

FEEDING THE VALLEY—FOOD GIVEAWAY

Central Activity Center
(Back Parking Lot)
1500 14th St, Phenix City
Saturday, Oct. 24, 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, Oct. 21, 2026 @ 1:00 pm
In the CAC Library/Lounge
BOOK: The Picture of Dorian Gray
By: Oscar Wilde
Sign up in the CAC Library/Lounge



SASSY SENIORS Relay for Life
HALLOWEEN
COSTUME PARTY
Fundraiser
FRIDAY, OCT. 30, (10:00 am – 1:00 pm)
CAC Dining Room
$5.00 Donation (Includes Lunch)

We will be CLOSED Monday, Oct. 12, in observance of

COLUMBUS DAY HOLIDAY



"Sassy Seniors" 2026 Officers
"RUSSELL COUNTY "Relay for Life"

Lisha Johnson - Chair
Betty Shepard - Vice-Chair

2026 SENIOR BOARD MEMBERS:

PRESIDENT: DARNELL PENNINGTON
VICE PRESIDENT: DONNA CORBITT
SECRETARY: CATHY CHAPLIN
TREASURER: VIKI GILMORE

The SENIOR CLUB

needs new officers for 2027.

Please call DEBBIE PIERCE at 706-573-4700, or see any member of the nominating committee
(Denise Bagley, Jacqui Smith or Pat Harrell).

VOTING on Nov. 18, 2026 (9 a.m. – 2:00 p.m.)
Sign up at the Information Table no later than Nov 6.

S&S TOURS *TRIPS
with Shelia Hughes



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

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
OCTOBER CLASSES START OCT. 6



WEEK OF OCTOBER 26-30

MONDAY: Wear Autumn Colors Day- orange, yellow, brown
TUESDAY: Spooky Sock Day! Wear your most festive socks!
WEDNESDAY: Pink Out - Wear pink for breast cancer awareness
THURSDAY: Snapback Thursday! Wear your favorite hat.
FRIDAY: Fabulous Freaky Friday – Dress in your pj's.

OCTOBER 2026
NEWSLETTER



CENTRAL ACTIVITY CENTER

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

OCTOBER BIRTHDAY CELEBRATION

Join us in the CAC Dining Room to celebrate Oct. 7, 10 am.
Cake & Ice Cream sponsored by John Harford



OCTOBER SENIOR LUNCHEON



Hosted by Your Senior Board
in the CAC DINING ROOM
WEDNESDAY, OCT. 14, 11:30 – 1:00.

COSTUMES (OPTIONAL)!
Cost: $7 per person, or bring a side dish or dessert of equal value!
Sign up on the Information Table!

SHOWTIME AT CAC

Wednesday, Oct. 28, 1:30 PM
In the CAC AUDITORIUM



FEATURED MOVIE: "WICKED FOR GOOD"
Sequel to "Wicked"
Prequel to "Wizard of Oz"
RATED: PG
FREE EVENT! FREE REFRESHMENTS!

OCTOBER 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-4:00 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)
Quilting .....10:00 am-4:00 pm
(with Juanita Christian)

Grief Support Group.....2:00 pm – 3:00 pm
Ceramics.....9:00 am-4:00 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.***

Check out the NEW Improved Thrift Shop on the "Area on Aging" wing of CAC, open 9 am-1pm.
Proceeds go to support their holiday luncheons, coffee, etc.

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-4:00 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-4:00 pm
Quilting.....10:00 am-4:00 pm
(with Juanita Christian)
Line Dancing.....11:00 am-1:00 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

CONGRATULATIONS

TO OUR

OCTOBER

SENIOR CLUB

VOLUNTEER OF THE MONTH:

PAT HARRELL



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!**



IT'S TIME TO RENEW YOUR CAC MEMBERSHIP

2027 RENEWALS BEGIN
OCTOBER 1, 2026

See a staff member to renew.
Membership is only $10 per year!

HALLOWEEN

DINNER & DANCE

With the DAVID TYLER BAND



DATE: Tuesday, Oct 20, 2026
TIME: 6:00-9:00 p.m.
WHERE: CAC Auditorium

PLEASE BRING A SIDE DISH OR DESSERT TO SHARE!
MAIN COURSE AND TEA PROVIDED!
No Admission Fee
Sign up on the Information Table in the CAC front hall!