley and Donna Rock
 1st three Tuesdays each month
 from 9:00 – 12:00

Must sign up and prepay to take classes.

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.*

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
 Chair Exercises (with Markelyah) ,,,,,,10:00 am-10:30 am
 Line Dancing.....10:00 am-12:00 pm
 (Instructor—Emiko McDonald)
 Crocheting & Knitting.....1:00 pm-4:00 pm

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
 Quilting.....10:00 am-4:00 pm
 (with Juanita Christian)

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
 Scrapbooking Class (4th Fridays).....10:00 am-12:00 pm
 Ceramics.....CLOSED
 Line Dancing.....11:00 am-12:30 pm
 (Instructor—Beverly Milner)
 Karaoke (or Movie Day).....1:00 am-3:00 pm

COFFEE FUND



if you enjoy drinking our
HOT COFFEE.

Please donate to the Coffee Fund.
 See Lisa in the front office to donate.

CONGRATULATIONS
TO OUR NOVEMBER SENIOR CLUB

VOLUNTEER OF THE MONTH:
DOTTIE HUDSON



LINE DANCING

in the CAC Auditorium! **FREE** Classes!
 Wednesdays at 10:00-12:00 with **Emiko**
 Fridays at 11:00- 12:30 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!**



CHAIR EXERCISES



with PROGRAM COORDINATOR
MARKEIYAH SHORTER
Mondays & Wednesdays 10:00-10:30
a.m.
 IN THE CAC LOUNGE/LIBRARY

SHOWTIME AT CAC

NO MOVIE IN NOVEMBER

CAC will be **CLOSED** Tuesday,
NOVEMBER 11

In observance of **VETERANS DAY** holiday.
 Don't forget to **THANK A VETERAN** for our freedom.



CAC will be **CLOSED** Thursday and Friday
NOVEMBER 27-28
 For **THANKSGIVING HOLIDAYS**

