
February 2026 Newsletter

UAB Women's Club invites you to attend Temple Beth El Civil Rights Experience Friday Feb. 20, 2026

2179 Highland Ave. Birmingham AL. 35205

11 am – 1 pm \$30 for lunch and program

Kosher meal of tri-salads (tuna, fruit, pasta) and bread

Will be served at 11. Program begins at 11:30 (90 minutes)

Please reply by Feb. 12 to the evite or to Uabwc1@gmail.com

President's Message

Dear Members,

As we move into February, I'm looking forward to another wonderful month of connection and community with the UAB Women's Club. Board elections will be here before we know it, and we are now accepting nominations. We will vote on the slate of officers at the March luncheon. If you are interested in holding a position or would like to nominate someone, please email uabwc1@gmail.com, and a member of the nominations committee will be in touch. We would love to hear from you and encourage your involvement in shaping the future of our club. Thank you for your continued support. I look forward to seeing you soon!

Go Blazers,

Kristin Chapleau

kjohnsto@uab.edu

Good News!

Intro to Mah Jongg classes: Tuesdays in February at the Vestavia Civic Center, 5 – 7 pm. Learn how to play in a friendly group. Led by Lisa Bolton and Antonia Garcia.

Please RSVP to lisabolton325@gmail.com

MORE GOOD NEWS!

“Alabama Senior Olympics registration is now open for the April, 2026 meets and competitions in Opelika, AL.” An information session will be held at the Greystone YMCA on Thursday January 22, 9-11 am. All are welcome. YMCA. Membership is not required to attend this informational session. UABWC members Anne McMahon and Dianne Tucker will be present to share their experience competing at the state and national level. For more information visit:

<https://alseniorolympics.org> and <https://nsga.com>

If you have some Good News for the next newsletter, please send it to Pam Thompson, pamrayt@gmail.com



Upcoming dates:

March 17, Tuesday, 11-1

The Club Luncheon with

Dr. Michelle Kong and

Kulture City

April 15, Wednesday – member

Carmen Lau,

Walking the Camino,

***Officer Installation and lunch at
Arlington House***

Officers for 2025-2026

President: Kristin Chapleau

Vice President: Anne McMahon

**Recording Secretary: Lauren
Gordon**

**Corresponding Secretary: Denise
McKenzie**

Treasurer: Valerie Thomas

Program Chair: Anne McMahon

Scholarship Chair: Mona Jackson

Parliamentarian: Lisa Bolton

Publicity Chair: Pam Thompson

Email News to

uabwc1@gmail.com

www.uabwc.com

Check out our website!

www.uabwc.com

Google search UABWC

We will be adding pictures and new content, so check back often.

Interest Groups

Daytime book group will meet on March 9 at 9:45 at the home of Carmen Lau, 3559 Spring Valley Court. She will review **Born a Crime: Stories from a South African Childhood** by Trevor Noah.

For directions call 205-870-3099 or contact Renita Rigney at nita9grands@gmail.com for more information. New members welcome.


Afternoon Book will meet on February 25 the Fourth Wednesday at 3:30 pm. We will discuss **The Correspondent** by Virginia Evans Please call or write for location: nbuklad2@gmail.com or 205-873-0567. We are a small group but we have GREAT discussions...and we always welcome new members. Naomi


Food and Fun: We like to have food and fun, but we need a chairman to coordinate events. If interested, contact Pam Thompson.


Uabwc1@gmail.com


Walking Group


Whether we walk for fun, fitness, friendship, or a meaningful cause, our

goal is simple: let's get moving together!  Walking Group Goals
Improve physical health and overall fitness; Build social connections and a sense of community; Support mental wellness through mindfulness and movement. Explore local parks, neighborhoods, and natural spaces. Walk with purpose by supporting causes, charities, and

awareness campaigns  Weekly Themes & Activities Motivation
Mondays – Kick off the week with an energizing walk Wildlife
Wednesdays – Enjoy nature while spotting birds and animals Throwback
Thursdays – Walk and share stories, memories, or laughs Step Challenge
Saturdays – Compete (or collaborate!) to reach step goals. Silent Walk

Sundays – Practice mindful walking in peaceful silence.  Walking Locations
Local parks and botanical gardens Riverwalks and lakefront paths. Scenic neighborhoods or historic districts Nature trails Shopping malls (perfect for bad weather!) Public school tracks; Beach walks;

Urban art walks featuring murals and street art  Fun Challenges & Add-Ons
Daily or weekly step goals (ex: 10,000 steps) Scavenger hunt walks; Monthly mileage tracking; Themed walks (crazy socks, color day, costume walks) Photo challenges (best picture from the walk) “Walk & Talk” discussions (books, current events, mental health)

Charity distance goals with sponsor-per-mile fundraising  Organization & Inclusivity Tips: Use step-tracking apps like Strava, Fitbit, or Pacer Create a simple meetup calendar.

All paces welcome — no one left behind! Offer both short and long walking options!

Mahjongg Group: Would you like to join the UABWC Mahjongg group? Join us on Tuesdays at 1:30 pm. For location or if you have questions contact Trisha Raczynski at trishraczyn@gmail.com or call 205.873.2417

Got an idea for a new group? Contact Kristen Chapleau kjohnsto@uab.edu

AEIVA/ASC/Art Play/ AIM <https://www.uab.edu/aeiva/>
Blue Moon Cocoon through March 21, Texas based artist Virginia Montgomery.

Stargazing with UAB Astronomy Club March 5, 5:30. Meet at AEIVA, free and open to the public, pizza provided
AEIVA is open Tuesday through Saturday from noon to 5 pm. Check aeiva@UAB.edu for events and information.
Free and open to the public.

ASC upcoming shows:

March 1, <https://www.alyssstephens.org/events/jane-lynch-kate-flannery-the-trouble-with-angels>

March 6 <https://www.alyssstephens.org/events/cirque-kalabante>

March 7 <https://www.alyssstephens.org/events/il-divo-by-candlelight-with-simply-three>

BIRMINGHAM MUSEUM OF ART www.artsBMA.org

Admission free except for ticketed events. Visit the website for special events.

Department of Music, CAS Check out upcoming events.
<https://www.uab.edu/cas/music/upcoming-events>

Concerns and Condolences If you know of anyone who is a member who has illness or death in the family, please contact Denise McKenzie dhmckenzie@uabmc.edu, 773-255-0354 so that we may send a card.



Scholarship donations:
The link to the Giving page is <https://go.uab.edu/UABWC2020>

The first option is the endowment, if you prefer to give to that. The second option, Spendable, is the current year annual fund.

If you prefer to mail a check, make your check payable to UAB Women's Club Scholarship or UAB Women's Club Endowment and mail directly to:

UAB Gift Records
AB 1230
1720 2nd Avenue South
Birmingham, AL 35294-0112

Have you paid your dues?
You may pay your DUES NOW with PayPal at
uabwc1@gmail.com, see website www.uabwc.com or Mail to Box 530174
Mountain Brook, AL 35253
\$30 for email \$35 for paper copies of newsletters
Make checks payable to UABWC

Follow us on Instagram!
[uab_womens_club](#)

PLEASE LIKE US ON Facebook

University of Alabama at Birmingham Women's Club (spell it out)

or go to <https://www.facebook.com/University-of-Alabama-at-Birmingham-Womens-Club-204963022898661> We post pictures of events there, where we don't have room here

Here is a link to the pictures the photographer took at the Woodward House.

https://photos.google.com/share/AF1QipMrAMiu5z9MD1BoEqOND-1zFBX3dylkr7s9oN6K6eGazr_Io24ecgYu-vSzGn205g?key=dFdBN0YyemRyRjFWRTU4N3ZoU1FkSWWh5UTRJZGhR

If you take any pictures at future events, please upload them to the Google photo album link here so we can post them on FB:

https://photos.google.com/u/4/album/AF1QipNooACEIIS5kbjCwOwoL7TF4qi1_ivNko0U_Oh

