
January 2026 Newsletter

***UAB Women's Club invites you to attend
Children's March Historical Experience
Guided by Rev. Gwendolyn Cook Webb
Thursday Jan. 29, 2026***

Meet at 9:45 am at BHM

Civil Rights Institute

Inside tour entry at 10 am, tour is \$10

Outdoor walk with Rev. Webb at

Kelly Ingram Park, 11:30 am

Alicia's Coffee House, 12:30 pm

For lunch and coffee

Please RSVP to reserve your spot by

Thursday Jan. 22nd

Please watch this prior to the visit

2005 Oscar Winning short documentary

Mighty Times: The Children's March

<https://youtu.be/5enZRwbnlSQ>

President's Message

Dear Members,

As we begin a new year, I've been reflecting on what an incredible semester we shared together. It was such a joy to see everyone at our Holiday Party in December; celebrating, connecting, and closing out the year in such a warm and festive way truly captured the spirit of the UAB Women's Club. I hope each of you enjoyed a restful and joyful holiday season spent with loved ones. As we look ahead, I'm excited for the wonderful events and programs planned for this semester and can't wait to see you all again soon. Here's to a new year filled with friendship, learning, and continued connection.

Go Blazers,

Kristin Chapleau

kjohnsto@uab.edu

Good News!

Intro to Mah Jongg classes: Starting 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



Upcoming dates:

Feb. 20, 11-1, Civil Rights

experience at Temple Beth-El

March 17, Tuesday, 11-1 The

Club Luncheon with

Dr. Michelle Kong and Kulture

City

April 15 – 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.

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

Interest Groups

Daytime book group will meet on Jan 12 at 9:45 at the home of Laura Chapman, 1801 Indian Creek Circle, 35242. She will discuss the book *A Strong and Steady Pulse* by Gregory D. Chapman, her husband and UAB Cardiologist. For directions or contact Renita Rigney at nita9grands@gmail.com for more information. New members welcome.

Afternoon Book Club is reading *The Spy Coast* by Tess Gerritson. We will meet on Wednesday Jan. 28 at 3:30 pm. 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/>
Virginia L. Montgomery: Blue Moon Cocoon January 15–March 21, 2026
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:
Ala Symphony: South Pacific
<https://www.allysstephens.org/events/superpops-series-south-pacific/>
Don Was <https://www.allysstephens.org/events/don-was-and-the-pan-detroit-ensemble-celebrate-the-50th-anniversary-of-the-grateful-deads-blues-for-allah>
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=dFdBN0YyemRyRjFWRTU4N3ZoU1FkSWh5UTRJZGhR

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/AF1QipNooACEllS5kbgjCwOwoL7TF4qi1_ivNko0U_Oh

