



FEEDING THE VALLEY—FOOD GIVEAWAY

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



St. Patty's Party

Tuesday, March 17, 2026 12:00-2:00 pm
in the CAC Auditorium

Light Lunch, Door Prizes, Music, Fun

- Live Music with David Tyler
- Line Dancing to Irish Music (with Emiko)

DON'T FORGET TO WEAR YOUR GREEN

Sign up on the Information Table!

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

"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



with Laurie Waltz

Wed, March 25, 2026 @ 1:00 pm

In the CAC Library/Lounge

Purchase and read the book:
"The Echo of Old Books"

By Barbara Davis

(can be purchased on Amazon)

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

MARCH 2026

NEWSLETTER



CENTRAL ACTIVITY CENTER

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

MARCH BIRTHDAY CELEBRATION

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

Wednesday, March 4, at 10:00 am.

Cake sponsored by John Harford



MARCH SENIOR LUNCHEON

Hosted by Your Senior Board in the
CAC DINING ROOM

WEDNESDAY, March 11, 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!

Bunco Night - Fundraiser



"Sassy Seniors" – Relay for Life Team

At Smiths Station RURITAN CLUB

2000 LEE ROAD 430, SMITHS STATION

Friday, March 27, at 6:00 pm

Tickets: \$20 Donation

(Includes Bunco, light meal and refreshments)

LIMITED SEATING.... PLEASE REGISTER IN ADVANCE BY CALLING:

Lisha Johnson at 706-580-9061

MARCH 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 MARCH SENIOR CLUB
 VOLUNTEER OF THE MONTH:
 HELGA LYNCH**

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



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!**



New CAC Program!!!

“MEMORY KEEPER”

WORKSHOP with EDIE

Join us for a heart-warming **guided journaling experience**
 designed to spark memories, and celebrate the stories that
 make you! **Leave a legacy for future generations!**
Starting Tuesday, March 3, 2026, AT 10:00
(Every Tuesday 10-11 a.m., in the Conference Room)
 Sign up on the Information Table!



“NEW” FLAG DANCE CLASSES

INSTRUCTOR: MARCELLA ERVIN
 TUESDAYS 10-11 AM
 CAC AUDITORIUM

WESTVILLE VILLAGE TRIP

Friday, March 20, 2026 (11 am – 3 pm)



*Enjoy interacting with historic interpreters in period wardrobe and
 seeing live demonstrations of traditional crafts and trades.*
Admission is \$10, plus cost of lunch!

Sign up on the Information Table!