

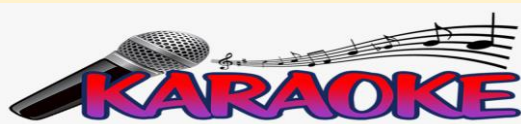


FEEDING THE VALLEY—FOOD GIVEAWAY

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

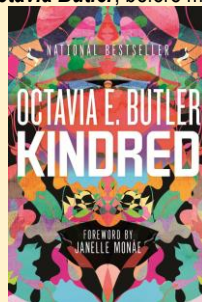
2026 SENIOR BOARD MEMBERS:

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
 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 Class.....9:00 am-12:00 pm
(Instructors—Peggy Ridley & Donna Rock)
 Flag Dance Class.....10:00 am – 11:00 am
 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.*

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 (4th 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)