



FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, May 23, 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, May 27, 2026 @ 1:00 pm
In the CAC Library/Lounge

Purchase and read the book:
“REMARKABLY BRIGHT CREATURES”

By: **Shelby Van Pelt**
(can be purchased on Amazon)

Sign up in the CAC Library/Lounge



Happy Mother's Day
Sunday, May 10

“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



Mackinac Island – May 23-31, 2026
Indiana AMISH Adventure – Sept. 6-11, 2026
Call Shelia Hughes at 706-887-7771
For more information on trips at
www.grouptrips.com/sheliahughes

GRIEF SUPPORT GROUP

With Rhonda Brooks

NO MEETINGS IN MAY
SEE YOU FOR THE NEXT CLASS

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



Will be held in the CAC Dining Room

Tuesday, May 19, 2026

Regular member traffic is not allowed in
the dining room during election day.

MAY 2026

NEWSLETTER



CENTRAL ACTIVITY CENTER

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

MAY BIRTHDAY CELEBRATION

Join us in the CAC Dining Room to celebrate
those having a birthday this month. Wed, May 6, at 10 am.
Cake sponsored by John Harford



MAY SENIOR LUNCHEON

THEME:



Hosted by Your Senior Board in the
CAC DINING ROOM

WEDNESDAY, May 13, 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!

BRUNCH AND LEARN

Join us for our **FIRST** “Brunch and Learn” of the year!

Wednesday, May 20, 10:00-11:00 a.m.
In the CAC Dining Room

TOPIC: “Memory Training”

“Instant Recall Brain Sports”

Presented by: **WAYNE VEAL**

Motivation Associates, Speaker/Trainer

Brunch provided by: **Stephanie Boan, Covenant Woods**

Hostess: **Pat Harrell**

MAY 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
 Memory Keepers.....10:00 am – 11:00 am
 Quilting10:00 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
 1st 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 MAY SENIOR CLUB
VOLUNTEER OF THE MONTH:

LIZ BASS

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
MONDAY, MAY 25, 2026
IN OBSERVANCE OF

We will be
CLOSED
 on
MEMORIAL DAY



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!

Tuesdays, 10-11

in the CAC Conference Room
 Sign up on the Information Table!



FLAG DANCE CLASSES

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

“CINCO De MAYO” DINNER AND DANCE



With the David Tyler Band
TUESDAY, MAY 5, 2026, 6-9 PM
 In the CAC AUDITORIUM

No Charge to Attend.

Please bring a quality side dish or dessert to share!

TACO SOUP will be the main course. Tea and water provided.

PLEASE CALL (334) 291-4743 TO REGISTER, OR SIGN UP ON THE INFORMATION TABLE!