

# December

## FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center  
(Back Parking Lot)  
1500 14th St, Phenix City  
Saturday, December 13, 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

4<sup>TH</sup> 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, DECEMBER 10**

## NEW “BOOK CLUB” - with Laurie Waltz

First meeting: Wed, Jan. 21, 2026 @ 1:00 pm  
In the CAC Library/Lounge

Purchase and read the first book: “*The Thursday Book Club*”,  
by **Richard Osman**, before first meeting.  
Sign up in the CAC Library/Lounge

**WHEN:** TUESDAY, DEC. 16  
**TIME:** 6-9 PM (EST)  
**WHERE:** CAC AUDITORIUM  
**BAND:** David Tyler Band



No charge to attend. Main course and tea will be  
provided. **Please bring a side dish or dessert to share!**  
**Sign up on the Information Table!**

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

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

## CONGRATULATIONS TO THE NEW

### 2026 SENIOR BOARD MEMBERS:

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

## A BIG thank you to the 2025 SENIOR BOARD MEMBERS for your hard work and dedication to CAC:

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

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## 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)**

## DIAMOND TOURS \*TRIPS

**with Shelia Hughes**



Trip to: Mackinac Island - May 23-31, 2026  
Departures from Renfros Market, Phenix City  
Call Shelia Hughes @ 706-887-7771 for more  
information on this trip or future trips!  
[www.grouptrips.com/sheliahughes](http://www.grouptrips.com/sheliahughes)

# DECEMBER 2025 NEWSLETTER



## CENTRAL ACTIVITY CENTER

1500 14th Street, Phenix City, AL 36867  
334-291-4743

## DECEMBER BIRTHDAY CELEBRATION

Join us in the CAC Dining Room to celebrate  
those having a birthday this month.  
**Wednesday, December 3, at 10:00 am.**  
Cake sponsored by **John Harford**



## DECEMBER SENIOR LUNCHEON



Hosted by Your Senior Board in the  
**CAC AUDITORIUM**

**WEDNESDAY, DECEMBER 10, 11:30 – 1:00.**

Please bring a **QUALITY SIDE DISH** or **DESSERT** to share!  
Main Course and tea/water provided!

**Musical Entertainment by**

**“Covenant Woods Retirement Community”**

**Special Visit by: Santa and Mrs. Clause**

**Sign up on the Information Table!**

## NO BRUNCH AND LEARN IN DECEMBER

## CERAMICS HOLIDAY SCHEDULE:

**Dec. 1 – Last day to order Large Tree**  
**Dec. 8 – Last day to order anything**  
**Dec. 18 – Last day to work on pieces**  
**Dec. 18 – Ceramics Holiday Party**  
**Dec. 22-24 Pick up your ceramics**  
**Jan 5, 2026 – Ceramics Class Reopens!**

# DECEMBER 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  
 Quilting .....9:00 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)*  
 Quilting .....10:00 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**  
 1<sup>st</sup> 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 (4<sup>th</sup> Fridays).....10:00 am-12:00 pm  
 Ceramics.....CLOSED  
 Line Dancing.....11:00 am-12:30 pm  
*(Instructor—Beverly Milner or Cindy Fite)*  
 Karaoke (or Movie Day).....1:00 am-3:00 pm

### ANGEL LADY CHRISTMAS GIVEAWAY

Thursday, Dec. 4 at 10:00 am  
 CAC AUDITORIUM  
 FREE  
 FOR ALL OUR MEMBERS



**CONGRATULATIONS**  
 TO OUR **DECEMBER** SENIOR CLUB

**VOLUNTEER OF THE MONTH:**  
**ANN EASLEY**



## LINE DANCING

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

## 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 DECEMBER

CAC will be **CLOSED** Wednesday and Thursday  
**DECEMBER 24-25**  
 for **CHRISTMAS HOLIDAYS**



And we will be **CLOSED**  
 Thursday, **JANUARY 1<sup>st</sup>**  
 for **NEW YEARS DAY HOLIDAY**

**2026**  
*Happy New Year*