

# JUNE

## FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center  
(Back Parking Lot)  
1500 14th St, Phenix City  
Saturday, June 27, 2026  
from 9:30 am—2:00



## Join DOTTIE and BILL



**KARAOKE**  
FRIDAYS from 1:00 – 3:00 pm  
In the CAC CARD ROOM



with Laurie Waltz

Wed, June 17, 2026 @ 1:00 pm

In the CAC Library/Lounge

Purchase and read the book:

**“The Little Old Lady Who Broke All the Rules”**

By: Catherine Ingleman - Sundberg  
(can be purchased on Amazon)

Sign up in the CAC Library/Lounge

## SHOWTIME AT CAC

THURSDAY, JUNE 25 (1:30-3:30 PM)



FEATURED MOVIE:

**“REMARKABLY BRIGHT CREATURES”**

Sign Up on the Information Table!

## “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

## DIAMOND TOURS \*TRIPS

with Shelia Hughes



Indiana AMISH Adventure – Sept. 6-11, 2026

Call Shelia Hughes at 706-887-7771

For more information on trips at  
[www.grouptrips.com/sheliahughes](http://www.grouptrips.com/sheliahughes)

## GRIEF SUPPORT GROUP

With Rhonda Brooks

Starting Back: JUNE 2, at 2:00 pm

You MUST SIGN UP to attend this class.

Limited to 10 members.

Support and chat group for widows and widowers  
Tuesdays at 2:00 p.m. in the CAC Conference Room

## CAC MEMBERS:

Join us Friday, June 12 at 1:00 pm

In the CAC Dining Room

for an ICE CREAM SOCIAL



Sign up on the Information Table!

# JUNE 2026 NEWSLETTER



## CENTRAL ACTIVITY CENTER

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

## JUNE BIRTHDAY CELEBRATION

Join us in the CAC Dining Room to celebrate  
those having a birthday this month. Wed, June 3, at 10 am.  
Cake sponsored by John Harford



## JUNE SENIOR LUNCHEON

THEME: COUNTRY-WESTERN



Hosted by Your Senior Board

in the CAC DINING ROOM

WEDNESDAY, June 10, 11:30 – 1:00.

Please bring a **QUALITY SIDE DISH** or **DESSERT** to share  
or pay \$7 per person! Main Course and tea/water provided!

Sign up on the Information Table!

## BRUNCH AND LEARN

No Brunch and Learn in June!

## PRIMARY RUN-OFF ELECTION

WILL BE HELD IN THE DINING ROOM

TUESDAY, JUNE 16, 2026

THIS ROOM WILL BE OFF LIMITS TO  
MEMBERS ON THIS DAY.

# JUNE 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  
 Memory Keepers.....10:00 am – 11:00 am  
 Quilting .....10:00 am-4:00 pm  
 (with Juanita Christian)

Grief Support Group.....2:00 pm – 3:00 pm  
 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 \$25 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 **JUNE** SENIOR CLUB  
 VOLUNTEER OF THE MONTH:

**ALICE BATES**

### 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  
 Ceramics.....CLOSED  
 Line Dancing.....11:00 am-12:30 pm  
 (Instructor—Beverly Milner or Cindy Fite)  
 Karaoke (in the card room) .....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

CAC WILL BE CLOSED

**FRIDAY, JUNE 19, 2026**

IN OBSERVANCE OF



## 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!

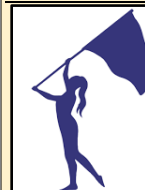


## “MEMORY KEEPER”

**WORKSHOP with EDIE**

By appointment ONLY!

Contact LuLu to make an appointment with Edie!  
 in the CAC Conference Room



## FLAG DANCE CLASSES

INSTRUCTOR: **MARCELLA ERVIN**  
 TUESDAYS 10-11 AM  
 CAC AUDITORIUM

# MAHJONG



## BEGINNER'S “MAHJONG” CLASS

INSTRUCTOR: **MISTY CARROLL**

DATE: FRIDAYS, AT 1:00 PM

Beginning June 5

IN THE CAC DINING ROOM

Sign up on the Information Table!