

FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, August 22, 2026
from 9:30 am—2:00



Join DOTTIE and BILL



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



with Laurie Waltz

Wed, August 19, 2026 @ 1:00 pm
In the CAC Library/Lounge

Purchase and read the book:

“A MAN CALLED OVE”

By: **Fredrick Backman**

(can be purchased on Amazon)

Sign up in the CAC Library/Lounge

SHOWTIME AT CAC

THURSDAY, AUGUST 20 (1:30-3:30 PM)



FEATURED MOVIE:

Movie To Be Announced at a later date...

Sign Up on the Information Table!

PLEASE WELCOME OUR NEW CAC STAFF MEMBER:

TASHA JOHNSON

“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

S&S TOURS *TRIPS with Shelia Hughes



Indiana AMISH Adventure – Sept. 6-11, 2026
Christmas in New York – Nov 30-Dec 5, 2026
Ark Encounter & Creation Museum – March 16-19, 2027

Call Shelia Hughes at 706-887-7771
For more information on trips at
www.grouptrips.com/sheliahughes

GRIEF SUPPORT GROUP

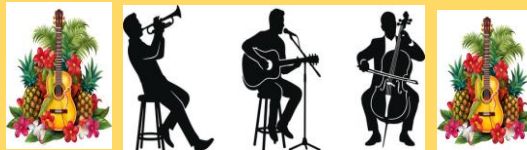
With Rhonda Brooks

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

“LUAU” DINNER & DANCE TUESDAY NIGHT, AUGUST 11, 6-9 PM



FEATURING: THE DAVID TYLER BAND

No charge to attend! Main course and tea provided by
CAC. Please bring a side dish or dessert to share!
[Sign up on the Information Table!](#)

AUGUST 2026 NEWSLETTER



CENTRAL ACTIVITY CENTER

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

AUGUST BIRTHDAY CELEBRATION

Join us in the CAC Dining Room to celebrate Aug 5, 10 am.
Cake & Ice Cream sponsored by [John Harford](#)



AUGUST SENIOR LUNCHEON



SUMMER “LUAU” THEME

Hosted by Your Senior Board
in the CAC AUDITORIUM

WEDNESDAY, AUGUST 12, 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!

DON'T FORGET TO VOTE!



Tuesday, August 11

In the CAC Dining Room
Access to this room is for poll workers and voters only on this day!

AUGUST 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)
 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 AUGUST SENIOR CLUB
 VOLUNTEER OF THE MONTH:**

LOUISE WHITACRE

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

NATIONAL SENIOR DAY CELEBRATION



The Senior Board is Sponsoring
FREE Ice Cream and Door Prizes (FOR MEMBERS)
FRIDAY, AUGUST 21, 2:00-3:00 pm
In the CAC Dining Room



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!**



MAHJONG



BEGINNER'S "MAHJONG" CLASS

INSTRUCTOR: MISTY CARROLL

**DATE: FRIDAYS, AT 1:00 PM
 IN THE CAC DINING ROOM**

Sign up on the Information Table!

FREE CONCERT



Featuring:

Wayne Veal and the

"COTTON CANDY BAND"

Thursday Evening, August 27, 6-9 pm
CAC Auditorium