



## FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center  
(Back Parking Lot)  
1500 14th St, Phenix City  
Saturday, January 24, 2026  
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!**

## WALK TO MUSIC IS CANCELLED

ON TUESDAY, JANUARY 6  
FOR A CITY POLICE PROMOTION EVENT

## ALL PROGRAMS ARE CANCELLED

In the Auditorium on FRIDAY, JANUARY 23  
For “Relay for Life” Kickoff

## “Sassy Seniors” 2026 Officers “RUSSELL COUNTY “Relay for Life”

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

### 2026 SENIOR BOARD MEMBERS:

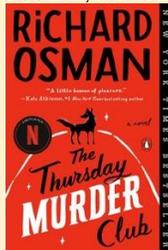
PRESIDENT: DARNELL PENNINGTON  
VICE PRESIDENT: DONNA CORBITT  
SECRETARY: CATHY CHAPLIN  
TREASURER: VIKI GILMORE

### 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 Murder Club”*  
by Richard Osman, before first meeting.



Sign up in the CAC Library/Lounge

## 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)

## JANUARY 2026

# NEWSLETTER



## CENTRAL ACTIVITY CENTER

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

## JANUARY BIRTHDAY CELEBRATION

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

Wednesday, January 7, at 10:00 am.

Cake sponsored by John Harford



## JANUARY SENIOR LUNCHEON

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

**WEDNESDAY, JANUARY 14, 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 JANUARY

## CERAMICS REOPENS JAN 5, 2026

### NEW

## GRIEF SUPPORT GROUP

With Rhonda Brooks

Support and chat group for widows and widowers

Starting Tuesday, Jan. 6, at 2:00

In the CAC Conference Room

## COMING IN FEBRUARY 2026

SOUP'ER BOWL FUNDRAISER LUNCHEON: 2/06/26

VALENTINE'S DINNER/DANCE: 2/10/26

BLACK HISTORY CELEBRATION: 2/26/26

# JANUARY 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  
 Chair Exercises (with Markeiyah) ,,,,,,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.*

**CONGRATULATIONS**  
**TO OUR JANUARY SENIOR CLUB**  
**VOLUNTEER OF THE MONTH:**  
**BILL VANARK**

### 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 Markeiyah) ,,,,,,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

For Up-to-Date Information about Central Activity Center's scheduled  
 programs, add yourself to our CAC **facebook** group:

**Seniorcenter(CAC)news**



## 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  
**MARKEYAH SHORTER**  
 Mondays & Wednesdays 10:00-10:30 a.m.  
 IN THE CAC LOUNGE/LIBRARY



We will be **CLOSED**, THURSDAY, JANUARY 1  
 for **NEW YEARS DAY HOLIDAY**

**2026**  
*Happy New Year*

We will be **CLOSED**, MONDAY, JANUARY 19  
 for **MARTIN LUTHER KING, JR.**  
**HOLIDAY**

