



SEPTEMBER

FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, Sept. 26, 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, Sept. 23, 2026 @ 1:00 pm
In the CAC Library/Lounge

Purchase and read the book:

“BETH IS DEAD”

(A modern day play on “Little Women”)

By: Katie Bernet

(can be purchased on Amazon)

Sign up in the CAC Library/Lounge

SHOWTIME AT CAC

No Movie in September

We will be CLOSED Monday, Sept. 7, in observance of



“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



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

NO CLASSES IN SEPTEMBER

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

CENTRAL ACTIVITY CENTER – FIELD TRIP



Featuring: The Tony Award Winning Musical

DREAM GIRLS

WEDNESDAY, SEPT. 23

Transportation provided, or you can follow in your own car.
Tickets \$25, plus cost of lunch at Minnies Uptown Restaurant
LIMITED SEATING ON VAN!

Leaving CAC at 9:15 a.m. Show starts at 10:00 a.m.
Sign up on Information Table!

SEPTEMBER 2026 NEWSLETTER



CENTRAL ACTIVITY CENTER

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

SEPTEMBER BIRTHDAY CELEBRATION

Join us in the CAC Dining Room to celebrate Sept. 2, 10 am.
Cake & Ice Cream sponsored by John Harford



SEPTEMBER SENIOR LUNCHEON



Hosted by Your Senior Board
in the CAC AUDITORIUM

WEDNESDAY, SEPT. 9, 11:30 – 1:00.

WEAR YOUR TEAM COLORS!

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!

SEPTEMBER BRUNCH AND LEARN

TOPIC: MEDICARE PART-D
ANNUAL REENROLLMENT – WHY?

PRESENTED by: DAWN GLASCOCK, LEGAL ASSISTANT
Jan Neal Law Firm, LLC, Alabama Elder and Special Needs Law

BRUNCH provided by Stephanie Boan,
Sales Director at Covenant Woods
Hosted by: PAT HARRELL

WEDNESDAY, SEPT. 16, 10:00-11:00 AM

In the CAC Dining Room
Sign up on the Information Table!

SEPTEMBER 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 SEPTEMBER SENIOR CLUB
VOLUNTEER OF THE MONTH:

ROBERT KILLINGSWORTH

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
 Mahjong.....1:00 pm-2:00 pm

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

Seniorcenter(CAC)news

MEMORY SKILLS TRAINING

INSTRUCTOR: Wayne Veal
 Must Sign Up to Attend!

Classes will begin on Thursday, Sept. 10
 at 2:00 pm, in the Conference Room

Sign up with Lisa in the front office!



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!



LINE DANCE CLASS CANCELLED ON WED, SEPT 9

ALL AUDITORIUM CLASSES CANCELLED ON FRI, SEPT. 25
 FOR TAILGATE PARTY.



CLASS

INSTRUCTOR: **MISTY CARROLL**

DATE: FRIDAYS, AT 1:00-2:00 PM

IN THE CAC DINING ROOM

Sign up on the Information Table!

"TAILGATE PARTY"

(for CAC Members)

with DeeJay Cool B (Sam Beman)



IN THE CAC AUDITORIUM

FRIDAY, SEPT. 25, 11:30-2:00

FREE: HOTDOGS-REFRESHMENTS-MUSIC-PRIZES-GAMES-FUN
WEAR YOUR FAVORITE TEAM COLORS AND SHOW YOUR SPIRIT!!
 Sign up on the Information Table in the CAC front hall!

ATTENTION CAC MEMBERS:

The Nominating Committee is looking for
 2027 Senior Board Officers

(President, Vice President, Secretary & Treasurer).

Please sign up on the Information Table if you are interested
 in holding one of these positions next year!