

February

FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, February 28, 2026
from 9:30 am–2:00



Join DOTTIE and BILL



FRIDAYS from 1:00 – 3:00 pm

In the CAC CARD ROOM

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!

VALENTINE'S DINNER & DANCE

WITH THE DAVID TYLER BAND

TUESDAY, FEB. 10, 6-9 PM

In the CAC Auditorium. No Charge for Entry

Please bring a dish to share!



BLACK HISTORY LUNCHEON

THURSDAY, FEB. 26, 11:30-1:00

CAC AUDITORIUM

For CAC MEMBERS – No Charge!

Sign up on the Information Table

Limited Seating

"Sassy Seniors" 2026 Officers "RUSSELL COUNTY "Relay for Life"

Lisha Johnson - Chair

Betty Shepard - Vice-Chair

Madeline Struble – Treasurer

2026 SENIOR BOARD MEMBERS:

PRESIDENT: DARNELL PENNINGTON

VICE PRESIDENT: DONNA CORBITT

SECRETARY: CATHY CHAPLIN

TREASURER: VIKI GILMORE

"BOOK CLUB" - with Laurie Waltz

Wed, February 25, 2026 @ 1:00 pm

In the CAC Library/Lounge

Purchase and read the book: "**KINDRED**"

by Octavia Butler, before meeting.



Sign up in the CAC Library/Lounge

DIAMOND TOURS *TRIPS

with Shelia Hughes



Trip to: Indiana AMISH Adventure - Sept. 6-11, 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

FEBRUARY 2026 NEWSLETTER



CENTRAL ACTIVITY CENTER

1500 14th Street, Phenix City, AL 36867

334-291-4743

FEBRUARY BIRTHDAY CELEBRATION

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

Wednesday, February 4, at 10:00 am.

Cake sponsored by John Harford



FEBRUARY SENIOR LUNCHEON

**Hosted by Your Senior Board in the
CAC DINING ROOM**

WEDNESDAY, FEBRUARY 11, 11:30 – 1:00.

Please bring a QUALITY SIDE DISH or DESSERT to share!

Main Course and tea/water provided!

"Angel Lady" will be giving out Valentine's Baskets in the Hallway

GRIEF SUPPORT GROUP

With Rhonda Brooks

Support and chat group for widows and widowers

Tuesdays at 2:00 p.m.

In the CAC Conference Room

ALL PROGRAMS ARE CANCELLED

In the Auditorium on FRIDAY, FEBRUARY 20

(for Mardi Gras Dance Setup) and on

THURSDAY, FEBRUARY 26, (for Black History Celebration)

"SASSY SENORS" MARDI GRAS DINNER & DANCE



Friday, February 20, 6-9 pm

CAC Auditorium

FEATURING: The David Tyler Band

Contact Lisha Johnson 706-580-9061

For TICKETS: \$15 Each

(Includes Food, Entertainment & Door Prizes)

FEBRUARY 2026

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
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)
Flag Dance Class	10:00 am - 11:00 am
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
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.

CONGRATULATIONS
TO OUR **FEBRUARY SENIOR CLUB**
VOLUNTEER OF THE MONTH:
LINDA COWALL

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	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)
Line Dancing	11:00 am-1:00 pm
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 th 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

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

Seniorcenter(CAC)news

"NEW" LINE DANCE CLASSES

With Norma Greenwood
THURSDAYS from 11-1
IN THE CAC AUDITORIUM

No line dance on Feb 26 for Black History Celebration.



"NEW" FLAG DANCE CLASSES
INSTRUCTOR: MARCELLA ERVIN
TUESDAYS 10-11 AM
CAC AUDITORIUM



LINE DANCING

in the CAC Auditorium! FREE Classes!
Wednesdays at 10:00-12:00 with **Emiko**
Thursdays at 11:00-1:00 - with **Norma Greenwood**
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!

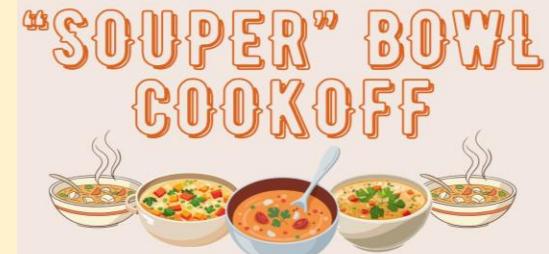


We will be **CLOSED**, MONDAY, FEBRUARY 16
for **PRESIDENT'S DAY** HOLIDAY



Get your tickets now for our annual
SOUP'ER BOWL SOUP COOKOFF

Fundraiser for the Senior Club



Advanced tickets: \$4.00 (Day of Event: \$5.00)
Friday, February 6, 11:30-1:00
In the CAC Dining Room
See a Senior Board member for tickets:
(Darnell Pennington, Donna Corbitt, Viki Gilmore, Cathy Chaplin)